



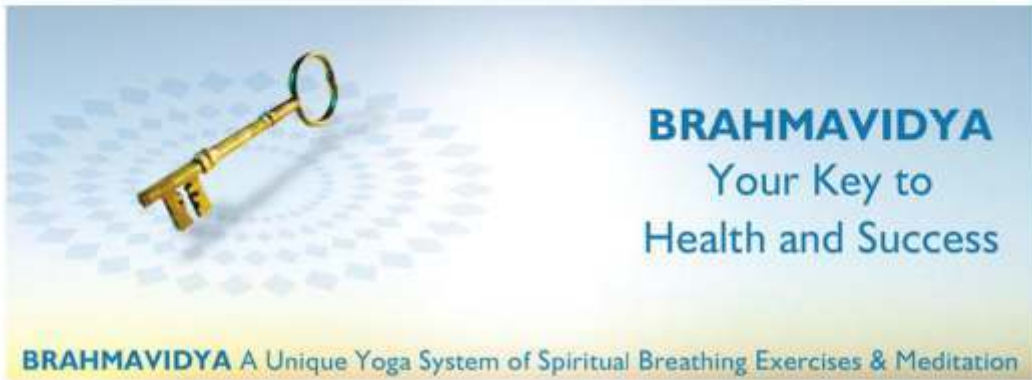
PRADNYA

Let There Be Light

25 Years of Dnyanyagnya



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. Facility of online registration for the correspondence course is available on the site.

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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



Roopa Dalaya
☎ 9823630466



Mukul Talwalkar
☎ 9371035118



Jai Junnarkar
☎ 9823939600



Swati Khambete
☎ 9890916170



Kamala Lalwani
☎ 8055749414



Radhika Marathe
☎ 9890695177

All these teachers conduct Basic Course in Pune



Brahma Vidya Sadhak Sangh

Brahma Vidya Ashram : Arohan



Location : Between Mumbai and Pune, 14 kms from Kamshet



Details of Arohan: Brahmavidya Ashram

You may be aware that our Sangh has embarked upon an ambitious project to build its own Ashram. In July 2010, during the Guru Pournima programme 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. Also the name "AROHAN" meaning ascension has been finalized for the ashram.



Accordingly in March 2011 an appeal was made to all students. It was humbly suggested that every Advance Course student should donate Rs. 10000/- or more and every Basic Course student should donate Rs. 1000/- or more as gratitude for this project.

So far we have received overwhelming response to this appeal and a sum of Rs. 7.50/- crores has been collected. We take this opportunity to express our gratitude to all donors. Out of this sum a plot of land near Kamshet (14 kms from Kamshet) admeasuring about 18 acres has been purchased at a cost of Rs. 3.00/- crores. All formalities pertaining to purchase of this plot have been completed and a stone masonry compound wall has been constructed.

The place is endowed with natural scenic beauty and is between Uksan and Shiravata Dam. It is well connected by road and regular ST bus service is available from Kamshet. It takes 2 hour 30 minutes from Thane and 1 hour 30 minutes from Pune by car to reach the plot. Some pictures of the plot location and surroundings can be seen on our website www.brahmavidya.net.

To start with, we are planning to build an infrastructure that can accommodate 75 students (offering facilities of lodging and boarding for Residential Camps), so that all 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. Estimated cost of this



Brahma Vidya Sadhak Sangh

infrastructure is about Rs. 5.00/- crores.

After purchase of plot the Sangh now has Rs. 4.50 crores and needs to raise about Rs.50/- lakh to begin construction of Ashram. We hope that this amount would be collected soon and actual construction would begin in December 2014 after obtaining necessary permissions.

Now success of this project depends on your donations. We humbly request you to avail of this opportunity and offer as much gratitude as possible to our mother Brahma Vidya. Above all, give your donation with JOY so that what we create out of it would be a symbol of our JOY.

Note: Kindly draw cheques (payable at par in Mumbai) in favour of 'Brahma Vidya Sadhak Charitable Trust'. Write following details on the back side of Cheque: Your Name, Mobile / Landline number, PAN number, centre of Course and 'Gratitude for Ashram'. You can avail of 80G concession for this Donation. Cash or cheque may be given to any teacher or in the office of the Trust.



English Advance Course Gathering 2014



Editorial

'Almighty and eternal fount of wisdom grant us knowledge, understanding and wisdom'



Sugandha Indulkar

This year, Chief Trustee and Founder of Brahmavidya Sadhak Sangh, Shri Jayant Divekar completes 25 years of teaching this wonderful science. The Sangh was registered as a charitable trust in 1997. He started teaching Brahmavidya in 1989. Year after year, the Sangh has been crossing newer milestones of success in bringing many into the light of Brahmavidya.

Guruji, as he is fondly called by thousands of students feel the deepest sense of gratitude towards him and therefore on their request this special edition of Pradnya recounts his thoughts, ideas and vision over the years. In the first half of this souvenir in addition to Guruji's latest article, we have compiled some articles written by him since 2004. This presents to the reader an enlightening array of information, and gives a definite direction of one's thought.

Brahmavidya is, basically a science which deals with breath and thought. The theory which is taught in its various classes is a select mix drawn from ancient spiritual scriptures, handed down from generation to generation by great gurus of the past. Guruji Shri Jayant Divekar learnt Brahmavidya from Guru Jyotirmayananda (Late Shri K S Ramnathan). When he learnt Brahmavidya, it was available only in English. Shri Jayant Divekar, over a span of ten years, dedicatedly translated all texts into Marathi. And after he began teaching a whole new world of Brahmavidya students and teachers was established. Shri Jayant Divekar surely is a great inspiration for all those who aspire to lead a healthy and successful life.



Brahma Vidya Sadhak Sangh

Later section of this Pradnya includes some thought-provoking articles, experiences and more. All of this will surely prove to be informative and inspiring to all those who are new to the study and practice of Brahma Vidya and immensely gratifying to those who have been practicing and experiencing the wonderful effects of Brahma Vidya in their lives.

I am grateful to Shri Jayant Dievkar, Ms Swati Jog and Shri Rajaram Surve for their constant guidance in the making of this souvenir. I thank Ms Asha Indap and Ms Shubhada Apte, both have helped in editing and proofing the write-ups. I am thankful to all those who have contributed articles and given page donations. Special thanks to the Shri Madhav Bhagwat and office of Mouj Prakashan for the printing of this edition.

Let us pray... those who are now in darkness and obscurity, may be led into the radiant sunshine and the joyous glory of the unfoldment of true spiritual goodness.



Students of Children's Course



Contents

Guru Speak

25 years of teaching: A Dnyanyagnya • Shri Jayant Divekar 1

Yearly Review

A silent revolution • Ujjwala Bhalerao 5

Pearls of Wisdom • Shri Jayant Divekar

Guru Jyotirmayananda 9

Secrecy ... ! Why? 11

Practice, practice and practice 16

Your Key to Health and Success 18

Learn Brahmavidya 18

Realise Your Dreams, 20

Practice Brahmavidya! 20

Material vs Spiritual 22

Will there be enough for me? 24

Emotional intelligence and Brahmavidya 27

The order, harmony and beauty of life 30

Modern life and Spirituality 33

Brain Waves 35

Gratitude

A Guru for life • Rajaram Surve 38

A beacon of great hope • Sugandha Indulkar 39

Of calmness, true inspiration and more • Amita Bhelose 40

Where simplicity meets perfection... • Ruchira Godbole 41

A lexical History of 'breath' & 'spirit' • Sanjay Sathe 42

Experience

Transformation in personality • Sharad Bapat 44

The magic of living in Joy and Love • Tanuja Shirwatkar 44



Brahma Vidya Sadhak Sangh

A priceless gift • Gayatri Gawade	46
Towards a positive change • Sujata Bansal	46
'Wow' moments • Varadrajan Iyengar	47
Towards a healthy and peaceful life • Sushma Parekh	48
My realisation of Brahma Vidya • Venkatraman S.	49
I developed a positive attitude • Sandesh Bhivande	49
Happiness unlimited • Dina Sanghvi	50
The power of the mind • Danny Lewis	50
Peaceful mind, joyful living • Haresh Udeshi	51
Sound mind in a sound body • K R R Menon	52
Brahma Vidya, a true blessing to mankind • Siddhant Bitla	52
Of health and happiness • Madhusudan Nair	53
Brahma Vidya changed my outlook towards life • Sonali Shetkar ..	55
Breathe easy with Brahma Vidya • Hiral Chheda	55
The universal healer • Swedha Fernandes	56
Perfect health and true happiness • Hetal Parmar	58
A positive change • Minakshi Malaviya	58
You are as young as you think • Keki Hodiwalla	59
A master key to health and success • Anita Mujumdar	60
Right thinking, right living • Ashok Adnani	62
A fearless life • Neeta Dedhia	62
Brahma Vidya for Children	
One solution for many problems • Rajlakshmi Indulkar	63
Developing alertness and agility • Pranav Ravichandram	63
Key to happiness • Pritee Rane	64
Life is beautiful • Sarvesh Kulkarni	64
I received medals • Manaswi Penkar	65
Contact details for Brahma Vidya Classes	66



25 years of teaching: A Dnyanyagnya

The following article is a retrospection of the last 25 years of Brahmavidya teaching—it is filled with varied experiences and unparalleled insights along with thanksgivings



Jayant Divekar

What we know of time, as measured by a time piece or calendar is totally different from the time that we experience in life. A time piece or calendar moves ahead at its own definite pace, though our mind may not move ahead at the same pace. Today, I feel the same. I do not feel that I have already completed 25 years of teaching. I feel as if I have just begun.

