



**PRADNYA**

Let there be light!

2010-2011



॥ प्रार्थना ॥

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

PRAYER

Brahmavidyam namaskrutya matguroho charanau तथा  
Dyanpraptyartha prasthanam rajmarge karomyaham

Santushtoham krutadnyoham krutarthoham punha punha  
Pran nad te jotitam 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**

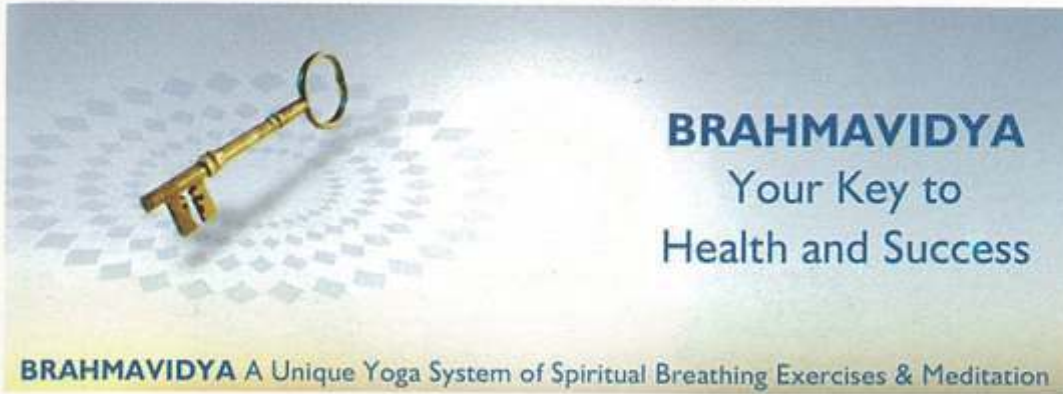
Physical, Mental and  
Spiritual development of  
the entire human race.

**MISSION**

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



## 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 50,000 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](http://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.





## Teachers' Introduction



**Bapat Rajendra**

Conducts Basic Course in Belapur

© 25924462, 9969224462



**Sawant Ramesh**

Conducts Basic Course in Pune

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9423174862, 9371021278



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9822027388



**(CA) Apte Jayant**

Conducts Basic Course  
in Malad

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**Nagane Rajan**

Conducts Basic Course  
in Pune

© 9822049024



Proposed Ashram (digitised image) and its site near Kamshet







## Proposed Ashram of Brahmavidya Sadhak Sangh

Greetings!

We are pleased to inform you that Brahmavidya Sadhak Sangh is now embarking upon an ambitious project of building its own Ashram. In July 2010, during the Guru Poornima program for Teachers of Brahmavidya, all teachers had shown keen interest in building our own residential complex - Ashram.

It was decided to search for a plot of land between Mumbai and Pune, having reasonably large area, keeping in mind future expansion. Accordingly in last six months, many plots were surveyed; out of which a plot of land near Kamshet (14 km.s from Kamshet), admeasuring about 10 Acres is found suitable and is under finalization.

The place is endowed with natural scenic beauty and is adjacent to Uksan Dam. It is well connected by road and regular ST bus Service is available from Kamshet. It takes 2½ hours from Thane and 1½ hours from Pune by car to reach the plot. Some pictures of the plot and surroundings are printed overleaf.

The plot costs nearly Rs. 3 (three) crores and the projected cost of proposed buildings is also nearly Rs. 3 (three) crores. To start with, we are planning to build an infrastructure that can accommodate 100 students (offering the facilities of lodging and boarding for the Residential Camps), so that all of our Residential Camps can be conducted in our Ashram. In addition, students interested in staying here for Practice and Study of Brahmavidya can avail of this facility at a reasonable cost.

We are taking up this ambitious project requiring about Rs. 6 (Six) crores solely on the basis of our trust in all Brahmavidya students. We need to raise a sum of Rs. 3 crores within next three months to buy this plot. Also the balance sum of Rs. 3 crores needs to be raised as early as possible, so that the construction work can start and the project is completed in about 1½ years.

Advance Course students are the pillars of Brahmavidya Sadhak

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## Brahma Vidya Sadhak Sangh

Sangh and we feel confident that we would be able to raise this amount of Rs. 6 (six) crores through all our students. With this confidence we have taken further steps and have initiated legal search of the plot through an advocate. We have informed the plot owner about our work and have confirmed to him our interest in buying this plot.

The total number of advance course students is about 6000. If each individual contributes Rs. 10000/-, required sum of Rs. 6 crores can be raised easily. But life is not arithmetic and there is no guarantee that things would happen as per these averages. So it is our humble appeal that if it is possible contribute more than Rs. 10000/-. You can donate in two parts i.e. first part before April, 2011 (this amount will be used for the purchase of the plot) and the second before December, 2011 (this amount will be used for the construction of Buildings). Above all, give your contribution with JOY so that what we create out of it would be a symbol of our JOY.

Now success of this project solely depends on our contribution. We humbly request you to avail of this opportunity and contribute generously for this noble work.

### Note :

1. Kindly draw cheques (payable at par in Mumbai) in favour of 'Brahma Vidya Sadhak Charitable Trust'. Write following details on the rear side of Cheque : Your Name, Mobile / Landline No., the place of Advance Course and 'Gratitude for Ashram'.
  2. You can handover the cheque to your Advance Course Teacher or can directly send it to the office of Brahma Vidya Sadhak Sangh. You can avail of 80G concession for this Donation. For any queries you may contact the Trustees or Advance Course Teachers.
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## Editorial

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



Greetings!

Pradnya our annual souvenir is in its 12<sup>th</sup> year of publication. The curriculum of Brahmavidya is the essence of ancient spiritual texts researched by many learned and realized individuals in past. Even today, these ideas help human beings to improve their life. The aim of all teachers and volunteers working under the able guidance of great Guru Shri Jayant Divekar is to spread the knowledge of Brahmavidya, which will help to bring about the evolution of mankind.

Brahmavidya Sadhak Sangh has been operative since the past 12 years. Today, classes are conducted in English, Marathi and Hindi and nearly 100 teachers are conducting Basic Course of Brahmavidya. Almost a lakh of students are learning Brahmavidya at three levels: Children's Course, Basic and Advance Course. Basic courses are being conducted in Nashik and Satara apart from those in Mumbai and Pune, while Advance course is also taught at Nashik and Ratnagiri. Last year, nearly 26 gatherings of Brahmavidya were conducted at various locations. Details about Brahmavidya initiatives can be found in the yearly review section.

**'In future Brahmavidya will be considered as the supreme science for bringing heaven on Earth. Human beings will surely realize the fact that they are filled with divine potential' ~ Guru Ding Le Mei**

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## **Brahma Vidya Sadhak Sangh**

I give thanks to all those who have helped in publishing Pradnya 2011. I express thanks to all writers, page donors and all those availing long term membership of Pradnya. I express heartfelt thanks to cover page designer and staff of Mouj Prakashan.

I pray that all beings become successful, happy and peaceful by the practice of Brahma Vidya.



**Group discussion of participants at Brahma Vidya gathering**

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**NEW BASIC COURSE BATCHES STARTING IN APRIL 2011**

Place	Class Address	Time	Teacher
Airoli	Sarasvati Vidyalaya	Morning	Ms. Godbole
Navi Mumbai	Sector 5, Near Siddhivinayak Temple	9.00 to 10.30 am	9987383384, 9224588745
Vashi	Indian Education Society's,	Evening	(Dr.) Ms. Bhelose
Navi Mumbai	Secondary School-1, Near Police Station	6.30 to 8.00 pm	9869378952
Nerul (E)	Balaram Patil Vidyalaya	Evening	(Dr.) Ms. Bhelose
Navi Mumbai	S-23, Darave, Behind Nerul Police Chowki	6.30 to 8.00 pm	9869378952
C.B.D.	Bharatiya Vidyapeeth School	Morning	Mr. Bapat
Navi Mumbai	Sector-3, Near Ambedkar Garden, CBD, Belapur	9.30 to 11.00 am	9969224462
Goregaon (E)	Sanmitra Mandal School, Gogatewadi, Nr Stn.	Morning	Ms Dharashivkar
Goregaon (W)	MTS Khalsa Jr College, Nr Vasant Galaxy, Bangurnagar	10.15 to 11.45 am	9869184393
Malad (W)	Ghanshyamdas Saraf College Sunder Nagar, S V Road	Morning	Ms Dharashivkar
Andheri (W)	Shri Ram Welfare Society's High School Shri Ram Nagar, Upasharya Lane	8.00 to 9.30 am	9869184393
Bandra (W)	MMK College of Comm. & Eco. 32nd Rd. TPS III, Behind National College	Morning	(CA) Mr. Apte
Vile Parle (W)	Bhagini Seva Mandir, Kumarika Stree Mandal, S N Rd., Nr. McDonalds	8.00 to 9.30 am	9821125965
		Evening	(CA) Ms Apte
		6.45 to 8.15 pm	9870227746
		Morning	Mr. Mhatre
		8.30 to 10.00 am	9867400834
			Dr. Ms Shevade
			9820056943



Mulund (W)	Mulund College of Commerce, Nr Mulund Rly Stn	Evening 6.30 to 8 pm	Mrs Jog 25476818, 9820107317
Borivali (W)	Sailee International School, Gorai Rd	Morning 8.00 to 9.30 am	Mr Bhirangi 9819335031
Borivali (W)	Babhai Municipal School, Babhai Naka, Gorai Rd	Evening 7.00 to 8.30 pm	Mr Karandikar 9869264623
Chembur	Chembur Education Society, Ramkrishna Chemburkar (RC) Marg, Chembur Naka Near State Bank of Patiala.	Evening 7.00 to 8.30 pm	Mr. Godbole 9987383384, 9224588745
Churchgate	PVDT College of Education, 3 <sup>rd</sup> flr, SNDT College, Nr Stn.	Evening 6.45 to 8.15 pm	Mr Vikas Pandit 9320972347
Dadar (W)	Chabilidas High School, Room 12, Opp Vammali Hall	Evening 7.00 to 8.30 pm	Mr. Dalvi 9820227104
Thane (W)	Anmol Vidya Mandir, S. V. Nagar Old Mhada, Vasant Vihar Pokharan Rd 2	Morning 9.00 to 10.30 am	Mr Wakankar 25403310, 9820524143
Thane (W)	Laxmi Keshav, 3rd floor terrace, Behind Bank of Maharashtra, Naupada	Evening 6.30 to 8.00 pm	Mrs Kulkarni 25422768
Pune	Garware College	Evening 6.30 to 8.00 pm	Mr. Jayant Phadke 9423579963
Pune	Rosary School Camp, Ambedkar Rd.	Morning 7.30 to 9.00 am	Narendra Dravid 9822027988
Pune	Rosary School, Kondhava	Morning 8.00 to 9.30 am	Ramesh Sawant 9423174862, 9823919554
Pune	Rosary School, Viman Nagar		Rajan Nagne 9822049024





## Emotional intelligence and Brahmavidya

*Chief Trustee of Brahmavidya Sadhak Sangh, Shri Jayant Divekar explains how Brahmavidya can help achieve emotional wellbeing*



Once Sage Narada asked Duryodhan, “You have been born in a high caste and you have learnt various arts and sciences under the guidance of great gurus like Dronacharya and Bhishma. You too are a wise man despite this don’t you realize the futility of fighting against your own cousins?” To which Duryodhan replied, “Oh great sage, I know that it is wrong to oppose the Pandavas but I do not think I can befriend them either.” This small incident from the Puranas shows us that Duryodhan’s own emotions overpowered his reasoning faculty and he cannot follow his own intelligence. Driven by his emotions man often is spurred to act, either, rightly or wrongly.

One can also see a similar case in the example of Hirkani, who is mentioned in our history textbooks. When the gates of Raigad Fort closed down at dusk, she would have had to spend the whole night on the fort and would have been unable to look after her infant who was left alone in her hut at the foot of the fort. Her strong maternal feelings did not allow her to spend the night atop the fort. Her intense emotions forced her to climb down the difficult mountain slope in the dead of the night. This brave act and immense love for her offspring gave her a mention in the history of the State. Even today all visitors to Raigad do visit the Hirkani Buruj and marvel at the courage which this simple village woman showed by her sheer love for her baby. This proves that strong emotions drive an individual to actions either: good, bad or seemingly impossible ones.

Feelings inspire actions. Earlier, it was thought that intelligence is



the sole pre-requisite for success. And people with higher IQ were thought to be more successful in life. On an average, this may be true however people with similar IQ scores are not equally successful in life. This very difference in their achievements proves that Emotional Intelligence is also an important parameter in deciding the success potential of an individual.

Emotional Intelligence means the tact to use one's own and others' emotions (or feelings) wisely to attain a desired goal. It is believed that man owing to his effort cannot usually change his IQ, but it is not the case with Emotional Intelligence and with right practice one can enhance one's emotional intelligence. This is an important revelation: The fact that one can alter emotional intelligence with right efforts and as a result can attain success in life. Realising the immense importance of Emotional Intelligence on the productivity of an individual many corporate managers are trained in ways to enhance their emotional intelligence. This training improves their managerial skills and productivity thereby yielding good profits for the company.

Emotions can be defined as the reaction of the human mind to a situation and the resultant condition of one's body and mind. Human beings 'feel' a lot of emotions and often their mixed feelings give rise to a lot of complexities in their life. Emotions in all human beings are somewhat similar and therefore they give rise to similar physical and mental states.

Human emotions can be classified into some major groups as follows: Anger, fear, sorrow, joy, love, surprise, repulsion, shyness, etc. From amongst these groups it has to be noted that only the emotions which fall under the category of love and joy have a positive effect on human body. Other emotions often have some or the other negative effect on human body.

Emotional intelligence can be classified into following five categories:

### **1. Awareness of one's own emotions:**

This is the basis of Emotional Intelligence. To know oneself it is essential to keep a track of various feelings that arise in one's mind. One, who cannot keep a track of his emotions, often is seen to give in





to them. The life of such an individual is like a boat without the rudder and as a result he keeps fluctuating as per the rise and fall of the tide. As against this, one who is able to keep a track of one's emotions can direct his life better.

## **2. Emotional management:**

The word management here means control and wise deployment of one's feelings. Through the awareness of one's emotions one can manage them better. Those who cannot manage their emotions well are often seen struggling against: stress, sorrow, irritation, worry, etc. On the contrary, one who can wisely manage one's emotions can succeed in life.

## **3. Self motivation:**

The earlier two capabilities enable one to enhance this aspect as well. Therefore to attain any goal self motivation is very important. This capability empowers an individual to focus on his goals completely. People in whom this capability is well developed are seen to be more efficient and creative in their work.

## **4. Understanding other's emotions / empathy:**

This aspect determines the capacity of an individual to empathize with others. Those who can understand others' feelings are better adapted to their needs. This enables them to do good deeds for others. The word 'empathy' means to be 'one' with others' feelings.

## **5. Relationship management:**

Relationship management often results in how one deals with others' feelings. When two people come together, the kind of chemistry that occurs among the two is a result of exchange of their feelings. Those who can tackle others' feelings well can have successful relationships. One can see that this capability is well developed in many popular leaders or those who are liked by others.

Thus, these are the five prime features of Emotional Intelligence. With practice of Brahmavidya, many people have realised that their



Emotional Intelligence has been enhanced. One is able to keep a track of one's own emotions and manage them well. One also feels inspired to live life successfully. One becomes more ambitious and as a result sets himself on the path to make his life more and more successful.

How Brahma Vidya helps one realize the aforementioned effect is a matter of practice and experience and not that of discussion. A newcomer to Brahma Vidya may feel how this can be achieved, but those who practice regularly surely have experienced it.

So let us all with regular practice of Brahma Vidya enhance our emotional intelligence and thereby make our life successful.



*Many people do not yet grasp the concept of emotional intelligence. It is because of this fact that people tend to forget to practice and enhance it. It is not only one's intelligence quotient that creates success, attaining the right emotional intelligence will help one remain strong irrespective of exterior circumstances. Emotional intelligence is the ability to better attune yourself with your feelings.*





## Brahmavidya for happiness and more...

*Abhay Deshpande is a sincere follower of Brahmavidya and underscores some important aspects of this life-changing science in the following article*

I have been practicing Brahmavidya for past almost four years. I am attending advance course for the second time. Sometimes my practice becomes irregular due to pressures in personal life, professional life, traveling etc. But whenever I miss practice I feel terribly guilty. As if I am not doing justice towards ultimate goal of my life. The feeling is so strong that I become restless throughout the day.

I never had any spiritual mindset; I was totally a materialistic man working only for materialistic pleasures for me and my family. Today, when I look at myself, I have not become a saint or a prophet but surely I have become more human which God always wanted. I have successfully controlled the wild, competitive, aggressive animal within me, as I am moving in the corporate jungle. I have learnt that “to love” is more important than “to win”, “to be happy” is more important than “to be rich”. This transformation came about within a short time by my practice of Brahmavidya.

### What is Brahmavidya?

Brahma is creator or God. Hence Brahmavidya is teaching about God. Being potentially divine, man has within him all the power required to overcome his physical and mental challenges. Brahmavidya teaches definite methods to meet the challenges and to lead healthy and happy life by regular practice.

The joy or bliss will always come from within and is never dependent on external conditions. Man remains unhappy because he chooses to be so. Brahmavidya teaches a science and an art of living a successful, happy and healthy life. Here in Brahmavidya, life means life at physical level, mental level and spiritual level. Good health implies that man has high physical health quotient, high emotional quotient and high spiritual quotient.



### **Advantages**

Thus a student acquires, tremendous fitness at physical, emotional and spiritual level. The greatest riddle of life is about our existence. Why do we take birth? Why do we Live? Why do we die? On the spiritual journey to solve this riddle, you will encounter many fascinating facts about your body and mind. You will experience from within source of infinite energy and source of infinite joy. This pilgrimage itself can be a goal. Our todays external world needs reason to smile, once you learn to practice joy in Brahma Vidya, you will learn to smile without a reason. This is ANAND.

### **What you need is...**

Belief. Trust. Faith. Consistency in Practice. It is journey inward. It is discovering your true nature. So what are you waiting for? Join the nearest Brahma Vidya Centre.



Jayant Gore (In-charge of Children's wing, Marathi) is seen lighting the ceremonial lamp, along side: (L-R) Trustees: Kalpana Railkar and Sanjay Sathe





## Brahmavidya, an ideal way of life

*Brahmavidya is a science of ancient yoga and philosophy, which empowers each one and brings about the very best in one and all, feels*  
**Nandkishore Adsule**



### What is Brahmavidya?

Brahma means “GOD,” the creator of this universe, and vidya means knowledge. Therefore, Brahmavidya is a science which gives us the knowledge of God or takes us ahead on the path of self-realisation.

The creator has created the whole universe with some intention, it remains a mystery to all mankind. Every human being has a specific purpose to fulfill, in the universal plan. The human body is an intricate mechanism made up of various organs, further these organs are formed by combination of various tissues and these consist of innumerable cells, therefore in short our body consists of several billions of cells and these cells have been allocated certain duties with which these cells function (now if we think in depth about this we may realise that we are the master of our own body), in the very similar way the things in the nature as we see i.e. mountains, rivers, trees, animals, planets, human beings, oceans, minerals etc. all is a creation of the creator and every element has a specific role to play.

### Concept of inter-relationship

As we have seen that things like vegetation, trees, animals, human-beings, minerals, planets etc. all have been created by the Creator (of this universe “GOD”), therefore the fact that we all are children of GOD and we all are inter-related to each other, this universal truth is revealed to us after joining Brahmavidya.



All living beings need to breathe for staying alive. Along with oxygen, we also inhale prana (which is a primordial source of energy which keeps all of us alive) it is a unique source of energy and unique creation of the divine creator meant for all of us which we have been getting free of cost – which keeps all of us interlinked irrespective of our so called man-made concepts like social background, caste, religion, region, nationality etc.

The practise of breathing exercises makes us realise the importance of breath and universality of breath.

### **The Creator and Me**

I have been given this life  
For living cheerfully  
In utter happiness and in the state of perfect bliss  
I have been given my mind  
For obtaining perpetual  
Mental peace, calmness and stability  
I have been given these organs  
For keeping them intact  
In a melodious symphony  
I have been given this body  
For enjoying and maintaining  
The eternal youth, stamina, health, vigour and joy  
I have been given this intellect and wisdom  
For its creative utilisation in my own interest  
And for the benefit of the entire mankind  
I have been given this pious heart  
Not only for loving my near and dear ones  
But also for loving the entire universe  
Then guess who am I?  
Yes: "I am the creator in human form".

**–Vikas Pandit**





Chief Trustee Shri Jayant Divekar is seen felicitating Rajeev Jog at a gathering



Participants are seen practising breathing exercises at a gathering





**Brahma Vidya Sadhak Sangh**



(Front row) L-R: Prasad Dalvi, Sanjay Sathe, Chief Trustee Shri Jayant Divekar and participants at a Brahma Vidya gathering



Participants at a Brahma Vidya gathering





## A silent revolution

*Kalindi Teredesai, presents an annual review of various activities conducted by Brahmavidya Sadhak Sangh, it is an enlightening read...*



*Yogaha karmasu kaushalam*, meaning Yoga develops one's skills. With practice of this ancient science called Brahmavidya many followers are realizing the truth of this statement in their daily lives. This also brings in success in one's life.

All trustees, teachers their assistants and volunteers are selflessly rendering their services ceaselessly for the propagating the knowledge of Brahmavidya. This has brought about a silent revolution in the society around us, which is now, thanks to the efforts of Brahmavidya Sadhak Sangh becoming a positive and like-minded one. Here's presenting the yearly review for 2010-11.