As per the calendar, I am consistently teaching Brahmavidya since the last 25 years, without any break. When I was working, I used to teach on weekends. And in the last eight years, since my voluntary retirement, I am teaching all seven days of the week. I like this work a lot. I experience a lot of contentment and happiness in this work. Therefore, regardless of the number of years – I would continue teaching. Now, after leaving by job, I have lost all contact with the world of business and therefore today, there is nothing else that I can do.

All the same, completion of 25 years of teaching is a significant milestone. Looking back, over the last 25 years there are some important observations that I would like to express in this article. Some people are quite good at remembering days, dates and years, however as I am not so good at it, I can only mention the important facts, without a chronological reference. Firstly, while thinking about these 25 years, my mind is filled with contentment and gratitude. I found this way – and later was inspired to show it to my fellow human beings. I do not know what I have done to receive this gift of Brahmavidya and



therefore my mind is overwhelmed with gratitude. I was in search of a spiritual science. Most people, after getting such an inspiration turn towards their own religion. I, too started reading well-known spiritual and religious books, and began practicing accordingly. Yet, I did not experience any upliftment. During this time, I apparently by coincidence came across the teachings of Brahma Vidya.

About 30 years ago, very little was known about Brahma Vidya and it would have been quite difficult to find a class of Brahma Vidya. For me, however, it was as if Brahma Vidya class was brought at my doorstep. Tenets of Brahma Vidya are so different from known religious tenets that I was quite sceptical of its teachings in the beginning. All the same, I was an honest student and therefore used to practice regularly and with great enthusiasm followed all its teachings. After about three to four years of consistent practice, due to my own experiences, I was sure that I was on the right path and felt that this was the right path for one and all.

In 1989, I started teaching Brahma Vidya. While teaching this science, based on experience of my students and my own, I was convinced that Brahma Vidya is not just a spiritual science – it is a method which is effective and useful for good health of body and mind. After so many years of teaching – I am fully convinced that Brahma Vidya is indeed unmatched in ensuring holistic development of body, mind and spirit of every human being. Therefore, it is effective for all-round development of one's personality.

As I started teaching, many students who loved Brahma Vidya gathered around me and some volunteered to teach this science. Most of these initial teachers are teaching Brahma Vidya consistently for the last 15 to 20 years. As more and more teachers dedicated themselves to the teaching of Brahma Vidya, the noble work of dissemination of light of Brahma Vidya spread throughout Mumbai and surrounding areas. Thus, in 1997 such like-minded people came together and formed Brahma Vidya Sadhak Charitable Trust (also called Brahma Vidya Sadhak Sangh). The first residential camp was conducted in 2002 for the benefit of those who live outside Mumbai, and today at many places outside Mumbai residential and non-residential camps of



Brahmavidya are conducted.

In these camps, three to four teachers teach Brahmavidya together. It was observed that coordination and more accuracy is necessary in the teaching methods. This led to formation of teacher's training workshops. Till then, teachers were not meticulously trained in teaching methodology. In the coming seven to eight years many workshops were conducted to prepare teachers for the teaching of this glorious science. Today, there are well designed workshops for training teachers of Children's Course, Basic Course and Advance Course. Pass-outs from these workshops are wellprepared to conduct these classes effectively.

You may feel that I am talking only about teaching and teachers – but that is what the sole aim of Brahmavidya Sadhak Sangh is! Our teachers are our assets and true wealth! I am proud of all our teachers and appreciate their efforts. They are teaching this wonderful science consistently and ardently, in addition to fulfilling their personal responsibilities, without any remuneration. There is no one from our Basic Course and Advance Course teachers, who after beginning with their teaching has given it up.

Today, there are about 160 Basic Course teachers and it is because of their untiring efforts that Brahmavidya is reaching out to the masses. In the teacher's training workshops that are currestly on, there are about 100 students who are gearing up to become Basic Course teachers. To me this is a sure indication that work of Brahmavidya Sadhak Sangh will grow in leaps and bounds in the coming few years.

In 2011, because of the support these teachers and devoted students the Sangh embarked upon the plan to the construct its ashram -- 'Aarohan.' I am very happy to mention, that about rupees eight crores needed for construction of the first phase of this ashram have been put together. After we get necessary approvals construction is likely to begin in this year. About 15,000 people have contributed towards this ashram fund and to me this is a clear proof of their faith and trust in the work of Brahmavidya Sadhak Sangh and all its teachers.

I am speaking only about Brahmavidya teachers, but it does not mean that cooperation of all volunteers, the office staff and students



at large is not important. Everyone has a definite role to play towards the success of any work. I appreciate the efforts of all these people. All our students volunteer a lot of services – like attending phone calls, clarifying doubts of new students, distributing pamphlets, etc, which are essential for the successful working of Brahmavidya Sadhak Sangh. However a new student is not aware of all these activities going on in the background. Most students feel the teacher is whole and sole. For them the teacher is Brahmavidya Sadhak Sangh.

When I started 25 years ago, and I did not know how to teach effectively – because back then there were no specialised workshops. I asked my Guruji, “Can I begin teaching Brahmavidya? What can make me eligible to teach?” He said, “If you feel like teaching, you can start teaching!” When Brahmavidya Sadhak Sangh was registered as a charitable trust, I had no experience of running such an organisation. I learnt on the way, experimenting, making mistakes. Today, I feel, these foundational steps have now been established well and will surely help expand the horizons of Brahmavidya teaching in the near future.

I give thanks, I give thanks, I give thanks for the grace that has been showered upon me and consider myself very fortunate that I got this opportunity of practicing and teaching Brahmavidya.

I would like to conclude this article by quoting a couplet from Dnyaneshwari(12;16) wherein Dyaneshwar Mauli has asked of his Guru Nivruttinath:

Let the light of Brahmavidya spread in Maharashtra,
bringing happiness to one and all.

What we are seeking is beyond this. Today, we are teaching Brahmavidya in English, Hindi and Gujarati in addition to Marathi. Therefore we ask of our great Gurus:

May the light of Brahmavidya spread far and wide throughout
this State, this Nation and the whole World.



A silent revolution



Ujjwala Bhalerao

The following article is an annual review of various activities conducted by Brahmavidya Sadhak Sangh, and its progress over the years...

The light of Brahmavidya is allowing many to live a fulfilled life. In the year 1997 under the guidance of Shri Jayant Divekar, Brahmavidya Sadhak Charitable Trust was formed and registered. Shri Divekar was teaching Brahmavidya even before the formation of this Trust. Every year more and more people are learning Brahmavidya. With every passing year the work of Brahmavidya Sadhak Charitable Trust is expanding. Today, the Trust has three offices in: Thane, Pune and Borivali.

All the teachers and volunteers of Brahmavidya render their services voluntarily, without any monetary reimbursement.

Training : Every year the Trust conducts Preceptor's Course (Pradeepak). Only those students who are thorough with their practice are granted admission to this course. Shri Jayant Divekar himself conducts this course in 96 weeks. A new batch of Preceptor's Course has commenced at Mahim by Dr. Nitanta Shevde from December 2014.

Workshop : Specialised workshops are conducted for those who wish to become teachers either of Children's Course, Basic Course, Advance Course or Preceptor's Course respectively. This ensures accuracy and harmony in the teachings of all teachers who conduct these courses. All workshops are conducted under the guidance of Shri Jayant Divekar.

Courses : 1) In the year 2014, 25 teachers conducted 58 classes of **Basic Course** in English and 1500 students attended these classes.



2) **Advanced Course** 5 teachers conducted 7 classes and 319 students attended the course.

3) **Childrens Course** 21 teachers conducted 48 classes and 390 students attended the course.

Total number of students from 1998 to 2014

(Marathi, English, Hindi and Gujarati)

1. Basic Course Students 1,16,793
2. Children's Course Students 24,058
3. Advance Course Students 10,959
4. Preceptor's Course Students 1,817

(Of which 66 students haven't completed correspondence course)

Study Groups : In order to bring about more accuracy in practice of breathing exercises, meditation and deeper understanding of lessons, students of Advance Course and Preceptor's Course, voluntarily organise study groups. These students meet once in a week and help each other in improving their practice. Sometimes teachers also guide these students.

Revision classes : Advance Course and Preceptor's Course students wanted revision classes and therefore in keeping with their demand, the Trust conducts such revision classes at various places. Advance Course revision classes are conducted for six months, and revision camps are conducted both in Marathi and English. Pragat-Pradeepak Ujalani Varga (revision classes for a combined Advance and Preceptor's Course) are conducted in Marathi.

Pradnya : Pradnya is published every year in Marathi and English and is distributed to all those associated with Brahma Vidya Sadhak Sangh. Pradnya souvenir is released every year at the annual gathering of the Advance Course students by honorable Shri Jayant Divekar. Donations for Pradnya in the form of Page Donations at Rs 500 per page are accepted.

All contributors of Pradnya: writers, page donors, etc get a complimentary copy of that particular edition. Some writers do not send their contact details with their articles and at that time it becomes quite difficult to send them a copy of the souvenir. Therefore all writers should send a clear photograph as well as their contact details with



postal address along with their article.