Many more programmes and initiatives are undertaken by the Brahmavidya Sadhak Sangh. Just like Basic Course, workshops are regularly conducted for training teachers of Children's Course, thereby many more teachers are coming forward to conduct Children's Course and Brahmavidya is now being taught since a very young age.

**Brahmavidya in Hindi:** About two years ago Brahmavidya classes in Hindi began and along with the English classes, these too are becoming popular.

**Preceptor's Course:** This is the most advanced course in Brahmavidya and many followers are keen to join this course. This course is conducted for 96 weeks and Shri Jayant Divekar, solely teaches this course. It is a must for all followers who aspire to conduct Basic Course of Brahmavidya and after successful completion of this



course many such individuals complete the workshop to hone their Brahma Vidya teaching skills and later start teaching this beautiful science to many others.

All teachers of Brahma Vidya–Children’s Course or Basic Course have completed teaching workshops in addition to their respective Brahma Vidya courses.

**Residential camps:** Those students who cannot dedicate 22 weeks for learning Brahma Vidya, the Sangh organises a five-day residential camp where these students learn the Basic Course. Most camps are conducted at serene and beautiful locations. Thereby, most sadhakas learn this science in a healthy and positive environment, and thereby are able to learn it quite well. Till date, residential camps have been conducted at Khandala, Panhala, Bhayendar (Uttan), Nashik, Jalgaon, Karjat and many other places. During the past year, a full-fledged Basic Course and Advance Course were conducted at Nashik. Basic Course has begun at Satara.

**Revision classes:** Every follower feels that even after 22 weeks of learning Brahma Vidya he or she should be hone his actual practice of Brahma Vidya to perfection. And therefore, revision camps of Brahma Vidya are organized. Many students enroll for this class and bring perfection in their practice. Contact Shri Jayant Gore for these Marathi classes on 21636301.

**Brahma Vidya Gatherings:** These gatherings are conducted more often than before, when we used to have just one or two gatherings in a year. Since numbers of followers have grown exponentially, region wise gatherings are conducted and thereby many more followers can attend them conveniently. These gatherings help build a bond of mutual trust and respect among followers of Brahma Vidya. These gatherings are conducted most efficiently and many followers feel very happy having attended them.

**Gatherings’ details:** In addition to gatherings for students who have learnt Brahma Vidya in Marathi, those who have learnt it in English also have separate gatherings. Four such Brahma Vidya gatherings for students of English classes have been conducted in the past year.





**Details of Brahmavidya followers and teachers (English) till December 2010:** English classes : 42, Teachers : 17, Students : 6577

**Brahmavidya Office:** Brahmavidya office is always teeming with information and details about teachers, students, classes, camps, workshops and more. This office works daily except on Sundays and important holidays from 10 am to 6 pm. Schedules and organisational aspects of all Brahmavidya initiatives are planned here. All the financial planning is also carried out in this office. Since last year a regional office has also been made functional in Pune at: 1758, Sadashiv Peth, Garden View Apts, 1st floor, Nr Bhikardas Maruti temple, Pune 411030. Phone: 020-24454402.

**Annual souvenir, Pradnya:** Long term subscription for Pradnya (Marathi) can be availed by paying just Rs 250/- and this publication will be couriered to your residence for the next ten years. Many followers have enrolled for this scheme. Page donations too are accepted and numbers of donors in this segment are also increasing by the day. Pradnya is published in Marathi and English. After release of Pradnya in the gathering, it is circulated to one and all. All students who send their articles for publishing in Pradnya should also send their detailed residential address and contact numbers so that a free copy of Pradnya can be couriered to them.

All followers of Brahmavidya should make it a point to bring at least one or two new students to the Brahmavidya gathering, where Pradnya is distributed free of cost and make the most of their learning of this unique spiritual science.



## Importance of meditation



*What breathing exercises are to the body, meditation is to the mind. Both are complementary practices and Brahma Vidya teaches right breathing and right meditation for holistic improvement in the life of all students, **Rajaram Surve** explains how*

Everybody has a mystic attraction for the word meditation. Everybody has inner faith about this unique concept. Generally, people are attracted to meditation for 'peace'. Majority of people like peace of living in their day to day life. Practice of meditation gives each one an experience of inner peace regardless of their gender, caste or creed. Meditation is a capacity of mind to fix on any one subject or thought. Therefore we all meditate knowingly or unknowingly on something or the other. For instance, some of us are so engrossed in reading that they become unaware of their surroundings, so also while watch television or talking to friends. This is one-pointedness of mind on that particular activity, but not necessarily right meditation.

The same unique capacity of mind is used in practising meditation. Meditation and breathing practices are introduced to beginners during the basic course in 'Brahma Vidya'. Breathing helps to purify mainly the body and practice of meditation helps to purify the mind. Correct breathing helps to develop meditation. With the help of correct breathing meditation process is accelerated. We can say that right breathing is an essential pre-requisite for progress in meditation. Therefore, Brahma Vidya simultaneously introduces breathing practices and meditation to students.

Success in methods of meditation depends on regularity in practice of spiritual breathing and methods of meditation. We can say they are complementary to each other. Both are essential to develop health of a being, because health consists of both mind and body. Therefore, in





Brahmavidya students are told to cultivate the habit of meditation and breathing exercises to develop the mind and body respectively. That will gradually bring about an transformation in human personality on the whole. Daily practice surely gives desired results. Methods of Brahmavidya are result oriented. That is the actual experience of many *sadhakas* of Brahmavidya.

Many students in Brahmavidya basic course practice breathing exercise and experience improvement in their physical health and sometimes, they forget to practice meditation daily. It has been observed over the years that since meditation at night is suggested in the basic course, many sadhakas tend to neglect it because of lack fo time, will and exhaustion. These very people, however are quite regular with their practice of breathing exercises in the morning. The only solution to this is to have patience and faith meditation and willfully begin practice of meditation as given in the basic course lessons. Initially you have to start mechanically and then it becomes a way of life. The benefits of meditation are holistic and though on the outside the person may appear the same, his skills, concentration, memory, alertness of mind and intuition are highly developed, which he can use in his daily life for achieving his goals. Depending upon the regularity and sincerity of practice, benefits of meditation will differ in degree, but they are surely going to accrue. So let us all renew our vow to be more and more sincere and regular in practice of meditation, at any time as per your convenience.



## Gratefully yours!



*Gratitude is a phenomenal quality, which creates an invisible bond between man and God. It's a beautiful gesture, which even in everyday life has the potential to develop relationships feels Prasad Dalvi, teacher Brahma Vidya Sadhak Sangh*

Gratitude! A Simple word! Yet it is one of the most important practices followed by all Brahma Vidya Sadhaks. One may ask-why only Brahma Vidya Sadhaks? I also give thanks when I receive help from others. It is true that every human being practises gratitude occasionally in his life. But Brahma Vidya helps us understand the deeper meaning of gratitude.

Gratitude can be defined as giving thanks for favours received. But are we practising gratitude every time we receive a favour? Certainly not, sometimes (or many times) we fail to acknowledge the favour received. Why? Because we take the things or those people for granted or we think that it is our privilege to receive these things, or we think that favours received can be compensated only by paying money. To understand the point, let us consider two situations. A person while returning from work uses a train to reach his station and then auto to reach his residence. He thinks that he does not owe anything to the motorman of the train or auto rickshaw driver more than the money spent for his monthly/quarterly pass and auto fare. He is wrong! He forgets that though the motorman and autowala helped him reach from one place to other they have helped him reach the destination safely and in time.

Let us also consider the Teachers we came across in different phases of life, teachers from playschool, school, college etc. Though we paid our tuition fees, teachers not only taught us the different subjects, they also imbibed moral values, good habits in our personality. What do we pay them in return! Except for a remembrance (if at all





we remember) on Teachers Day! No, we must express Gratitude. If we can retrospect our whole life, we can find so many incidents in our life where we have failed to express gratitude.

Though a very simple practice, gratitude has many benefits. Practice of gratitude makes us happy, makes us humble, helps us remove dross from our mind. Practice of gratitude takes us to a peaceful and serene feeling. It helps us understand ourselves, other people and every thing that we come across in different way. Gratitude creates order in our life. In short it improves our life at all three levels- Physical, mental and spiritual But then, why can't we practice gratitude?

We unnecessarily invite unhappiness in our life. In pursuing some goal, trying to achieve something, we fail. This failure, at times makes us miserably unhappy, because we had taken lot of efforts and this makes us unhappy. As long as we hold on to unhappiness, we cannot be grateful. Then what should we do? Rather than harping on thing which we do not have, we should think of many other things that we have and we should express gratitude for the things that we possess. Does this mean that we should be self complacent? Does Brahmavidya teach complacency? No. We should try our best to achieve our goals in life. But if we do not achieve some of them, we should try again, and not to lose piece of our mind.

How can we develop the practice of gratitude? By saying only "Thank you"? It is necessary to express thanks for the favours received, but we should not stop only by saying thank you. If possible, we must repay, compensate for the favours received. If it is not possible to return to the source, we must do similar deeds when we come across the needy person. If a person received help from his relative/friend to complete his education, he should help those needy poor students whom he comes across by helping them to complete their education.

And now, what is our duty towards Mother Brahmavidya from whom we gained so much in our life? We should try to help others to come in light by introducing them to Brahmavidya, so that they too can enjoy the benefits that we have now. So, let us all contribute our mite in propagating this sacred knowledge to as many as people as possible.



## A Guru is like God

*Dr Vinay Shah upholds the importance of a guru along the spiritual path and highlights the selflessness with which teachers of Brahma Vidya render their services in the propagation of this science*

*Guru and God are both standing whom to respect,  
Guru is great, respect him said God.*

Even a tiny particle of universe is bestowed with blessings of God, the supreme power. He is universal, omniscient, omnipotent. His name and fame is spread by different names in different religions people go to find God and peace in temple, church, Gurudwara, mosque etc and visit holy places faraway.

Whenever some special soul gets the ultimate blessing of God, he becomes a medium of social revolution in decades such noble souls have taken birth (*avatars*) to guide us one such pure soul was Guru Jyotirmayananda (follower of Guru Ding Le Mei). He started teaching Brahma Vidya in 1977. Brahma Vidya Sadhak Sangh was established in 1997.

Our Guru is doing the noble work of taking the teachings of Brahma Vidya selflessly to disciples in a simple, interesting manner. By this you have broken all barriers of religion etc and have directly linked us with God. The God is within us, our soul, mind we are a part of God. The whole world needs to accept this teaching and look for God within. Brahma Vidya is actually taking human life from darkness of ignorance, towards light and longevity. With holistic health it ignites a new life even in every human life. This science is the ultimate panacea one can find in this life. I am impressed with the humility with which teachers of Brahma Vidya impart these teachings, their immense integrity to their work is a great inspiration for one and all.





## Emotional wellbeing through Brahmavidya

*In a world torn apart with strife and angst, Brahmavidya comes like a gust of fresh air, rejuvenating us totally and beyond this it fills each one with varied types of wellbeing. Brahmavidya and emotional wellbeing and are integral aspects Sugandha Indulkar presents some perspectives*



Raju was walking along the road, possibly engrossed in his own thoughts. A two-wheeler came and knocked him down. He was bruised, though not badly. The bike rider started hurling abuses at Raju: “You fool, can’t you look around while crossing, because I applied brakes urgently you were saved. You think you can cross the road blindly!” Raju was hurt – physically, and now mentally. He felt very bad. He walked on mutely. His eyes were flooded with tears. He took a train and went ahead to his office. At work, he was quiet. He did all his work carefully, finished everything on time. And went to request his boss to be able to leave early, because by now his bruised leg was hurting badly and he wanted to go to a doctor. His boss happened to be in a bad mood and even before hearing Raju’s request completely he started calling him lazy and work shirker... and gave him more work, which he was asked to complete on that day itself. Now Raju was totally frustrated. He could not concentrate on this new work and was feeling very bad he cursed his fate for this ‘bad day.’ This could be a day in any common man’s life.

A person who practices Brahmavidya, however, would have been alert while crossing the road and averted the small accident and the resultant depressing events throughout the day. Alertness of body and mind is necessary for all. A refreshed mind, filled with positive emotions of joy, peace, harmony, compassion and gratitude is likely to be more creative and holds a lot of potential for success and bringing about holistic wellbeing for one and all. A positive mindset reflects in one’s manner and in one’s actions, even in one’s looks, which often soothes



a difficult situation almost effortlessly.

Emotions play a major role in our lives. Emotions are natural to all living beings, perhaps as natural as breathing. Therefore, just as we learn to improve our breathing with practice of breathing exercises, for improving emotions (or feelings in simple words) we would need some training. Brahma Vidya, being a holistic science along with the body works well on the mind too. Just as breathing exercises work for the body and bring improvement at physical level, meditational affirmations taught are highly beneficial for emotional wellbeing.

In day to day lives, various incidents take a toll on one's emotional wellbeing. Irritation, anger, stress, worry, anxiety, panic, fear, jealousy, extremes of love and hate (often misconstrued), excess of zeal, etc. are types of emotions one encounters. They may be affected by external or internal causes. What matters is the effect of these emotions on one's behavior, speech and actions; which in turn determine one's success at work, at home and in life. Therefore just as one learns to develop positive feelings through practice of Brahma Vidya it is also essential to develop this innate emotional intelligence, which is the very basis of one's success in life.

Thankfully, there's nothing different that one needs to do. Just follow the schedule of practice given to you during the basic course of Brahma Vidya and everything will be taken care of. To begin with, follow it without questioning. The results are assured. It is regularity, sincerity in practice, which may bring in different results in different individuals. The best part is each one is surely benefited. Whether or not one makes a deliberate effort to analyse how Brahma Vidya practice of simple breathing exercises and meditation brings in these wonderful results; does not actually matter, because the taste of the pudding ultimately lies in eating it. Therefore let us focus our energies on steadily improving our practice and dedicating ourselves to a superior cause. By doing this, one gets established in a circle of positives. One right deed creates an appropriate cause for another right deed and so on and so forth. Regular practice of Brahma Vidya breathing exercises and meditation also trains one's body and mind to always remain in a definite poise, peace and harmony. This steadfastness shows in one's





behaviour and emotional wellbeing thereby affecting success in life. Wisdom shines through, in every thought, word and deed of one who sincerely practices Brahmavidya. These characteristics are so intricately woven and deep in their impact that even the individual cannot actually segregate them. However, regularity in practice and taking one's own practice to a higher level are important for development, just as one passes from a lower class to the next one in school or college, one has to gradually climb each level. This ascent is an outcome of one's individual efforts. The lessons, which are given in Brahmavidya basic course and in all the other courses are like a set of doctrines, reading and re-reading them gives one newer and deeper perspectives, therefore Brahmavidya is not just a classroom activity, it becomes a way of life. Adopt it to realise its efficacy.



A student is felicitating Sanjay Sathe, trustee and senior teacher of Brahmavidya



## The impact of noble thoughts in our life



*Vikas Pandit, teacher of Brahma Vidya basic course highlights the benefits of Brahma Vidya to one and all through this beautiful article...*

Our life revolves around our 'Breath' and 'Thought'. Emotive thoughts i.e. thoughts full of emotions certainly affect our life. Emotions strengthen our thought and such thoughts (emotive thoughts) find their way into our feelings. The stronger the feelings, the greater is the impact of thoughts on our lives. ("Yad Bah Tad Havarti" says "Upanishad"). The way to change our destiny is quite simple; first get hold of your thoughts before they are expressed and then try to control the mind in the light of such enlightened thoughts. Take corrective action, wherever necessary i.e. weed out the evil, bad, injurious, negative, selfish and unhelpful thoughts totally.

It is said by Swami Vivekanand that "Every soul is potentially divine"; forget about the divinity in today's world the human qualities are missing in most of the people we come across in our day to day life. This divinity is brought out in the actions that we take. Actions, however, may differ from one another, depending upon the density and vibration of our thoughts and feelings. If we try to synchronize our thoughts and feelings with HIS (Almighty's) will, we start enjoying the drill. The extension of this logic teaches us that love begets love and hatred undoubtedly boomerangs into more hatred and misery for us. This is the Law. It cannot change.

If we develop our attitude in this direction, God Almighty will certainly shower on us his choicest blessings of eternal love, happiness, wisdom and tranquility in a limitless way and the doors of heaven will be opened for us on this Earth itself. It is easier to find fault with others but





difficult to see the glaring shortcomings in ourselves. This weakness can be overcome with little introspection. Be careful and discreet before condemning others lest the devil in you may pop up at a time most inconvenient to you and embarrass you mortally. What really belongs to you will definitely come to you, if not today, at an opportune time, according to the Divine Plan. You need not be overly anxious / desperate to get it right now. Also if you do your part of the job thoroughly, the balance 50 % of the job will be done by HIM (Our inner God), without you even noticing it. This is the Law. It has to apply in all circumstances. By blaming society or others for your ills you just are wasting your time. This way you will never be able to improve your situation -now or in future. The real key to success is to first thoroughly understand the task given to you, update the requisite skills, if at present, you are not having them, do the best that you can without any let up and ensure that the job is done within the stipulated time. Honestly, intelligently and naturally, therefore, to the best satisfaction of all concerned. Do it as if you are doing for The Lord! Success then can never be denied to you.



Senior teachers and Brahmavidya trustees along with other dignitaries at Brahmavidya function held at Goa



## A step towards one's real self

*G Radhakrishna deciphers his learning of the Brahmavidya basic course for those who are yet uninitiated...*

We all live from birth to death. We all have a lot of questions and many questions have no answers. What is this life? Why are we born? What will happen when we die? These and many other such questions suggest that there is some force beyond the human understanding. Does reading and learning help? Again, whatever one reads and learns from books is written by someone else. No one comes into this world with the complete knowledge. One needs to learn and understand and then use such knowledge to understand the surroundings better.

Many of the questions mentioned above are not answerable and are left to self-inquiry. A real seeker needs quest. He needs no knowledge. The acquired knowledge becomes a debt, which he needs to unburden someday. Inner search gives knowledge, which provides the real truth. It is said that people who seek entry into the spiritual world need to shed all mental burden.

What I had learnt in the classes can never be forgotten. Brahmavidya is an ancient system of Yoga and Philosophy. In ancient Sanskrit philosophical literature the term Brahma is used to denote the Supreme Being, which is commonly called as: God, *Ishwar*, *Bhagvan*. Hence Brahmavidya is a teaching, which leads to knowledge of Brahma - God. This system maintains that spiritual functions are related to physiological functions of ductless glands. It emphasises the role of meditation in realising the spiritual nature of a person and uses exercises involving breathing to support and nurture related physiological ability. The subconscious mind is assigned the central role in bringing about physiological and spiritual transformation. Exercises related to the subconscious mind are therefore also crucial to this system.





## Brahmavidya: Gateway to holistic health

*Dr Vinay Shah highlights some exemplary benefits of practice of Brahmavidya in the most appropriate words...*

I was having depression for last 20 years of my life (today 20 percent of people suffer from the agony of depression). I was on medication and tried many spiritual techniques, pranayama. But got temporary benefit. My life was full of negative thoughts: fear, anxiety, imperfection, suicidal tendency. I was really leading a half-life with no enjoyment or self respect.

After joining Brahmavidya course within two months, I found myself developing a strong positive attitude. This positive attitude has filled my soul with thoughts of wholeness, self respect, perfection, harmony, courage to fight against all odds in life with a smiling face. Now I do one hour of breathing and meditation and 90 minutes of swimming daily. I feel full of life and vigour. I am writing two books: My life, a long dream.

Brahmavidya is the perfect combination of breathing exercises, spiritual affirmation and meditation techniques. The affirmations in Brahmavidya are truly miraculous as they help us communicate with the higher intuitive intelligence and develop the same within us. All we need is an open mind to receive the teachings well.

Brahmavidya is not just a technique or a system of knowledge. It is not limited to breathing techniques and reciting the meditational affirmations. The breathing techniques are gateways to higher states of living, the motivational passages are to be lived every second. It is a platform for holistic health physical, mental and spiritual. Brahmavidya not only gives long life, but gives us the choice of living as much as we want and in a way we want. Holistic health becomes a reality by regular practice of Brahmavidya. This science lays down the mental and spiritual framework for us to work on.

It makes us to take driving seat of chariot of our life. We truly become the masters of our life. It may sound impractical, but it is



indeed true. Brahmavidya gives us the power to command our life and benefits from the universe.



## **Brahmavidya helps cure cardiac ailments**

*Manjunath Pai enrolled for the basic course of Brahmavidya and with regular practice could overcome high risk cholesterol levels, he shares his experience...*

The word Brahmavidya mentioned in this article is to be understood and interpreted in the same context as taught at Brahmavidya Sadhak Sangha classes. What I gained and what I lost (got rid of) in the practice of Brahmavidya Breathing exercises and the teachings enshrined in Spiritual ways of Life.

I suffered from asthma for a span of 11 years. I was ultimately cured of this illness with Ayurvedic treatment, which lasted for 18 months, which ended in 1987. With Brahmavidya breathing exercises (Pranayama and the revitalising Breath) today I am in a position to sleep without a pillow. This has got rid of the stiff neck and low back pain.

I have been staying alone since 2001. Sometime in the year 2000, I came across a gentleman by the name of Anilkumar Sharma; the company of this kindhearted Guruji too was lost in 2007. Upon much insistence and begging he kindled in me the flame of meditation.

I was once again at the crossroads when he passed away and I was unable to understand what path to take. I lost courage and my health thinking what to do and how to proceed along the path destined for me.