Brahmavidya Camps : For those students who cannot enroll themselves for the complete 22-week-long Basic Course can take admission to these Brahmavidya Camps. Some of these camps are residential and others are non-residential in nature. These are five-days residential camps and are conducted at Khandala and Mahabaleshwar. Here, students get to learn Brahmavidya in a natural environment. These camps act as spiritual retreats for most students. Non-residential camps, so far have been conducted at Dhule, Ahmednagar, Belgaum, Akola, Goa, Solapur, Rajapur, Vengurla, Kankavli, Vadodara, Nagpur etc.

Some Basic Course teachers from Mumbai and Pune take special efforts to travel every fortnight to conduct classes at far off locations like Jalgaon, Aurangabad, Indore and Kolhapur, Nasik, Alibagh.

Sometimes corporate offices and companies get in touch with Brahmavidya Sadhak Sangh for conducting such camps for their employees. The Trust then deposes its most experienced teachers and conducts such camps successfully.

Annual gatherings : Brahmavidya Sadhak Sangh conducts annual gatherings at different locations. This gives an opportunity to students to interact with students from other batches. Shri Jayant Divekar conducts a group practice of all breathing exercises and meditation for all participants. Annual report of the progress and work conducted by the Brahmavidya Sadhak Sangh is presented at such gatherings. These annual gatherings prove to be quite informative and inspiring for one and all.

Brahmavidya Offices :

Thane Office : This is the one point source of information regarding classes, workshops, camps and all initiatives of Brahmavidya Sadhak Sangh. The office is open from Monday to Saturday from 10 am to 6 pm on all working days. The office staff supports all teachers in terms of providing lessons and other teaching material. Financial management of all Brahmavidya initiatives is undertaken meticulously from this office. All digital records related to teachers, students, lessons and information booklets or pamphlets are maintained by this office. Before



Brahma Vidya Sadhak Sangh

publishing 'Pradnya' souvenir all information is sought from the office. Two more offices have been opened in Pune and Borivali.

Pune Office : 1142, Sadashiv Peth, Shakuntala Anant Apt, Pune 411030. Phone : 020-24454402.

Office time : 10.00 am to 1.00 pm and 4.00 pm to 7.00 pm, office is closed on Sundays.

Borivali Office : Mobile : 9867400834

May the light of Brahma Vidya spread far and wide bringing about a steady transformation in the lives of all sincere students.

Verse

Life isn't a struggle, nor a fight;
It isn't about wrong versus right;
If you learn to reset your sight;
It's about LIGHT, LIGHT, LIGHT!



O energy of mine, grow and flow;
Will not block nor make you slow;
My breath was weak and spirit low;
Brahma Vidya gave me a new glow!



Don't hesitate;
Don't agitate;
Just meditate;
It's never late!



Let there be light!

Hereinafter in the section titled 'Pearls of Wisdom' you will find a compilation of articles authored by Shri Jayant Divekar, Chief Trustee, Brahmavidya Sadhak Sangh. These articles were published in 'Pradnya' since 2004 in section titled, 'Guru Speak.'

This year, Shri Jayant Divekar completes 25 years of teaching Brahmavidya. At this time, it seems appropriate to present a compilation of his insights, which act as 'guiding lights' for many.



Guru Jyotirmayananda

In this biographical sketch of Guruji, sadhakas will have a glimpse of the greatness that was manifested in the life of an apparently common man and his endeavours to live a simple life, while fulfilling his aim of spreading the light of Brahmavidya to the masses



Guruji - as his students reverently called him is the humble soul through whose dedicated and loving efforts, today, we are enjoying the privilege of learning Brahmavidya and relishing its fruits.

As you are aware Guruji (Shri K S Ramanathan) never met Guru Ding Le Mei in person and learnt all the courses of Brahmavidya (Mentalphysics) only through correspondence. He came to know about mentalphysics in 1945 through some article. He was not able to join the course immediately as he could not afford the fees at that time. Yet he had the burning desire to learn and was able to join the Mentalphysics course only in 1947 after having arranged for the fees.



Guru Ding Le Mei had only two students in India. Guruji was in touch with the other student but it appears that he did not take active part in promoting Brahmavidya in India. Guruji started teaching in 1977 and continued this noble work till he left his body on 19th March 2004. During this period he taught many students in various suburbs of Mumbai.

He had started a small business of typing and cyclostyling at Tardeo airconditioned market after taking early retirement from Steelage Industries Ltd. In the initial years he used to type and cyclostyle the lessons of Brahmavidya and distribute them among his students free of charge. Also he never charged any fees or donation for the course. In spite of his modest means he would bear all the expenses from his own pocket.

In 1985 he visited the Institute of Mentalphysics at Yucca Valley, USA for the first time. At the Institute, the work that he was doing in India was appreciated by conferring upon him the title - Blissful Embodiment of Light (Jyotirmayananda). After which he was known by this name. Upon returning to India a charitable trust by the name Brahmavidya Mission was formed for promoting and teaching Brahmavidya. After formation of the Trust donation fees were charged for various courses to support the Trust's activities.

During those years Guruji would work in his office throughout the day and would conduct classes in the evening at various places such as Tardeo, Matunga, Chembur, Dombivali, Goregaon, Borivali, Mulund etc. The response in terms of number of students was quite less as compared to the number of students that we have in our classes today. Yet, this did not deter him and he went on spreading light like the radiant Sun, who is not bothered about the number of people who are using his light, but keeps on shining on his own.

I met Guruji for the first time in 1983 when I enrolled for the Basic Course that he was conducting in Mulund. Later on, in 1985 I joined the Advance Course and began translating Brahmavidya lessons in Marathi. This was my good fortune because it brought me in close contact with Guruji and I was able to witness Brahmavidya principles in action.



Due to manifestation of Divine Power (Kundalini) in him he was able to help people by healing their suffering. He would advise patients coming to him to join Brahmavidya classes to get rid of their problems. Yet many difficult cases would be brought to him for healing (he would humorously call these as 'dust bin' cases) and he helped everyone without any expectation. Many would not even come back to say a simple 'thank you' after getting the benefits.

In conclusion I would appeal to all students that as homage to Guruji and as a token of our gratitude let us do our best to spread the message of Brahmavidya far and wide.

(Pradnya 2004)



Secrecy ... ! Why?

Secrecy is the back bone of all Brahmavidya teachings. All lessons have been strictly guarded and yet we have our teachers time and again stressing the need to spread the light of Brahmavidya, though this condition seems as mystic as its teachings. It has a deep-rooted understanding and philosophy...

"Jayanta, your TV programme last night was very good," remarked a lady from my housing society. She was referring to my interview on 18th August 2004 in the Hello Sakhi programme of Sahyadri Channel. In this interview I had introduced Brahmavidya. After this opening remark she added, "But you did not tell anything about what one should practice. This seems to be your trade secret."

As you are aware, Brahmavidya methods cannot be taught in a public lecture or interview. Hence I did not speak about the methods and practices. My neighbour did not approve of this secrecy. Similarly many new students of Brahmavidya find this condition of secrecy



objectionable. In every lesson of Brahma Vidya it is mentioned that 'this lesson is only for you.' Right in the beginning of the Basic Course the student is explained that as far as possible he or she should not show these lessons to any one; should not allow any one else to touch them. Many new students find this condition of secrecy unreasonable for various reasons. Some of these are:

1. They are saying that they want to spread Brahma Vidya to more and more people; then why should they object if we teach to our near and dear ones?
2. Why should other people from my family not get the advantages of Brahma Vidya? If I show them these lessons and explain to them what I have learnt at the class they also can benefit. (In some cases other family members are not in a position to attend the classes for various reasons.)
3. If I allow other people to read these lessons or if I teach them Brahma Vidya Sadhak Sangh will not get any donation. Hence they must have put this condition to avoid such loss of income.
4. These breathing exercises are quite simple. I have also learnt these exercises and other methods under a qualified teacher. Now I feel that I have understood this well and I will be able to teach this correctly. Then why should not teach?

Many questions like the above arise in the minds of new students. In this article I would like to clarify these doubts and it is my sincere hope that this clarification will help us all to understand the need of secrecy and feel convinced about it.

Now the first doubt is that which arises out of our commercial or practical common sense. We feel that if one person has paid the fees and got the written lessons why others close to him cannot take the advantage of it. Why should they have their own separate lessons? Practically this makes sense to us.

Now in relation to this doubt, let us keep this in mind that all teachers and volunteers of Brahma Vidya Sadhak Sangh work in spirit of service without any remuneration. Hence the question of any individual loss or profit does not arise. Thus even if the reason behind the condition of secrecy appears to be commercial, IT IS NOT SO. Now let us try



to understand the deeper reasons underlying this condition of secrecy.

From ancient times the Spiritual practices have always been handed down orally from Master to pupil. In all Spiritual disciplines this condition of secrecy is observed strictly. If a Master gives a NAAM (sacred word for chanting) or a MANTRA for chanting, one is not supposed to disclose this to another. Also the student is asked to refrain from discussing his experience of spiritual practice with anyone other than his guide. In the present times, it is not possible for the teacher and the student to stay together to pursue spiritual practice and that is the precise reason for preparation of these Lessons. It is as if the teacher is personally teaching each student individually through these lessons. Thus these lessons are a private and personal message to each student.

Spiritual practice is beyond human intellect. We cannot understand its deeper nature and this results merely through the analysis and reasoning of our intellect. One can unfold the secret of these methods only through sincere practice. For this reason, in ancient times the Master would test the student to find out whether he is ready to learn. If the Master found that the student is not yet ready, he would refuse to teach. Even today, before learning anything the student has to prove his readiness or eligibility. One cannot obtain admission in any university or for any course just because one desires so.

For learning anything two elements are essential namely: 1) the will to learn and 2) the eligibility or readiness to learn. If any one of these two elements is missing, the teacher would not be able to teach in spite of his best efforts.

Now as far as Brahmavidya is concerned we say that every human being is eligible to learn Brahmavidya. In a lighter vein we say, “anyone, who can breathe, can learn Brahmavidya.” Yet, even though everyone is eligible all do not have the will to learn. Once a student enrolls for a class and pays the required donation, he declares his will to learn in a definite manner. Not only this, but such action reinforces his desire to learn and he is inspired to practice sincerely. Before sowing the seed it is wise to check if the soil is right for the seed. Just because we have good seeds we cannot scatter them everywhere, as this will surely waste the good seeds and make our efforts futile.



There are many books available on Geeta. Yet to understand the deeper meaning one has to go to a teacher who has studied the Geeta well and particularly has practiced to live the Geeta. In the 18th Chapter the Lord himself has given instructions to all such teachers of the Geeta regarding 'to whom knowledge of the Geeta may be revealed.'

Thus the Lord himself has indicated that where the teacher should sow the seed of the Geeta-Knowledge and where it will grow well. If we sow it anywhere else, it will be wasted.

We find a similar warning about secrecy in the Bible. While explaining the need of secrecy to his students Guru Ding Le mei would quote the following from the Bible: *"Give not that which is holy unto the dogs, neither cast you your pearls before swine, lest they trample them under their feet, and turn again and rend you."*

Based on the above passage there is a phrase in English - 'Pearls before swine'. There are similar phrases in Marathi and I suppose also in other Indian languages.

So far we were discussing the need of the student 'being ready' before the knowledge can be disclosed to him. Equally important is the competency of the teacher. If the teacher is not competent then the teaching may not be beneficial and at times it can certainly be detrimental, because half knowledge is always dangerous. Hence just because one feels that one would be able to teach, it does not make one competent to teach. Not only in spiritual field, but to teach any subject one has to obtain permission of a competent authority in that field before one begins to teach.

Brahmavidya is a deep science of Spiritual Practice. Without an in-depth study and devoted practice it is not possible to understand the deeper secrets. What is revealed in the Basic Course is only like the visible portion of an iceberg. The deeper nature of the Teaching can be understood only by the study and practice of the higher courses - Pragat (Advance) and Pradeepak (Preceptor's). On the surface it appears simple; one tends to think, "Oh, this is simple and easy. I think, I can teach." Yet to teach without adequate preparation is like the blind leading the blind.

To complete all Courses of Brahmavidya it takes about five years.



Sincere study and practice of at least this duration is essential to become a teacher in Brahmavidya. Such practice gives strength to the words of a teacher and then his speech has the power to effectively convey the message to students. A mere intellectual can never hope to attain such power of speech. An incident given below from the life of a great Maharashtrian Saint Eknath Maharaj illustrates this well.

Once a woman along with her son came to Eknath Maharaj and requested him, “My son eats too much of sweets; I have told him a number of times, but he does not listen to me. You are a saintly person and I believe that if you tell him, he will listen to you.” Eknath Maharaj replied, “Please bring him back after 15 days and then I will see how I can help him.” As decided the woman came back with her son after 15 days. This time Eknath Maharaj talked lovingly to the child and admonished him not to eat many sweets, as it was not good for his health. The woman went away happily. Again after a few days the woman came back to Eknath Maharaj, prostrated before him and said, “Due to your blessings my son is now better and he does not eat as much sweets as before.” After the woman had left, a person who was present on all these three occasions asked Eknath Maharaj, “Why did you call back the child after 15 days? Why did you not tell him to eat less of sweets in the first meeting itself? Eknath Maharaj replied, “You see, I love to eat sweets. When I am so fond of sweets, how can I advise the child to eat less sweets? Hence I did not eat any sweets for 15 days and then told the child.” So, without adequate practice the speech does not have the required power to convey the message. While concluding this article, I would like to appeal to all students that instead of discussing let us practice the methods of Brahmavidya. As we practice sincerely, we are bound to see good results on the Physical, Mental and Spiritual planes. It is inevitable. As we continue our practice, gradually we will become competent to teach. Through such well trained teachers we will be able to spread Brahmavidya to more and more people effectively.

(Pradnya 2005)





Practice, practice and practice

Practice makes you perfect. In the following article, in very convincing words the importance of consistent practice is reiterated

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

1. I have no time!

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

2. I am not able to do!

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

Having touched upon the two most common problems, now I would like to indicate important aspects of practice which are helpful to attain rapid success.

A. Regularity

Once you decide the time for practice of both Breathing exercises (minimum 20 minutes) and Meditation (minimum 20 minutes)



endeavour to stick to your schedule; do not miss for a single day. This strict discipline has to be kept up till Brahmavidya practice becomes an integral part of your life.

B. Accuracy

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

C. Study the lessons

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

D. Stay within the triangle: JOY, GRATITUDE and REVERENCE.

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

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

(Pradnya 2006)



Verse

The sun is shining bright;
Our world is full of light;
Let's begin our beautiful day;
Brahmavidya shows the way!



Your Key to Health and Success Learn Brahma Vidya

Answers to some of the most commonly asked questions that come to the mind of a new student...

Health and Success! What more a person can ask in life? Brahma Vidya seems to be a formula for complete life!

Yes, that sounds fantastic; isn't it? Hence I will briefly explain the principles of Brahma Vidya. I do hope that it will inspire you to join the Brahma Vidya class and verify the efficacy of these methods by your own personal experience.

But, Health and Success are so different from one another! Health is of the Body, whereas Success is related to so many different things. How can Brahma Vidya help to achieve both?

It is quite true that Health and Success appear to be very different from each other. Yet both these are dependent upon following the Order of Life.

All truth is hidden and if we limit our observation only to the appearance we can never comprehend the truth. One may say that every scientific discovery is a proof of this. '**Appearances are deceptive**'. For example, the earth looks quite flat, but actually it is round; it appears that the sun rises every morning in the East, but actually there is no sunrise.

As the modern science tells us about the laws of the material universe, Brahma Vidya tells us about deeper truths of your life, my life - human life! When we follow these laws in our life, it makes our life orderly. And what we call as **Health or Success is nothing but ORDER.**

How is it useful to a common man in his daily life?

Brahma Vidya teaches that every human being is potentially divine.



Hence he has within him all the power required to overcome his difficulties and problems. Brahmavidya gives definite methods by which a person can overcome his physical and mental problems and lead a healthier, more successful and happier life.

Can we say that Brahmavidya is a science of happy life? What methods are taught in Brahmavidya?

Yes, Brahmavidya is a Science of Life teaching human beings the Spiritual laws of life. These Spiritual laws operate in human life through Breath and Thought. We cannot think of life without Breath or Thought. Hence Brahmavidya teachings emphasise Breath and Thought, which are the basic elements of life.

Though we are using Breath and Thought right from our birth no one has ever taught us correct way of breathing or thinking. You will be surprised to know that average person uses only 10 percent of his lung capacity. Brahmavidya teaches a) Spiritual Breathing Exercises, which improve breathing and b) Meditation techniques, which improve thinking. The Breathing Exercises purify the body and Meditation purifies the mind.

What ailments are cured with Brahmavidya?

Brahmavidya is not like a medicine, which is meant for a particular ailment. It is a system, which helps to remove root cause of illness and promote health. Breathing exercises and Meditation have been found useful to get rid of asthma and other breathing troubles, diabetes, high blood pressure, spondilitis, backache, heart trouble, chronic cold and cough and many other ailments.

The practice also improves mental outlook of the person and makes him more positive, cheerful, optimistic and confident. This can make him more successful at his job, his business or his profession.

How much time one has to devote for these Breathing Exercises and Meditation?

Depending upon the level of interest and availability of time one can devote more time, but minimum requirement is 20 minutes for



breathing exercises in the morning and 20 minutes for Meditation at night. The methods are simple yet very effective. Any person above the age of 18 years can learn and practice Brahma Vidya without any difficulty.

What is the origin of this teaching?

This is a very ancient system of Spiritual Practice or Sadhana. The system of practice originated in India, then migrated to Tibet and has now come back to us from Tibet.

(Pradnya 2007)



Realise Your Dreams, Practice Brahma Vidya!

This article highlights the importance of 'dreams' and 'memory' and how the two can be used for individual progress and collective growth of mankind...

Dreams are forever! From birth to death, man's life is a series of dreams. A newborn dreams, 'when will I crawl ... when will I walk ... when will I talk ... when will I go to school, to college and so on.' The dreams keep on changing, but are an integral part of human life. I am not talking about the dreams that we see while we are asleep, when we are not conscious. Also I am not talking about those dreams, which some people see to escape reality. Here, let us think about those dreams that we see consciously and would like to realise them in our life.

Man's dreams are an index of his greatness. Dreaming is not just projecting our thoughts in future, but is a God-given gift to mankind. All progress, whether collective or individual, has been achieved through this great faculty of man. In the whole Nature only man has this



capability. In their physical capabilities, like vision, strength, speed, endurance, many animals surpass man. But they do not have this great faculty of dreaming and so they have remained what they were millions of years ago, whereas man has progressed from a barbaric cave-man to the present day scientific and civilised man.