In 2007, I was indisposed with body pain and recurring swelling in the joints. After several types of blood tests the cause was diagnosed as high-risk cholesterol levels. My family doctor referred me to a cardiologist who wanted me to get admitted and be under observation. I did not get admitted, but returned home. It was by my destiny, I





should say, that I came to know about Brahmavidya. Initially I did not believe the propaganda, but after coming across people who have benefited by the practice of Brahmavidya. I put full faith in Brahmavidya and enrolled at Malad (W) Centre. Since then my health is improving day by day. I feel more at peace and have been able to lead a happier life.



## Of good health and a happier life



*Nitin Desai shares his experiences with practice of Brahmavidya and meditation*

Cough and cold, which were my constant companions, have vanished totally by the practice of Brahmavidya. I have been able to overcome my snoring habit as well. Now I get sound and undisturbed sleep for seven hours. When I get up in the morning I feel that my purse has been magically filled with 24 hours, which I consider to be the most precious gift. I have ever received. I feel fortunate am to have a life to live, work to do, people to talk to and help. I have learned to live with zest and enthusiasm. I now feel that I am suffering from the following positive ailments :

- a) Chronic enthusiasm
- b) Incurable enthusiasm
- c) Contagious enthusiasm.

There has been a slight improvement in my eyesight. After 60 years of age I used to bend a little while walking. Now, at 62 years of age, I can walk tall and straight. The pain, which I used to get in the right knee due to osteo-arthritis has gone completely. I participated in Mumbai Marathon conducted in Jan 2009 and 2010. I feel a lot happier after



having practised Brahmavidya regularly and reading of the lesson notes.  
We are what we repeatedly do. What we repeatedly do becomes a habit and therefore one who cultivates the habit of practising Brahmavidya and meditating daily will surely beget excellence in everyday life.



## **Brahmavidya for better health**



*Asha Desai shares her experiences with practice of Brahmavidya as she sets herself on the path to achieve excellence*

I have overcome the problem of common cold. My sinus is not giving me trouble anymore. My eyesight has improved. Regular practice of meditation has cured the pain in my right hand completely. Through regular meditation fear from my mind has been removed totally. I have been able to follow a regular diet thereby my overall health has improved considerably. I have developed the virtue of patience, and a calm and poised temperament. My body has become light and I feel active though out the day. Now I realize what joy I get by spreading the message of Brahmavidya to other people, who have not yet joined Brahmavidya. I can convincingly tell them, "Brahmavidya is your key to health and success." Perfection" they say, "is not attainable. But if we choose perfection, we can also attain excellence. Our endeavour has always been and will be to achieve this perfection and we are sure that with regular practice we can achieve this. I am grateful to the teachers of Brahmavidya for having brought this wonderful knowledge to me.







## Brahmavidya helps career growth

I have completed basic course of Brahmavidya and I am doing advance course. I was suffering from high blood pressure, diabetes and a few other ailments but after doing the breathing exercises and meditation these ailments are under control.

Interestingly, I have been able to overcome the instabilities of my legal profession as well. My confidence level has increased and I have been able to achieve success in my work.

—Sudeep Dasgupta



## Brahmavidya for fulfillment of dreams

*Shrikant Baraskar narrates some really inspiring experiences with his practice of Brahmavidya*

I am Shrikant Baraskar, working with RBI as an officer. I joined Brahmavidya class because my wife insisted. After completing the class, I found a lot of difference in my wife. She became confident and positive in nature. I liked the class and continued with my practice.

Our sir told us to have a goal during this class, which we would fulfill during this year. Incidentally my wife and I were thinking to build a Senior Citizen Home for last ten years. We started thinking continuously on this subject and decided to go for it this time.

First, I told my five best friends about this and I requested them that we will contribute funds and start this venture. All of them refused. They did not appreciate the idea. These friends started taunting me that you are old now, how are you going to help other old people? Here Brahmavidya's spiritual affirmations helped me. I positively feel that I am rich enough to complete my project. Brahmavidya has taught me positive thinking. I could remove all negation from my thinking. No idea of negation ever enters my memory.

Breathing exercise helped me a lot in my day today working. After



the office, I used to catch the train, sit in the corner and used to go fast asleep because of fatigue. Now I do not sleep, instead I read self-help books with joy to increase my knowledge.

Now with the power, we have received through practice of Brahma Vidya I have started the construction of Senior Citizen Home at Chiplun. The project consists of eight self-contained bedrooms with kitchen, caretaker's room, a dispensary and a large hall in the centre, which will serve as a dining hall, TV room small, indoor games room etc. There will be a small temple and a beautiful garden surrounding the building. We have decided to take care of 16 old people. Thanks to Brahma Vidya and the Gurus who are imparting their knowledge to us I feel confident of fulfilling my dream.



## **Towards healthier and happier life**



*Prabha Shankar has experienced freedom from ailments and lives a happier life thanks to her practice of Brahma Vidya*

I live in Chembur. I have recently retired from my service after working for 40 years. I had many problems in life such as Ill health, family related stress, etc. I heard about Brahma Vidya from an office colleague. As I enrolled for the English class I followed the teachings better and started practising regularly. As a result, I am totally relieved of physical ailments like migraine, spondylitis, knee pain and asthma. I am grateful to my teacher and shall be sincere in my practice of Brahma Vidya. I will also join the advance course and pursue it with total dedication. Thanks to practice of Brahma Vidya I am a happier person. Today I find that every day is a new day.







## Brahmavidya brings 'completeness' in life

*Anagha Hunnurkar has made Brahmavidya a way of life. She has been able to delve deep into some secrets of Brahmavidya, which have made her life 'complete'*



When I joined the basic course of Brahmavidya, little did I know what lay ahead. I am basically a joyful person looking to enjoy life in its abundance. At the same time I do not have a casual attitude and I am passionate about whatever role I am placed in whether a mother, a wife, an employee, whatsoever. The best part is that I have never ever considered work as drudgery and so am always enjoying my work. I always had an inborn curiosity to know more about the amazing secrets of life.

Life to me was sometimes too meaningless and sometimes it revealed to me great treasures and great joys. So while riding on these waves of ecstasy and agony, I never realised when I turned 50 years of age. At heart I was still like a teenaged girl and yet there were physical signs of ageing. As my children grew up I realized that I was slowing down. So when my sisters urged me to join this course, I joined to know whether I could get answers to all my tribulations.

As a person with spiritual bent of mind I always had this conviction that in so far as I don't do bad to others nothing bad will happen to me. And yet life had something else for me. In my deepest sorrows, I kept on wondering why I had to suffer. I kept on analysing the events and yet could not seek a befitting answer except the all-enveloping 'karma' theory, which goes beyond one lifetime. I have a nice family with husband and two children: A boy and a girl, a good job, a good home, good health and generally all those comforts that a woman would want for. And yet there was something amiss, a void, and some unanswered questions in life.

Brahmavidya gave me that completeness - that whole picture.



Initially when I was undergoing the course I had lots of questions, which were unanswered. Yet the lessons were to be imbibed with 'feelings' and with an unquestioning mind. I thought to myself, why not give it a fair try without much questioning and reasoning — after all it is only a matter of six months. So week after week I went on practicing unquestioningly, whatever was being taught. With the innocence of a child I kept on pursuing the teachings of the course. Without fail I did all the breathing exercises and meditation. Sometimes I used to feel lost in the milieu because there was no outward change in me or in the circumstances around me.

The same ego issues, the same anger... I wondered where is the change? Yet I did not give up the practice. And slowly but surely I started enjoying life. I started looking forward to each day. Every dawn was eagerly awaited for practicing the breathing exercises. I used to look forward to every night for practicing meditation. The sleep thereafter started to be so deep and blissful that I wake up fresh to take on a new day. It gave me a different high. Life around me did not change but my response did. This gave me an added boost. It is just about four months into the course but now I feel that I am on the right path. I have no fear for tomorrow.

Even before joining this course I have been through other courses on yoga and vedanta and each of them helped my progress. I have also read many other books that tell you what life is, what you are etc. But Brahma Vidya takes you by your hand and guides you through step by step. It reveals to you not just the 'why' but the most important answer of 'how' to solve riddles of life.

I am a very sensitive and emotional person by nature. I always felt this was my greatest weakness. It was Brahma Vidya that revealed to me that in fact emotions are powerful tools. We have always learnt that 'Knowledge is power'. Today I can say with conviction: 'Emotion (Feeling)' is POWER and Brahma Vidya teaches us how to harness it to achieve our goals.







## A step towards real freedom

*Sujata Raikar has been able to cure herself of respiratory ailments and negativity that had become part of her life, thanks to her practice of Brahmavidya*

Brahmavidya was a new term for me, never even heard of it before joining the course. An advertisement in one of the newspapers guaranteeing cure of asthma caught my attention and I joined the course with lots of doubts in my mind and that was the beginning of my transformation, physical and mental both. When I joined the course, I was suffering from asthma, my nostrils always used to be blocked. I was addicted to the medicines that help control asthma. My breath retention period was hardly 15-20 counts. But I feel very happy to share that my retention count has now increased to 150-160 counts. My nostrils are generally open and so I do not need nasal decongestants. Also because of regular practice of Pranayama and all breathing exercises, my lung capacity has doubled and therefore there is no breathlessness and I don't need to take asthma medicines as well.

I feel very energetic. At the mental level I am generally calm and at peace and have learnt to be happy always. Negativity in me was the main reason of all my sorrows, which has almost vanished after learning Brahmavidya or may be one can say I have learnt ways to overcome my negativity and feel positive and happy always. This course was a great experience and an eye-opener, which has transformed an asthmatic, mentally and physically weak and a negative person like me into a healthy, happy and energetic person. I would like to enumerate in detail some of my experiences with Brahmavidya:

**On the physical plane :** Good health and well being. Living a life of moderation and thus experiencing greater fulfillment, happiness and peace.

**On the mental plane :** Control of thoughts and actions. I have been making a conscious effort to master my thoughts and actions. Usually thoughts fluctuate back and forth between joy and sorrow. Thus we



allow ourselves to be rocked by them. However, I have been making a conscious effort to stabilise my mind by not allowing any unpleasant thoughts to enter my mind that may disturb my life.

And finally, I really feel that I have gained so much from my practice of Brahma Vidya that I now enjoy a much greater degree of peace and happiness than ever before. I am attempting to live a more spiritually inspired life than ever before.



## **Pain relief with practice of Brahma Vidya**

*Madhu Kelkar* words her experiences with the practice of Brahma Vidya and how she was relieved of pain. Today she lives a happier life

As I reflect upon my life, in retrospect, I feel that I have led a relatively smooth life with none of the violent ups and downs that characterize the lives of others. However, like all others, I too have had my share of bitter disappointments, which scarred me and severely inhibited my personal growth.

As a child I grew up in an atmosphere of strict discipline under the guidance of hardworking and God-fearing parents. However I was more attracted to my father's guiding principle in life: Work is worship, than my mother's rigidly formal and ritualistic religion. Consequently my adult 'self' presented a confused individual with contradictory characteristics. I showed a strange combination of hard work, competence, independence and sincerity combined with submissiveness, irreverence and ungratefulness towards life and above all a strong sense of dissatisfaction with myself. My impressions of God were vague and HIS existence inconsequential.