Memory to dreams to memory... While considering this faculty of Dreams, we cannot forget Memory. Man is a social being. The conditions and circumstances around, constantly influence him and all this is stored in his mind – memory. This memory is being built up right since birth and new experience is constantly added to it. We may call this accumulated experience as man’s wisdom. This influences the way man dreams. His dreams lead him to action. Action gives him experience, which gets added to memory. So the cycle goes on.

An eminent psychologist has said, “**Man is a puppet of memory**”. Generally, we find that as more memory is built, as man grows older, his dreams become dull and dark. These dreams become a cause of worry and anxiety rather than a source of inspiration, whereas for younger people, their dreams are motivating and inspiring.

Point of action is ‘here’ and ‘now’. In a way dreams as well as memory are impotent, because one is about the future which has not yet come, and the other is about past which cannot be brought back. So if the dreams do not lead to concrete action in the present for achievement of these dreams and visions, then it is only day-dreaming and escaping the reality. Past and future are not available for action, so the ideals of dreams and wisdom of memory must get translated to the present – here and now.

Practice Brahmavidya! We have never learned to harness these two faculties of dreaming and memory to our advantage. In fact, one may say that, we have learnt something unconsciously and that too from those, who did not know themselves. This is where Brahmavidya comes to our help. It shows us the way not by sermons and dogmas, but by right methods. Brahmavidya shows us methods to purify our memory, to dream boldly and scientifically, and to lead this to action. The methods of Brahmavidya are based on Eternal Spiritual Laws of Life. Hence, when these are practised sincerely and accurately, success is assured. Thousands of students from all walks of life have



used these methods to successfully fulfill their dreams.

Our dream in Brahmavidya is to see this teaching spread out all over the world, bringing Health, Joy and Success to all. Over the past 10 years Brahmavidya movement has gained momentum, and today, over 5000 students are learning Brahmavidya at the classes conducted by the Sangh at over 120 centres in Mumbai, Pune and Ratnagiri. This has been possible only due to the support of students who have proved in their life that Brahmavidya methods are effective. I thank all these students.

(Pradnya 2008)



Material vs Spiritual

*Let us find out how this wonderful science
blends material and spiritual aspects to bring
about a wholeness in one's life*

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

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

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



spiritual viewpoint is almost ignored. Why?

Following may be considered as the principal reasons:

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

Man considers material and spiritual, physical and mental as separate from each other. Historically we find that those who propounded spiritual or religious values were monks, sadhus, *sanyasins*, *fakirs*, who had renounced the worldly ways to pursue the religious or spiritual path. So he feels that if he pursues the spiritual, his material wellbeing would suffer, that he would have to forsake the material to pursue the spiritual. And he does not wish to do so!

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

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

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

It is not enough to know and understand these laws intellectually, but we must have practical methods which show how to implement these laws in our day to day life. It is here that Brahmavidya comes



to our help. Brahmavidya not only tells us about the laws of life, but shows definite, practical and effective methods which help us in living these laws.

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

(Pradnya 2009)



Will there be enough for me?

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

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

From childhood to youth and thereafter till old age questions of this sort bother almost all human beings. These questions lead to



worries and a silent anxiety in one's mind. This anxiety comes with a blend of insecurity and therefore one cannot live life freely and happily. One cannot acquire what one wants. As a result, one often drags through life unhappily.

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

Universal abundance

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

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

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



We are attractive

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

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

1. When we develop a craving for a particular delicacy, or feel that our body needs it, we go ahead and consume it.
2. We have little knowledge of what happens to this food when it enters our stomach. Our body also absorbs (attracts) all that it needs through this food. Through the circulation of blood these things that we had attracted towards us assimilate in every cell in the body.
3. So, you see the law of attraction is functional in each of the millions of cells in our whole body. Every cell has the knowledge of what it wants and it thereby attracts to itself that which it needs.

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

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

(Pradnya 2010)





Emotional intelligence and Brahmavidya

This article 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 realise 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 is 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 empathise 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 Brahmavidya helps one realise the aforementioned effect is a



matter of practice and experience and not that of discussion. A newcomer to Brahmavidya may feel how this can be achieved, but those who practice regularly surely have experienced it.

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

(Pradnya 2011)



The order, harmony and beauty of life

*Let us find out how Brahmavidya can help
achieve order, harmony and beauty of life*

Brahmavidya brings to our lives a definite order, harmony and beauty. In the exact proportion in which we recognise this order, harmony and beauty of life through our practice, our life is filled with that much happiness.

Let us now examine these three words (order, harmony and beauty) because these are not mere words, they are important milestones in our spiritual development. Order here means a set of rules. The varied manifestations of life are all defined by a certain set of rules. On examining every life form one realizes that every manifestation has its own order (set of rules). If we examine in detail any form from either the mineral, vegetable or animal kingdom, the various rules that determine that particular form are revealed to us. Science uses an objective method to discover various rules of Nature. All these researches are driven by one thought – that even if one is not aware of the exact nature of laws in which the varied life forms function – there is a law that governs their existence. Science, through continual research and development efforts has compiled a lot of information about the mineral, vegetable and animal kingdom.

Apart from the lower life forms, human beings have been able to discover a lot of information about the functioning of the human body.



All of this information shows that life in every form is governed by order. Even though this order is existent, it is quite unobvious and secret in nature and therefore unless researched accurately it cannot be discovered. Whatever knowledge human beings have gathered through the observation of the varied elements of nature has been in existence since the past thousands of years. All the same, because of lack of research this order was not earlier discovered by human beings. Just as we see an order in the external world, a similar one exists within us – in our thoughts, emotions and life energy. This order can be discovered through individual efforts alone. An individual alone can actually examine (introspect) his thoughts, emotions and life energy closely, no other person can do it for him. A scientific discovery is applicable to everyone, or all life forms. It is not so in case of an individual's introspection. Brahmavidya teaches us important techniques of such introspection.

Harmony simply means a peaceful co-existence. To understand harmony well, one can think of an orchestra or even about the human body. In an orchestra there are different musical instruments played by different people, which together form a beautiful symphony. In the human body also there are different organs, which function differently as well as their needs are totally different, yet they all function with great mutual understanding and therefore the human body functions efficiently. We have seen in these two simple examples that the whole universe functions harmoniously.

All forms in this universe are different from each other, after a superficial observation one may feel that these forms are in a constant struggle against each other and only the fittest will survive. However, in essence, since all these forms have emerged from the same universal creative force, all are interconnected and there is a natural harmony between them. Scientific experimentation over years of research proves that all these forms are related to one another. Take the case of our environment. At the outset, no one would understand how trees actually help nourish the environment; control and determine rainfall. However scientific research clarifies their role in the ecosystem.



Beauty is a personalised phenomenon and therefore a generic definition is impossible. We can say that the thing which attracts us or gives us joy seems beautiful to us. But, something that seems beautiful to one may not appear the same to others. Just as, order and harmony are established in all life forms, so also, beauty is an integral part of these forms. But our definitions of beauty are so narrow that we really fail to appreciate the beauty in Nature. For instance, flowers of different types are beautiful. Each one of us will agree with the fact that each flower has its own beauty. But we may not like all flowers, because we have pre-decided as to which flowers can be called 'beautiful' and all others therefore though being really beautiful fail to attract our attention. This example of flowers applies to all life forms in the universe. All these forms are individually beautiful.

Having thought about these things, one would surely want to know how one can recognise this order, harmony and beauty of life. The only way to recognise this is to understand and acknowledge the presence of divine order, harmony and beauty in one's life. In the proportion one experiences the truth of this statement in one's own life one can experience it holistically as well. At the beginning of this understanding lies 'order.'

Divine order manifests itself in our life in two fundamental ways: breath and life. Spiritual breathing exercises and meditation taught in Brahmavidya Basic Course and its practice will enable us to experience divine order in our life. The experience of 'order' will lead us to the experience of harmony and thereafter beauty. This will fill our life with immense joy and contentment.

Therefore I request all sadhakas to hold on to the consistent practice of breathing exercises and meditation. All those who haven't learnt Brahmavidya should learn it by enrolling in the Brahmavidya Basic Course to experience the aforementioned truths.

(Pradnya 2012)





Modern life and Spirituality

Modern life with all the solutions that it offers to man, brings along many complexities. This article explains in simple words importance of spirituality in life

Modern life is science oriented. Science and technology is striving to make human life more comfortable and prosperous. It is not that all human problems have been solved, but man believes in his intellect and technology and thinks that in due course he would be able to find solutions to all his difficulties.

Today, human life is filled with dreams, hopes and aspirations. Due to progress of science and industry many opportunities are available to man to fulfill his aspirations. Even if we look back a few hundred years the situation was such that man's life would get decided with his birth and very few would have the choice and liberty to make any alteration. But now with education and industrial progress this set pattern has been broken and everyone has become free to live his life as per his desire and choice.

Intense desire to get ahead has given birth to cut-throat competition. To fulfil personal dreams everyone is striving to be ahead of others. We are able to observe this at all levels viz. individual, group, society, nation etc. Tensions arising out of this competition are eroding man's mental and physical health. In due course the body-mind instrument through which he lives goes out of order and breaks down. Then he is not able to enjoy life even though many interesting things are available.

Now what is the solution to this? We cannot change the atmosphere of competition. Whether we like it or not we are a part of it and we have to participate in it. Therefore instead of blaming the situation let us pay more attention to making ourselves stronger and efficient. Let us learn how to keep our body-mind instrument in good order because of which we can take part in the race, win the race and enjoy life.



For this it is essential that man turns to spiritualism! Now I know that the science oriented modern man would find it very difficult to accept this. Still I would like to state emphatically that unless man turns to the spiritual side of his being he would not be able to learn how to keep his body-mind in good order. If we understand spiritualism rightly it may be easier to accept this statement.

Dictionary meaning of the word spiritualism is ‘the doctrine that the spirit exists as distinct from matter, or that spirit is the only reality’. Human personality is threefold – body, mind and spirit. At higher level of being we are the spirit and not merely a body-mind unit. Spiritual sciences are those that tell us what we are at higher level of being and show us the methods by practice of which we can actually experience and verify the truth. Is man only a body-mind? Is he only a more intelligent animal? Spiritualism tells us that man is not mere body and mind but within him exists a mighty spirit. This spirit is called by many names in different scriptures viz. Soul, life force, atman, prana ... and so on. But these are all things heard of and accepted as beliefs. It is not our personal experience. Only beliefs without any experience are of no use in our daily life.

Millions of years back the cave man was almost like an animal. In fact he was much weaker as compared to many animals. But man has a mind which is not given to any animal. By use of his mind man has evolved from a cave man to the present modern man. Now to evolve further and to be the master of his life he must develop spiritual side of his being. That is the only solution!

Brahmavidya teaches us effective methods to seek and experience the spirit within us. Most people stop at believing. But we in Brahmavidya are not satisfied only with beliefs. We begin with belief and by regular practice of Brahmavidya methods prove to ourselves these principles through personal experience.

It is my humble appeal to all reading this brief article that **be the master of your life, be happier by consistent practice of Brahmavidya.**

(Pradnya 2013)





Brain Waves

Despite the strides that science has taken, the human brain is a mystery. The present article deciphers how meditation channelises energy to affect functioning of the brain and thereby the whole body

Our brain is made up of billions of brain cells called neurons, which use electricity to communicate with each other. The combination of millions of neurons sending signals simultaneously produces an enormous amount of electrical activity in the brain. This electrical activity repeats itself in a definite frequency like in waves. This can be compared with frequencies of radio and television. Just as there are different channels operating at different frequencies likewise our mind works differently at different frequencies.

The frequency of these waves is measured in cycles per second i.e. Hertz (Hz). We all have five different brain frequencies (Gamma, Beta, Alpha, Theta and Delta). Now let us try to understand them:

1) Delta – (1.0 To 3.5 Hz) Delta brain waves are the slowest of all. Everyone experiences delta waves in deep, dreamless sleep. In this state one is not so conscious of the material world. It is related to our unconscious mind. This predominantly works in children till they are one year old. These frequencies lead to laziness and poor concentration. When we have to work with best efficiency, these waves should be minimised. It is observed that people who have these frequencies in predominance lack in concentration and are unable to do any work for more time. For healing and regeneration of body these waves are essential as these processes can be achieved by the body only in deep sleep.

2) Theta – (3.5 To 7.5 Hz) Theta is just the next higher step to deep sleep and this involves slow motion waves. It is where we experience vivid visualisations, great inspiration, profound creativity, exceptional insight and long-forgotten memories. At the same time it



is the store house of our memory, feelings and sensations. These waves are experienced during inner concentration, meditation and prayer. This is the state related to our subconscious mind. These waves are observed in children, even when they are awake and up to age of 13 years but not in adults, whereas it is experienced by all during sleep. This state is beneficial for healing, regeneration and for coordination of body and mind.

3) Alpha (8.0 To 12.0 Hz) This state links conscious mind to subconscious mind. This is an important state and in this state even though body and mind are in a relaxed state the person is alert. We feel healthy and peaceful, mentally balanced and we find solutions to problems. This is the ideal condition to gather new information, maintain facts, data, perform elaborate tasks, learn languages, analyse complex situations. Alpha frequency is related to white portion of the brain and this portion is responsible for interconnecting different parts of brain.

If we compare these brain frequencies to any car, Alpha state is like neutral gear, Delta - first, Theta - second gear. The next frequency Beta that we are going to see now is related to third, fourth and fifth gears.

4) Beta (12.0 To 30.0 Hz) This state is related to conscious mind. It is a state of higher frequency and activity. These waves are predominantly working when we are awake and eyes are open. When we are awake and are busy in thinking, listening, speaking, analysing there is a higher frequency activity going on in the brain. Because of the huge span of these waves, they are sub-divided in low, medium and high Beta Frequencies.

Higher Beta Frequencies lead to hypertension, increased heart rate, increased blood flow, cortisone production, increased secretion of adrenaline and higher glucose consumption.

5) Gamma (Above 30 To 44 Hz) These waves are observed in all parts of brain. These waves are not observed in normal functioning of the brain. It is said that these waves greatly increase during practice of meditation.

Research is going on to study the changes in these waves during practice of meditation and till date definite scientific information is not



available. However information is available in spiritual research. In spiritual language these are termed as states of mind (and not brain).

In spiritual terms mind and brain are different and it is believed that mind works through brain. Mind or consciousness can be sub-divided in three stages, *jagrut*- awake (Beta), *swapna*- dream (Theta and Alpha) and *sushupti* - deep sleep (Delta). The aspirant can experience all these states consciously during practice of meditation. As one develops alertness and relaxation in practice of meditation, he can approach the deeper states of mind and thereby enters in an experience beyond mind. In this fourth – *turiya* state of mind aspirant achieves self-realisation. As this state is beyond mind nothing can be said about it and it can only be experienced.

This is the ultimate stage of meditation. But practice of meditation is extremely helpful in day to day living as well. By consciously experiencing different stages of mind we can master our body and mind.

By right use of the two important instruments on which our life depends, we can lead a healthy and successful life.

One can progress in meditation only through rhythmic breathing. So I urge all aspirants in Brahmavidya that without waiting for the scientific explanations let us hold on to our practice of breathing exercises and meditation with enthusiasm and perseverance; and enjoy more healthy and successful life.

Edited by : **Jayant Divekar**
Compilation: **Ruchira Godbole**
(*Pradnya 2014*)



Gratitude

In the following section titled 'Gratitude' many sincere *sadbhaktas* of Brahmavidya have worded their memories about Shri Jayant Divekar's teachings and expressed their gratitude towards this great preceptor.



A Guru for life



Rajaram Surve

Shri Jayant Divekar is a legend of sorts, his simplicity and clarity are almost magnetic in their impact. The present article enumerates some characteristics of his teaching methodology

In childhood our life is influenced by our parents. Our parents are mean the world to us. As we grow up go to school, we become fond of some of our teachers. As we start attending college we come across some really respectable professors. Thus, we meet many teachers who influence our life.

But when I first met Shri Jayant Divekar, I was highly impressed by his modest behaviour. Here are some of the salient features of his teaching:

1. Easy methods: He always gives simple, easy to understand examples to explain some profound spiritual ideas
2. Reaching out to every student: Sir always comes to the level of students to teach. There is no communication gap between him and his students.
3. Factual teaching: He always teaches exactly what is mentioned in the lesson. He uses intellectual and logical reasoning to explain these facts – and avoids unnecessary sentimental comments.
4. High accuracy: He answers all questions put forth by his students most accurately and encourages students to ask questions.
5. Complete freedom: Sir never imposes his ideas or beliefs on his students. He allows students complete freedom of thought and expression.

One can enumerate many such specialties in Shri Jayant Divekar's teachings. Initially, I was actually swept off my feet when I saw his humble demeanour. His inspiration is consistently bringing about a lot of improvement in my life. He is a true Guru for life – I am indeed grateful to my Guru.



A beacon of great hope

True gratitude can never be fully expressed. Here is an attempt to express sincere gratitude towards the man whose teachings are life altering and transforming in every sense of the word



Sugandha Indulkar

My pranam to Dear Guruji, Shri Jayant Divekar. I started learning Brahmavidya in the year 1998. After completion of Basic Course I took admission in 1999 for Advance Course under the guidance of Shri Jayant Divekar. Since the time I came in association with Guruji lot of changes occurred in me, as a person. To a lot of extent, practice of Brahmavidya, which again was perfected time and again under his guidance can be credited for these changes.

Firstly, I was 23 years old at that time and was still on the lookout for a steady career. On the personal front, I was experiencing much instability in life and work. Every week, attending Guruji's class was like a boon. I used to look forward to Sunday mornings, like someone who has been hungry for a real long time would await food. In class, his language used to be simple, crystal clear and to the point. He would never exaggerate, never talk high-handedly to his students. In fact, the simplicity of his teachings and demeanour were nearly magnetic in their appeal and charm. I truly felt as if I had been blessed with a 'real guru' in life – in Marathi there is an appropriate term for this feeling – 'Guru Mauli' (translated as the Guru who is like a Mother) it was exactly this feeling that he generated in me. I had found in him a real anchor for life, a beacon of light who showed me the right way.

Since all these years I have sincerely thanked God, and my friend and now, a trustee of Brahmavidya Sadhak Sangh, Mrs Kalpana Railkar who had first told us about Brahmavidya – it was because of her that I had found a true Guru.

I am ever so grateful to Guruji for guiding me through all these years and bringing to me the greatest teachings accessible to man.



Of calmness, true inspiration and more

Guruji's words have an almost 'magical' effect, the present article highlights how his teachings become a real inspiration for one and all



Amita Bhelose

Brahma Vidya is the highest science of life which is subtle, mystic and hence not so easy to follow. However, we are blessed with Beloved Guru who is very loving, who cares a lot for our progress, and ever willing to guide us with his divine words, full of inspiration and assurance. His able guidance and strong support has made our journey on the path very joyful!