The turning point in my life came at the age of 35 when faced with a back problem that confined me to bed for almost two months. This was my first major and visible accident in life and at that time it seemed so threatening that the very foundations of my being were shaken. I





thought that I would never recover, but did, eventually, and limped back to work albeit with a further reduced self-confidence.

It was then that I 'discovered spirituality'. My neighbour initiated me into this new field. However I did not find it easy to accept the existence of God. I was destined to join Brahmavidya on the recommendation of Nitin Panchal, my husband's friend and himself a Brahmavidya student. We joined the Basic Course in January 2007.

By this time I was 36, with a chronic back problem. I also had begun to suffer from terrible mood swings. Although I did not benefit immediately I persisted in my exercise. A reduced back pain was the first noticeable change in me. Over a period of time I found that my stamina too had increased tremendously. At the same time I found myself becoming less vulnerable to cough and cold. Thanks to the breathing exercises my posture too has improved considerably.

Changes at the physical level can be made out easily. I am definitely different from what I used to be three years ago. Today my "conscious self" has begun to acknowledge ideas which it had rejected, contemptuously, earlier. I now realise, that there had been, all these years, a huge spiritual void in me which distorted my personality. I have now begun to believe in the existence of God. To me He represents the 'infinite intelligence' that governs this universe and I am convinced that a small part of that intelligence also resides in me. Prayer, an integral part of my mother's formal religion, has therefore found its way into my daily routine and I understand, appreciate and respect her more today as also the importance of this act. I also have begun to look inward for solace and strength when faced with a crisis. I continue to worship my work but now with the added dimension of detachment.

At work, my efficiency as a lecturer has increased. I am able to control my temper and interact with students with a greater ease than I ever did before. I have developed greater assertiveness. Besides I have developed sufficient resistance towards staff room politics, negative comments and behaviour.

Now I constantly weigh my actions and what comes to me in my day to day life, in the light of this theory. This gives me strength to tide over my disappointments and bounce back to work.



I am still a toddler in the spiritual academy of Brahmavidya students and tend to stumble every now and then. Self realisation is still a distant dream and the road to it is fraught with difficulties posed by my inner self. But I continue with dogged determination.



## Low sugar level through regular practice



*Brahmavidya is a holistic science, a sincere student – Mrs Shivakami is happy to see her sugar levels come to normal with regular practice, she pens her experience*

I, Mrs. Shivakami, am 56 years of age. I feel extremely lucky to have got this opportunity to learn Brahmavidya. I was not knowing all these years of my life the value of right breathing and controlling the mind through meditation. But only in this class I came to know its importance.

I started practicing Pranayam daily thrice a day, breathing exercises in the morning for about 45 minutes and meditation in the afternoon for about 45 minutes. This is the ideal time for me. During this time I make it a point to put away all disturbances like the land line phone and mobile, so I can dedicate myself totally to the practice of Brahmavidya.

I am most excited about the affirmation part. I get fully involved during affirmation and denials. In the end I feel fresh, healthy and happy. In the night before going to bed I just meditate for five to seven minutes and I can sleep peacefully.

Within just 10 weeks the result I started realising the benefits of my practice. I was having a high sugar level since last five years. My doctor cited it as age factor and family history. I was not under medication I had my routine checkup on July 3 to my surprise the reports showed my sugar levels to be completely normal. I could not





just believe it.

If the to some unavoidable circumstances if at all I miss the practice even for a single day I feel that I have missed some valuable thing that day. So I have decided to continue with the advanced level that follows. And I have made it a point to introduce at least two persons for the next basic course. I give thanks to Brahmavidya and my dedicated teacher.



## Relief from asthma with Brahmavidya

*Shivaji Kandarkar was relieved of his asthma with regular practice of Brahmavidya, he shares his experience*

I joined Brahmavidya on the advice of my friends Sundeep Mhatre and Santosh Kadam who were regularly after me to join the Brahmavidya course because of my asthma. Initially, I was reluctant to join the course because it was conducted after office hours, and I always like to rush home after work. Once while travelling from Goregaon to Borivali. I received a schedule of this course it showed that there was a class on Saturday, I immediately decided to join the course from 1st August 2009.

At the time of joining the course I was badly suffering from Asthma and was on regular medications. I used to get frequent attacks and at times the attacks were very severe and I was unable to do anything. The medicines, which were given to me under such conditions, are only given at a critical stage. After attending the Brahmavidya course for four weeks from 1st August 2009 to September 2009, I did not require medicines for asthma that is from September 2009 till date I have not taken any medicine for asthma. Also my sugar level has come down considerably, which was constant at 300 for the past four years. My eyesight has also improved. I feel everyone should join Brahmavidya course, which is a key to "Health and Success".





## Brahmavidya for health and happiness



*Milind Jadhav was a victim of physical and mental problems, not so serious, but disturbing all the same. He's a healthier and happier person, now with the practice of Brahmavidya, he tells you his experiences*

Currently doing a post graduation in supply chain management from NM College, Vile Parle. I am working as a purchase engineer in IMA PC India Ltd. Pharmaceutical manufacturing company. Under the guidance and inspiration from J T Kumbhan my boss, I joined the Brahmavidya class. Before the joining the class, I always suffered from health related problems such as cough, fever, acidity and weakness due to sinusitis attacks. With almost every season change, I have suffered from these ailments. I had become overtly nervous and felt drained out because of these problems. With six month of practice of Brahmavidya I am totally fit. I feel more confident, energetic and mentally strong. I am more prepared for my examinations. With regular practice of meditation I have realised how I can keep my temper under control. My attitude towards the outside world shows considerable change. The last six months were just like a dream, I am indebted to Brahmavidya for bringing about these positive changes in me.



## Brahmavidya is about life

*Ashok Joshi in a very few words has grasped the essence of Brahmavidya teachings, which he shares here*

Brahmavidya helped me in cleansing my system and detoxifying my entire being. A new life has been infused in me. I feel fresh as if I





have woken up from a deep sleep. Brahmavidya helped me focus on my purpose in life, things that are important to me. This science allows me to respect my body and treat it like a temple. It taught me the essence of my existence the “Prana” within me. It taught me to focus attention on every breath I take, making that moment precious for me. It works in a gradual, subtle and miraculous manner. I am grateful for the knowledge I have received from my teachers.



## Brahmavidya, key to a positive change in life

*Priya Subramanian is happier because of her practice of Brahmavidya and shares some positives it has brought in her life*



I had been introduced to Brahmavidya classes through my sister Ms. Padma Krishna Kumar and brother-in-law Mr. Krishna Kumar who were simultaneously attending classes in Mulund. I have derived immense benefits and my approach towards life is more positive today irrespective of the obstacles on the path of success. The regular practice of Brahmavidya and Pranayam has made me stronger human being than before. As earlier I used to experience a lot of stress and tiredness. I have discovered the art of remaining happy at all times in life and hence like to thank one and all who inspired me to achieve the benefits of teachings of Brahmavidya.





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## Benefits of Brahma Vidya



*Anurag Shukla believes that science and spirituality are two sides of a coin and feels indebted to Brahma Vidya...*

Normally it is understood that science and spirituality do not have any connection. On the contrary, sometimes it is assumed that if someone believes in scientific law he/she will have an aversion towards spirituality. But Brahma Vidya had helped me to understand the missing link between science and spirituality. I am a firm believer in science and am spiritual too. There is no contradiction between the two. Apart from this revelation, I can say that after attending these classes, I have become more accommodating of people and their actions, especially when their behaviour and actions are less than ideal.



## A life sans fear and stress...

*Lubina Khan an ardent follower of Brahma Vidya has reaped benefits of her regular practice, she pens some of her experiences*

I have just completed the Basic Course in Brahma Vidya. I have a school going eight-year-old son and my husband travels a lot as part of his work. I teach in a college. There are 140 students in my class. Teaching and controlling them is not an easy task. There is lot of workload in the college and then back home also there is lot of work. Many times my husband is out of station and I have to manage everything on my own. My son would most of the time be down with cold, cough and fever. This would add a lot to my stress.





I would always be irritable and tensed and would wonder why I have to suffer always. Then I came across Brahmavidya I had never imagined that a set of eight breathing exercises and meditation would bring about such a big change in my life. Slowly and steadily as we went through the exercises every week, I began to see things differently. Something within me changed. For no reason I would feel happy and peaceful from within.

I guess my colleagues also noticed the change. They found me a different person. Strange, I said to myself I am the same person with same workload, responsibilities and yet enjoying life, living life without stress, fear and anxiety. My son's cold, cough and fever also disappeared. I am sure all this was possible because of Brahmavidya and the positive thoughts within me.

Brahmavidya has given me a lot, so I had my son enrolled for the Children's Course and believe me I have begun to see changes in him. I have not missed even a single class in spite of my hectic schedule. To get the full benefit of the course one must religiously attend all the classes I guarantee you that you will see your life changed for the better after this course. I myself have found a paradigm shift in my life.



## Brahmavidya for peace and joy

*Meimuna Chauhan, a school teacher finds more peace and patience in herself due to her practice of Brahmavidya*

By nature I am a quiet and patient person. But some uncertainty in life tends to disturb our physical as well as mental balance. I realised this and I was looking for good yoga classes to retain the balance within myself. And someone showed me a magazine where I read about Brahmavidya. I had some reservations about learning Brahmavidya since I am a Muslim. My teacher cleared my doubts

Experience



and informed me that any one can learn and practice Brahma Vidya, irrespective of religion caste or creed.

After joining, I realised many changes in my daily life. One example I would like to share with you. I am a school teacher. The month of April is really stressful and it involves a lot of work related to report making and we were assigned census duty and had to report immediately. All of my colleagues were disturbed when we first heard of this extra assignment. But surprisingly, I found myself very cool and calm ready to do the work and I owe this to Brahma Vidya. This science helped me to find myself and enabled me to regain my patience and mental balance. So to make your life more disciplined, peaceful, healthy and confident I feel those who have not done Brahma Vidya course yet should join as soon as possible.



## **Brahma Vidya for a stress free life**

*Neetu Malde finds that regular practice of Brahma Vidya has brought her miraculous results and finds her daily life more manageable and stress free*

I recollect day, when I started practicing Pranayam: It was 6th April 09 that I started practising pranayam. The result was awesome, I felt energetic and was ready for office almost 15 minutes early. Earlier I use to leave for office at 9.15 am but that day I left home at 9.00 am and hence could catch earlier train and reach office early. Late, I got cured of my sinusitis as well. I am feeling calmer from within. I have become less talkative now. I have developed a lot of patience now. Earlier I was quite argumentative. I have started feeling a lot more peaceful, which shows in my behaviour.

*Experience*

I am able to concentrate at work completely hence the result is got an appreciation letter plus gift vouchers worth Rs. 2000/- in mid August 09. I could trace an over payment done by our finance to one of our clients was confident enough to bring it to the notice of the finance head





even he appreciated this task of mine. My reporting head was also proud of me, that moment when I was felicitated with an appreciation letter plus vouchers and I had felt on top of the world.