In the initial stage of my practice, I was finding it difficult to find time in my hectic routine for the practice of meditation. One day after the class, I expressed this difficulty to him and he advised, "Get up 10 minutes before your usual time and meditate for 10 minutes before you get out of the bed." I nodded, but there was a doubt in the mind "Just 10 minutes meditation? Will it help?" But still I started practicing meditation as per his advice. And that simple step began my journey on the path. Those 10 minutes slowly increased and helped me to get firmly rooted in the practice of meditation and transformed my life totally.

We learn Brahma Vidya through his teaching which is simple, fluent, perfect, to the point and also through his simple and serene living. The most striking feature of his personality is his unperturbed calmness which we have experienced many times.

During the Advance Course Workshop, one day, Respected Sir, distributed to us the photocopies of some article written against Brahma Vidya published in some magazine. We were annoyed reading it and asked him, "Sir, what are we going to do about it?" "Nothing, this is just for your information. There is no need to do anything about



it” he replied peacefully and started with the proceedings of the workshop. There was no sign of slightest annoyance or disturbance in him. This one incident has taught us many things which could not have been taught through many words.

Dear Sir, We give thanks! We give Thanks! We give thanks!



Where simplicity meets perfection...

Guruji's simplicity and perfection are facets which stand out in everything that he does, including teaching and in any work related to Brahmavidya. These are undoubtedly qualities that make a person truly great



Ruchira Godbole

While working with Respected Divekar Sir on multiple projects for last more than five years I observed his simplicity in life. I have found him always ready to mould himself as per the situation. I have never seen him reluctant or tired (as he used to conduct classes in Pune in the morning and then travel back to Thane for the evening classes.). He is always updated with latest knowledge, he is a living encyclopedia.

While working on Hindi Lessons I found that he has a wonderful command on English, Marathi and even on Hindi! He is very particular about perfect translation of English lessons. He sees to it that no extra word or sentence gets added as compared to English lessons. He insists for perfection of each lesson in every sense. And while doing all of this he never compromises on his own practice of Breathing Exercises and Meditation.

Like a perfect guardian he has a minute observation of people around him, about their practice, about their spiritual progress.

It's a more than a joyous experience to work and learn in his guidance and I feel myself very fortunate and blessed to have got such wonderful opportunity! I express my gratitude towards Sir.



A lexical History of 'breath' & 'spirit'



Sanjay Sathe

Here is a fine compilation of the words 'breath' and 'spirit' and their meanings throughout world religions and history. It is indeed a thought-provoking array of information

The recognition of the importance of breath goes back thousands of years. The ancient languages and all world religions used the same word for Breath as for Spirit and Soul.

The word Spirit comes from Latin word 'Spirare' meaning to breathe. We know the word inspiration, which means both inhalation and to be inspired. 'Inspired' means to be filled with breath. Holy Spirit could be interpreted as 'whole breath'.

Jesus said:

"Blessed are those, who find their home in the breath. Theirs shall be Heaven".

From the Book of Genesis:

"And God breathed into the dust the breath of life and man became Living Spirit".

Noha (Hawaiian greeting) means 'In the presence of the divine breath'.

The German word for breathing is 'atmen', which comes from 'atman' or Soul or Breath in Sanskrit.

The ancient Hebrew word 'ruah' means not only the spirit but also breath or wind.

Hildegard of Bingen a famous mystic, who lived eight centuries ago, defined prayer as:

"The Breathing in and out the one breath of the universe".

The Hindu term Mahatma has two meanings – Great soul and Great Breath.

The breath has also been called the 'mirror of the soul' (as well as



the eyes). In the Chinese philosophy the breath is the carrier of your life forces. The Chi or Ki is the flow of the breath. Life energy received by the breath. The Tao Te Ching states that the ‘Tao is the breath that never dies.’ (L90 T34)

In India ‘Prana’ means life force or breath. Yoga, which means union, involves the breath throughout to facilitate the union itself.

In fact the art of breathing can be a study of a lifetime.

“When the breath wanders, the mind is unsteady. But, when the breath is still, so is the mind still.”

In many ancient traditions breath has played an important role in reaching higher states of consciousness and enlightenment. So, practice breathing exercises to transmute into a super human being.

Verse

Riddle of the Universe is about me;
I embark upon a meditation spree;
Thoughts are silent and mind free;
Then I’ll move up the spiritual tree!



I don’t think you need an invitation;
Neither cajoling, coaxing, coercion;
Avoid inertia, excuses, temptation;
Practice few minutes of meditation!



Rise and shine, O beautiful soul;
Chase your dream, get your goal;
You’ve a purpose, there’s a role;
You’re perfect, strong and whole!



Transformation in personality

I heard about Brahmavidya from my friends as well as from newspapers. However, I could not join the course due to some reasons.

In January 2014 our teacher called me saying, "Where there is a will there is a way." That prompted me to join Brahmavidya course.

Initially I was not sure about the course. However, as the time passed I started taking interest in the exercises which were being taught.

I had problem of frozen shoulder, but now there is considerable improvement. Further practicing exercises refreshes my mind and body.

My family has started appreciating the changes in me. I can control my negative thoughts easily and I get good sleep.

I take this opportunity to thank my teacher for giving perfect training and creating interest in Brahmavidya.

Brahmavidya has brought a 'total transformation in my personality'.

–Sharad Bapat



The magic of living in Joy and Love



Brahmavidya has introduced me to myself and I am overwhelmed by the knowledge of my soul and my body. Brahmavidya has opened the gates of my mind

Dear Brahmavidya,

As a child I grew up with an unknown attraction towards nature and its immense vastness. I had a lonely childhood, so I always found my haven in birds, the trees, the animals, the gentle breeze, the blue sky and the aqua blue ocean. Growing up I was pushed to the man-made world and its mis-concepts of happiness. Over years of searching within I finally found the path I should embark on, thanks to Brahmavidya!

I have covered only a few steps on this peaceful journey, and yet I experience the joy and love in abundance.



Brahmavidya has introduced me to myself and I am overwhelmed by the knowledge of my soul and my body. In my learning years, I achieved only the practical understanding while conducting biology, physics and chemistry experiments, but Brahmavidya has opened the gates of my mind and taught me to analyse within the pure wisdom of my heart. Every time I think of happiness and feel love from the inside, I marvel at the joy with which every cell in my body responds like small gleeful child smiling together, like a garden full of radiant flowers blossoming with the first touch of the glorious sunshine!

I thank the invincible superpower for gifting my soul with this beautiful, priceless and unique body! In a span of four months since I started practice, I have observed that my skin has begun to develop a soft youthful glow and clear texture, I never mentally nor physically feel tired, no matter what work I am doing, or travelling for long hours, and the harsh weather does not affect me because I feel normal and pleasant. I am now attracted to eating only the right food which is healthy to my mind and body, irrespective of its taste. My physical requirements have become minimal, making it easier and simple for me to live anywhere and in any circumstances quite happily. For years I have had hair fall and my scalp is nearly exposed, and now, there is a new baby hair growth. Also my lower back pain has gone and my migraines have disappeared. I am now able to always find a way whatever I face. I have a new confidence when meeting people and they all seem to like me. I can get things done without having to say a word but by just desiring it.

When I joined this basic course, I was struggling with the loss of the only one person I loved - my husband, just seven months prior, and today I have travelled so far that I am rising back to life from my ashes, just like the Phoenix. As I begin my life anew, I feel and cherish the undying love of my husband that inspires me to follow this path of pure universal love.

Oh, Brahmavidya, you are truly enchanting and I am living your magic with every single beat of my heart forever!

I indeed remain humble and forever in gratitude to God, to this universe, to Brahmavidya and to my teacher in whose presence I feel



Brahmavidya Sadhak Sangh

pure and fresh and simply divine. I also extend my heartfelt thanks for enlightening me with this knowledge. Thank you from the depths of my heart!

Yours sincerely,
–**Tanuja Shirwatkar**



A priceless gift



At the outset, I would like to thank God for choosing me to learn this priceless gift of Brahmavidya. I would like to thank my Gurus for imparting knowledge and spreading their wisdom. I now have with me the secret of life and key for good health and happiness my search for good health and happiness ended with Brahmavidya.

I feel more secured. It's magical!

I once again thank Brahmavidya for imparting us the knowledge about truth of life and self realisation.

–**Gayatri Gawade**
Belgaum Shibir October 2014



Towards a positive change

I am a housewife and have a lot of health problems. I came to attend the introductory lecture on 29th April, 2014, as my friend, who had attended the previous course, was sure that it will help me overcome my health problems.

This course has brought about a good positive change in me. I practice the Spiritual Breathing exercises regularly and feel very active and fresh. I have managed to reduce 8 units of my insulin intake. I firmly believe that very soon with regular practice I will be totally free of it. My frozen shoulder is also getting better.

Experience



I am really thankful to the teacher who has been a true guide to me. I am much more relaxed, active and happy person after joining Brahmavidya.

–Sujata Bansal



‘Wow’ moments

‘Wow’ I could climb without any halt in the first attempt.

‘Wow’ I could see the signs of weight reduction and the weight came down

Post retirement from May’ 14, I have been climbing the hill every morning. Every time, while climbing, I used to be out of breath after every 300-400 meters of climb and I had to halt for some time to catch up with my breath.