Whenever I feel depressed I just chant the affirmations that and immediately I see a shift in the mental state happens and I feel positive.

Another good experience is recently when there was outspread of swine flu, everyone in the train, platforms or road wherever I use to see were in masks. They were horrified by the awareness that media was spreading but I was strong enough to travel in the trains without a mask or without covering my mouth. When my colleagues use to ask me how are you travelling these days, I use to reply by train as usual. They used to say aren't you avoiding crowded trains and you should wear a mask while travelling, I used to say nothing will happen to me and I am strong. I am really thankful to Brahmavidya that without any fear I could do so and stayed healthy.

I recollect in the month of July there was some overhead cable breakage at station. I was unaware and climbed on the foot over bridge and got stuck in bad rush, it was a near stampede. I had to get down at platform 6 but I was pushed away by the crowd till 7th platform on the bridge. Immediately I started painting my imagination and visualized that I am getting down off the bridge towards my destination, platform 6, and within no time it happened, I don't know how I could come back towards climbing down the bridge and there I was at platform 6, boarded a fast train and could reach office at the usual time whereas the other colleagues of mine could not even climb the bridge and had to take a cab till my office.

Once I had severe headache, body ache and fever and shivering, my parents insisted that I stay back home the next day but since it was a month end (sales team has to gear up during month end) the next day had to go to office. And I am part of a sales team and could not have afforded to stay back. Hence I slept with this thought that I will be perfectly fine tomorrow morning and will attend the office too. And there was no sign of sickness as I was totally healthy. I used to wear glasses, with regular practice of Brahmavidya my vision improved and I got rid of my spectacles.



## Be blessed, be blissful!!

*Ravindra Kasbekar has unraveled the secret to a blessed and blissful life with the help of Brahma Vidya, here he shares his wonderful experience*

The years of heavy travel, exposure to varying and extreme climatic conditions, pollution, eating unhealthy and junk food and neglecting the health, in spite of frequent bouts of sickness, had taken a toll on my health. I had turned into an asthmatic: A condition, which shattered me, physically as well as mentally. The medications gave me a temporary relief but with no permanent solution to this ailment in sight.

An advertisement of Brahma Vidya classes in the newspaper, which my wife showed to me, made me grudgingly explore yet another way to overcome my ailment. The introductory session was a whiff of hope for me. As the weekly sessions progressed and the spiritual breathing exercises were introduced and practised, my body could feel the difference. The positive affirmations strengthened my belief and confidence in how Brahma Vidya was improving my health and changing my life. Within one year, the regular exercising and the recitation of positive affirmations helped me overcome asthma, totally getting rid of number of tablets and inhalers on which I depended for number of years. Having maintained the practice of Brahma Vidya teachings, now, I am healthy.

There was another shortcoming, which I thought, I needed to overcome. Though I often chanted the positive affirmations, which gave me a lot positive energy, I was unable to meditate to my satisfaction. Gradually, I found myself increasing the period of meditation. Now, I get into a deep mode of meditation, oblivious of the heavy vehicular traffic noise to which all of us at my home are subjected. More importantly, the meditation has guided me to look at the world in more positive way and work with the balanced mindset. I now believe - "Be with Brahma Vidya, be blessed, be blissful!"





## Brahmavidya : Your key to a happy and fulfilled life

*Sincere practice of Brahmavidya surely brings positive results for one and all, Apurva Lele shares experiences with this science*

On the physical plane, the practice of Brahmavidya has brought good health and wellbeing to me. I am living a life of moderation and thus experiencing greater fulfillment, happiness and peace. On the mental plane I feel I can control of thoughts and thereby my actions better. I have been making a conscious effort to master my thoughts and actions. Usually my thoughts used to fluctuate back and forth between joy and sorrow. Thus I used to allow myself to be rocked by them. However, I have been making a conscious effort to stabilize my mind by not allowing any unpleasant thoughts to enter my mind that may disturb me.

The process of reflection has helped me in performing Right Actions, ie., actions which are guided by a force beyond the ego. I have been trying to do away with any 'Personal Attachment' to my actions, by practicing 'non-attachment' through performing God's actions, I try to hold on to the belief that I have completely surrendered to God and that He is behind everything that I do.

I have been trying to be considerate to every being and understand his/her point of view and I have noticed that everything or everyone contains an aspect that can be affirmed. I have been attempting to enrich my life by bringing in an ongoing awareness of spirit into my daily routine. And this has helped me in establishing a meaningful relationship with life. And finally, I really feel that I have gained so much from personal growth and deep spirituality that I now enjoy a much higher degree of peace and happiness than ever before. I am attempting to live a more spiritually inspired life than ever before.





## Curing migraine by regular practice



*Satish Kini highlights how the regular practice of Brahmavidya helped him to get rid of his chronic migraine*

I had severe migraine (headache) since my childhood. The pain was unbearable. I used to get on an average 2/3 attacks of migraine every week. To reduce the pain I used to take pain killers. I somewhat became addicted to pain killers as I had to carry the tablets with me. This continued till 2001. In the year 2001 my friend who had completed the basic course asked me to join the Brahmavidya classes. After completing a couple of months I noticed that the severity and frequency of the migraine attacks reduced to a certain extent. I completed the basic course and immediately joined the advance course. I diligently followed the instructions of exercises and practiced the same regularly. Gradually, the migraine attacks lessened in frequency. Today, I can proudly say that I have almost forgotten that I had nasty migraine problem. The credit obviously and rightly goes to Brahmavidya. Now, I have made Brahmavidya an integral part of my life.



## Brahmavidya : A new way of life

*Brahmavidya is the definite key to self improvement and realisation of one's dreams feels Arun Mavinkurve, an ardent follower of the science*

Experience

Within our minds, whether one is a student, housewife, employee, businessman, professional, industrialist, or any other person, there is a keen desire for bettering one's standing in life. This may be in terms of





health, success, prosperity, peace or other aims. There is a healthy personal desire to improve oneself and achieve more than what we presently do. This naturally leads to a constant search for the pathway to meet this inherent need. As we look out for the road ahead, there are several programs, courses, seminars, which draw our attention. Many of them have unbelievable yet tempting claims, or are so ably and strongly marketed that they have an instant appeal, and most of them cut deeply into our pockets. There are, however, few exceptions, which stand tall on their own strengths, and are focused on the welfare of people by giving benefits of their practices.

Brahmavidya Sadhak Sangh is one of them, about which I am aware. I got introduced to Brahmavidya in October 2008, and continue to learn in an Advance Class today. I personally benefitted in terms of removal of my sinusitis problem, and better overall health, fitness and happiness and joy. Brahmavidya course is, in a layman's language, a practical program for the improvement of the body, mind and spirit of people. It does not interfere with religion; rather it is beyond religion and hence appealing to one and all. From an initial focus on the improvement of bodily health and a proper understanding of life around us, the teaching steadily moves to higher realms, keeping in mind that the objective is not for intellectual achievement, but for putting the learning into practice with persistence, and manifesting more happiness and joy, which we ultimately seek.

This teaching has a conscious commitment to the student and does not seek to make claims. Nevertheless, its students have, naturally, so many words of gratitude and praise for the course and the organization, as you can read in the annual publication, Pradnya. Also, the courses are very economically budgeted so that every interested student can be embraced. Above all, Brahmavidya Sadhak Sangh has a fraternity of teachers whose in-depth knowledge, competence, humility, commitment and dedication is unparalleled. The institution symbolises the saying that 'silent waters run deep'. I would urge every aspirant to just clasp to the Basic course at the earliest and thank yourself for making this decision, which holds an opportunity of a lifetime for you!



## The magic of endocrine glands



*Dr Sudha Hegde offers a scientific explanation of how Brahma Vidya affects balancing of hormonal secretion and retention of good health*

Case 1: Forty-year-old Shweta Lalwani was having incessant hair fall and she was not responding to iron and multivitamins, ayurvedic shampoos and oils. It finally turned out to be a case of thyroid dysfunction.

Case 2: Mrs. Kulkarni was extremely worried about the short stature of her fourteen year-old son and his blood tests revealed a deficiency of growth hormone.

Case 3: Recurrent cough, cold and failure thrive led to the discovery of juvenile diabetes in six-year-old Rajgopal.

This is how the endocrine disorders present themselves to the physician.

Endocrine system consists of various glands (etymological origin: Endos-inside; Crinos-separate)

- 1) Which don't have ducts
- 2) Which have a rich blood supply
- 3) Which secrete directly into the blood minute quantities of substances called hormones (etymological origin: hormone-to stir up).

We live in the age of information technology, which has facilitated effective communication among individuals. But are we aware of a brilliant in-built communication system in our own bodies present since time immemorial, which silently brings about very effective communication among various cells tissues and organs? The hormones act as chemical messengers in this ingenious information signal system, attaching to specific target tissues, regulating various biological functions like reproduction, growth and development, metabolism and tissue function and mood. A number of endocrine glands signal each





other in sequence forming an axis and act by feed back mechanisms for example Hypothalamo-pituitaryadrenal axis.

Endocrine diseases are caused by either increased or decreased secretion of these glands. A specialised centre in the brain called hypothalamus is believed to be the master coordinator of hormonal action. Growth hormone secreted by pituitary (pituita-phlegm) is affected by sleep, pain, cold, surgery, exercise and diet. Largest surge in its secretion occurs in deep sleep. Supporting the adage, "If you don't sleep, you don't grow." Deficiency of growth hormone causes dwarfism whereas excess production causes gigantism.

Pineal gland (shaped like a pine cone) releases melatonin. Occultists claim it to be a seat of sixth sense and meditation on this gland can be used for development of intuition. Thyroid (thyra-shield) is concerned with the metabolism of the body. Adrenal (ad-renal perched on kidneys) deals with metabolism, water electrolyte balance. Adrenaline produced by it in response to fright, fight and flight mobilizes energy resources and prepares the person to meet emergencies like shock, cold, fatigue, anger etc. Oestrogens present in females of reproductive age group make them less vulnerable to arterial blockades and heart attacks.

Endorphins and enkephalin of pituitary is a natural painkiller and mood regulator of the brain and brings about pain relief due to acupuncture and placebos which are believed to be mediated through these hormones. Thymus is believed to play a vital role in white cell production in early life but in adult humans it is vestigial. Stomach, intestines, kidney and liver also have secondary endocrine functions.

It has been seen that endocrine glands respond to emotions and their secretions alter. For instance in case of high temper, or immense haste, adrenaline secretion shoots up causing tiredness, giddiness and more. This has lasting effects on the body. This happens most naturally because the human body is arguably the most accurate, intricate and beautiful mechanism in the universe. Owing to this, the effect of intense emotions on the secretion of hormones is ascertained. This process is mechanical and has nothing to do with the reason of the emotional outburst, whether it is right or wrong. Endocrine glands cannot discriminate between right and wrong, they will react in direct



proportion to the intensity of emotions or feelings like excess anger, fear, hatred, jealousy, greed, etc also in case of feelings of love, peace, joy, gratitude etc. the secretion of hormones is balanced and as a result the overall health of a person is maintained and improved. Brahma Vidya teaches each one to enhance such positive emotions and thereby ensure balanced secretion of hormones and good health.



## **Brahma Vidya – A part of my life**



*Bhagyashree Tendolkar explains how Brahma Vidya helped her regain confidence and peace in day to day life.*

Few years back while searching for the answers to the questions arising within me, I tried to think upon a number of possibilities. And in all those, the one and only one possibility that gave me real peace is this thought given in Brahma Vidya—'I am the Creator in human form.' In order to imbibe the ideas given in the lessons I practised the eight breathing exercises following by the affirmations regularly. Slowly, with sincere practice of meditation I felt inner peace which also started reflecting in my day-to-day life. For instance, I no longer worry unnecessarily about anything because I believe that God will work through me to do whatever is needed at the moment. My belief is getting strengthened day by day through beautiful experiences.

Previously whenever something would go wrong I used to doubt people around, sometimes including myself. But, now I believe in the Divine Law of justice and rest in it.

I won't say I have perfectly imbibed in me the great teachings of Brahma Vidya completely. But, certainly I have learned to forgo the





anxiety about the result of my efforts. I do my best and believe that the God knows what's best for me and that makes me happy.



## Brahmavidya for peace and joy

*Dr. Rashmi Modak a student has found peace and happiness through regular practice of Brahmavidya she tells us how...*



Well to tell you the truth. I was not so keen on joining Brahmavidya when my parents first introduced it to me. I thought it was just like any other course of those breathing exercises and meditation. But after learning the first breathing exercise. I felt so good about it that I wanted to continue the course. I practiced the breathing exercises daily and they helped me more and more.

As an MBBS intern, I had knowledge of the whole human body and how it works but yet when I joined Brahmavidya and listened to its theory, I felt that I know so little about how actually our mind and body work. I had read many books like the *Power of your subconscious mind* by Dr. Joseph Murphe. *The Secret* by Rhonda Byrne etc and all these books gave me an idea of how positive thinking helps and how by thinking those positive thoughts continuously you can make things happen in your life if those thoughts seep into your subconscious mind. It also gave an idea of how the universal power works and how it has helped all of us. But all these books lacked one thing, and that is the proper technique to achieve health and success in your life. Well Brahmavidya tells you the proper technique to achieve all this in your life. Hence Brahmavidya to me is like that magic lamp which Alladin found, the same way I too by regular practice of Breathing exercises



and meditation as taught in Brahma Vidya fulfill all my wishes. Brahma Vidya has answered all my questions / doubts.

The benefits of Brahma Vidya that I have already achieved are calmness of mind and tremendous energy. It had become very stressful for me to work day in and day out in the hospital. But once I started doing these breathing exercises, I feel so calm and I now have so much more energy to do my work. All the negative aspects of life like fear, anxiety have gone away and it is filled with joy and contentment.

Brahma Vidya has now become a part of my life. It's impossible for me to leave for work in the morning without doing the breathing exercises (just as it is impossible to leave for work without brushing your teeth). Well it is said that an apple a day keeps a doctor away but I would say Brahma Vidya, a day will definitely keep the doctor away.



## **Varied benefits of Brahma Vidya**

*Vijay Deshpande narrates the varied benefits he found with regular practice of Brahma Vidya*

I started with Brahma Vidya Basic Course sometime in the third week of April 2008, not because I wanted to explore some alternative therapy for any health related complaints but out of sheer curiosity and to perhaps effectively utilise my free time on Sunday morning.

I was already practicing Yoga for close to three years and was curious to explore more and more of breathing related exercises. With Brahma Vidya practice I quickly realised that I was able to achieve same results as that of Yoga but in almost half the practice time. As I started practicing Brahma Vidya basic lessons, my wife one day commented that your face looks much brighter than usual, and jokingly started calling me 'Brahma Vidya Tejaswi'

I also started feeling myself energetic all through the day and have been able to manage my weight much effectively. I underwent my periodical health check-up towards end of December 2009 and to my





surprise my borderline BP was well within stipulated limits and so were all other reports. As a result of better concentration, I was able to hone my oratory skills as well. One of the powerful experiences that I had was that of seven days fasting that I undertook at the time of joining advance course. I felt very nice and not eating made me realise how much time we waste in eating food, usually in excess of our bodily requirement.

With practice of meditation I am able to distinctly trace the negative thoughts creeping in any time of the day, night or even during sleep and I am able to flood my mind with positive thoughts. I have started getting better sleep, and wake up refreshed every morning to practice my breathing exercises.

Brahmavidya is a perfect technique, it is surely the key health and success in life and regular practice gives immense benefits.



Participants practising Brahmavidya exercise



## Improved concentration and good health

*Priyanka Deshpande, a student of class VI, from Thane words her experiences with the practice of Brahma Vidya*

I am a student of Brahma Vidya and I would like to share my experiences with practice of this wonderful science. Because of regular practice of Brahma Vidya my concentration has increased. My breathing capacity has increased and my immunity to common illnesses like cough and cold has improved. I feel fresh and enthusiastic. I have become more considerate and helpful towards elders. I am thankful to this science for filling my life with such beautiful results.



## Of peace and joy

*Manjiri Raut, from class VII finds peace and joy through practice of Brahma Vidya...*

First when I began attending the Brahma Vidya class, I wasn't sure how this new class is going to benefit me. But when I started doing Brahma Vidya I felt that I have gained a lot of confidence. My negative thoughts have reduced. I developed the right amount of self-esteem. I feel more confident of being able to control my temper and emotions. I can overcome my fear quite easily now. Earlier I used to be nervous in talking in front of my class, but with the practice of Brahma Vidya I have developed a new composure and can speak quite fluently, without feeling nervous in front of a large audience. My concentration has improved. It is quite miraculous how practice of Brahma Vidya brings in a feeling of 'fullness' in one's life.

I have turned into a cheerful person, always willing to help others and feel on top of the world always. I have learnt the power of silence and have started enjoying inner peace and happiness. My memory has improved with regular practice and thereby I have started scoring well in academics. I am indeed indebted to this wonderful science.





## A relaxing practice

*Fenny Mundra, from class VII, a student of children's course of Brahmavidya finds this practice quite relaxing*

The day I attended my first class of Brahmavidya since then I have started feeling more relaxed in body and mind. I feel refreshed from within. I have renewed my interest in studies and feel that I can concentrate better and grasp faster. I used to suffer from cold quite frequently before joining Brahmavidya class, now, with regular practice I do not suffer from these bouts of cold. I am happy I am practising this divine science.



## Brahmavidya for stress free exams

*Madhura Gurav a student of F Y B Com has found Brahmavidya to bring some nice results in her life, here she shares her experience*



When, I first came to know about Brahmavidya from my mother, I was not interested at all, to tell the truth. In fact, I refused to go to the class. My mother cajoled me into attending the lecture and I relented. In class, when our teacher, explained to us about the age-old practice of mental physics and various advantages it bestows, I was mesmerized. And I started enjoying the class. I usually have cold and cough all year round. I suffered from severe headache as a result of this awful cold. But, the breathing exercises helped me to overcome this regular occurrence of headache, which had become a nuisance in my everyday life. Also, I am thankful to Brahmavidya, because it helped me to face my examinations without fear. Usually, during exams,



we are all tensed and stressed out. But, now I face my exams without any worries. My friends' faces have expressions of worry, while my face is free of all this tension. Even if the paper is tough, I don't get panic and solve the paper with a calm mind. I am really thankful to this ancient treasure of knowledge.



## **With Brahma Vidya life is good**

*Rajas Mudgerikar, a student of class VI finds practice of Brahma Vidya curative and uplifting*

By practicing Brahma Vidya in the last few weeks I was cured of my blocked nose and my cold. I also feel that I can control my emotions, especially those of anger and sorrow better. I feel free of stress and anxiety. I feel very refreshed. I feel encouraged for doing nice things. Bad thoughts go off my mind. My breathing has improved. It helps me to sit straight. It helps me to memories my lessons in school better. I am free of bodily aches. I feel as if God is closer to me.



## **Improved breathing with Brahma Vidya**

*Geet Gori, a student of class VII got rid of Brahma Vidya because of regular practice of Brahma Vidya breathing exercises*

Before joining the Brahma Vidya class I used to suffer from frequent bouts of asthma and cold. My parents were worried if my asthma will remain with me for life? And another thing was that before Brahma Vidya, I couldn't run even 200 metres. But my experience after Brahma Vidya was too good. I got rid of Asthma totally and I can run long distances quite easily. I am indeed indebted to Brahma Vidya





for bringing good health in my life. In future, I also want to be a part of Brahmavidya team and help in whichever way I can.



## Holistic development through Brahmavidya

*Janhavi Patil, student of Brahmavidya Children's Course realises that Brahmavidya truly empowers each one to achieve his or her own dreams and words her experiences with this science*

What is the Brahmavidya? Brahmavidya is the key to imperishable health. This this is what I have experienced. Regular practice of Brahmavidya helps me retain good health and enables me to face the challenges of life quite effectively.

I can study better because of Brahmavidya practice. Earlier, I used to by heart the answers and while writing the answers I used to forget one or the other word. I was unable to write the answers in my own words. As I started saying Brahmavidya prayers and with regular practice, I can now write answers in my own words and also have started scoring better.

I realise that having completed the Brahmavidya Children's Course I have become a better human being. My personality and behaviour show positive changes and I can pursue my ambitions quite efficiently.



## The elixir of life

Grace awakens me from my slumber and gifts me a  
tool to choose my life...awareness

In awareness...

I choose to love – one and all irrespective of their  
response,

And the universe gifts me with joy

I choose to be joyful – always, irrespective of the  
circumstances,

And the universe gifts me with contentment

I choose to be content – eternally, irrespective of what I receive,

And the universe gifts me with gratitude

I choose to be grateful – accepting, irrespective of what I receive,

And the universe gifts me with humility

I choose to be grateful – accepting, irrespective of what I receive

And the universe gifts me with humility

I choose to be humble – surrendering, irrespective of what I encounter,

And the universe gifts me with Reverent – every moment,  
acknowledging the

Divine grace...

And the universe gifts me with abundance...

Simplicity, harmony and beauty transforming my life into a prayer

Life is a gift of the choices we make.



–Prakriti Bhaskar





A student of Children's Course is seen presenting flowers to Chief Trustee, Shri Jayant Divekar



Students of Children's Course presenting Welcome Song at a Brahmavidya function



**Brahmavidya your key to health and success.  
A unique yoga system of spiritual breathing  
exercises & meditation.**

Brahmavidya Sadhak Charitable Trust's  
**Brahmavidya Sadhak Sangh**

Brahmavidya Sadhak Charitable Trust: Registration No. E-1995

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