When the special technique was taught in Brahmavidya with a claim that it facilitates intake of more oxygen during inhalation, on the very next day, I started the climb, using the special technique of breathing. To my surprise, I could climb whole stretch, till the top, without any halt on the first attempt. That was a ‘wow’ moment. Thereafter, every day, I am climbing the hill using this special breathing technique.

For the past 4-5 years, my weight was around 95-96 kg, in spite of various activities such as treadmill, weight lifting, cycling, walking etc. When affirmations with visualisation were taught in Brahmavidya, every day during the climb, I used to say to myself that, "my body is capable of dissolving excess fat and my weight is reducing roughly by 1 kg every month". Initially for couple of months nothing visible had happened, but I continued with the affirmations. Thereafter I could see the signs of weight reductions and the weight came down to 89 kgs. That was another ‘wow’ moment for me. Now I understand impact of affirmations with visualisation. I intend to use it judiciously for various other aspects.

Last year, I was diagnosed with BP and Sugar and I was put under medication. After practice of Brahmavidya, hill climbing and other



activities, I stopped the medication,

Last year during monsoon, I had gone for trekking to Kalsubai, I could not climb till the end. I had to return as I was completely out of breath and exhausted. This year, again I had been for trekking to Kalsubai. I could climb till the end of the mountain. That was one more 'wow' moment.

I intend to add number of more 'Wow' moments in coming future with the help of Brahmavidya and make life more interesting.

–Varadraj Iyengar



Towards a healthy and peaceful life



I am a freelance fashion designer and a volunteer with an NGO working with underprivileged children. Before I started this course, I was going through a lot of conflict within myself. Then I joined Brahmavidya and my search to calm my inner self and to find answers to my questions ended here.

Brahmavidya taught me to believe that we all possess the creative power within us to change ourselves and the way we see the world around us. The spiritual breathing exercises have helped me not only at a physical level but also at a mental level in tapping the hidden energies. The affirmations are so beautifully worded that once understood and you begin to act on it, you actually see yourself in a different light and there is an immense clarity in whatever you do. The meditation techniques are so well simplified that it makes it easier for us to take charge of our mental faculties and find peace. Brahmavidya was that divine intervention that I needed and more so it made me connect with so many like minded people.

I will always remain indebted to Brahmavidya and its teachers for introducing this wonderful concept of attaining a healthy and peaceful life.

–Sushma Parekh



My realisation of Brahmavidya

I realised that the ultimate aim of Brahmavidya is for a high noble cause- developing the human kind – leading them to ‘self realisation’ –and leading to Universal Consciousness.

This is the programme where I have seen in addition to explanation of Spiritual Breathing; the complete philosophy of development of mankind is explained.

Though I have yet to perfect myself on the regularity of devoting both breathing and meditation, I am convinced that the programme – both ‘Basic’ and ‘Advanced’ if completed successfully, will result into a great "Personality Development" in addition to good health and good thoughts. The special technique of inhalation as well as that of exhalation through mouth are amazing.

–Venkatraman S.



I developed a positive attitude

First of all I thank Brahmavidya Sadhak Sangh as well as my teachers. I am working for an American MNC as a country manager. I am dealing with clients and my team mates, located in China, Europe and North America, hence some time my day starts at 6.30 am and ends at 11.30 pm due to time difference in these countries.

I was going through stress due to work pressure, erratic timings and no time to give proper exercise to my body as well as mind. My family doctor referred me about these courses in January. After attending 22 weeks, I feel improved on mental stress to a great extent, my teacher has carefully explained importance of body clock and ways how to maintain it by proper breathing exercise, regular food timings and regular meditation. Now my day starts with practice of breathing exercises which gives me immense energy. My attitude towards looking at personnel, social and professional things has become positive.

I personally feel very lucky that I got to learn Brahmavidya in my



Brahmavidya Sadhak Sangh

early 30's and I am sure that at whatever age you learn, you will surely lead a life happy, healthy and positive life.

–Sandesh G. Bhivande



Happiness unlimited

I am a happy person today! Not that I was unhappy earlier, I was always happy. The difference is because of the right thinking, the right path and right living.

Brahmavidya is leading me towards it. There is certain amount of technicality in everything, be it cooking, dancing or anyother task, then why not living?

I learnt this from my Brahmavidya teacher, learning right understanding, right way of breathing along with Breathing exercises and the positive affirmations has brought in lot of good in my life.eg positive thinking, understanding other people better and the most important – regularity in my daily activities.

Starting my day with Brahmavidya makes me feel fresh, healthy and stressfree, which is helping me regulate my blood pressure.

–Dina Sanghvi



The power of the mind



Experience

I am a retired seventy years old man. Brahmavidya came into my life from Nov, 2012. I had a deadly fear gradually building up in my system which finally developed into a deep psychosis. There was a complete loss of laughter, insomnia, a deep apprehension of facing a new day, religious rituals and 100 percent negativity accompanied with living in the past or future, no appetite and severe constipation.



Even though I have hardly been able to practice all the proper techniques, that have been taught, in the recent past, a magical and even mystical break through has taken place in my life. I have been practising breathing exercises and accompanying spiritual affirmations.

Thanks to the Brahmavidya lessons, my days have become more fruitful. Laughter has come back, sleeplessness has gone. I look forward positively to each day and do my best to live in the present day. The meditation I have helped to keep the depressive thoughts at bay and has reduced all the stress related feelings, complaints and overall health in general has improved. At times I am so overwhelmed with the gratitude and joy and feel truly blessed by the realisation of the power of almighty within me. Thanks to this wisdom, negativity is practically a thing of the past for me. I am no longer afraid of life's daily problems. This transformation can only be attributed the power of the wondrous energy of my subconscious mind enhanced by practice of Brahmavidya.

–Danny Lewis



Peaceful mind, joyful living

I have found out how to breathe correctly and how to meditate systematically. Thanks to Brahmavidya.

I have been suffering from asthma since my childhood. After attending Brahmavidya course, I have learnt to breathe correctly. I now feel my lungs have become stronger. I enjoy mental peace, hence I would recommend Brahmavidya to all asthma patients.

I have also learnt the right way to meditate systematically and I practice it daily. This has given me tremendous benefits as my body and mind has become peaceful.

–Haresh Udeshi





Sound mind in a sound body

I am a senior citizen and presently engaged in Professional Management Consultancy. In my pursuit for a healthy physical and mental faculty, I attended, in the past, various Yoga courses, meditation and spirituality courses and I also practised the same. Though this helped me in physical fitness, mentally I was still disturbed. This resulted in insufficient and disturbed sleep.

Later I joined Brahmavidya classes and practised the meditation and breathing exercises, now I enjoy sound sleep, since this has given me excellent results I regularly practice breathing exercises and meditation.

The difference between what I had attended previously and present Brahmavidya classes is owing to the lesson notes given in each session, which are well explained and the regular practice in the class itself. The exercises and the affirmations are realistic which enlighten our mind and help to control our thoughts. I have benefited immensely from this and I certainly recommend this course to all.

–K R R Menon



Brahmavidya, a true blessing to mankind



I am 22 years old working in an Educational Institute. Before joining Brahmavidya Course I was suffering from severe breathing problem for one year.

My family doctor prohibited me from eating many foods which I very much love like spicy food, cheese, butter, deep fried stuffs, cold drinks, ice-creams etc. Sometimes even when I did eat these items I had to suffer from breathing due to chest congestion. I also had to carry my "Cipla Rotahaler with Seroflo rotacaps 250" which I used to inhale everytime whenever I ate outside. There was always a fear within me.

This problem I faced many times at night at around 2 am and



from then I used to be awake. Before taking Rotahaler which was suggested by my family doctor, I went to KEM to get treatment but the problem never ended.

It was then that my uncle suggested me to join Brahmavidya So I joined Brahmavidya and regularly started practicing the breathing exercises. Within one month I could see the amazing results. My breathing improved and I haven't used the inhaler since then. Now I can even have my favourite spicy foods topped with cheese and butter and I do not have any trouble.

All this became possible because of Brahmavidya, now my health has improved, my breathing problem is cured and I have also become more energetic and happy. This is a true blessing for mankind.

Thanks once again to Brahmavidya for giving me a happy and positive life.

–Siddhant Bitla



Of health and happiness



I am happy to be a part of the Brahmavidya course. The last few months as a student of Brahmavidya has been quite eventful for me, and I am happy to have made a good decision to join this course.

There was a reason behind it. I have a busy and a stressful work life (with an additional reporting to the Company CFO) with a little time being spent with my family. Like every year I had to undergo the annual health check-up at Religare-Goregaon. The check-up sprang a few surprises which I wasn't ready for. It revealed a high blood pressure and an erratic ECG. I was further made to undergo a stress test (TMT) which luckily turned out to be a normal one.

The results and the meetings with the doctor turned out to be a wake-up call for me and being in the healthcare industry with a dominant presence in the cardiac field, I had a decent awareness of



the same.

I decided to change and then my health became a priority for me. I had by then decided to join this course and I was quite positive that it will bring about a change in my lifestyle and habits. The introduction session and the inherent benefits, reinstated my confidence.

I understood that correct breathing is the basic foundation of our health and wellbeing. I understood how incorrect breathing affects different parts of our body. The initial breathing exercises and techniques of breathing made me aware of my problem and my first change was to use these techniques effectively and making sure that my breathing was carried out correctly (as I used to breathe through my mouth).

Initially I changed my office timings from 07.30 am to 08.30 am, there by spending more time in the mornings for brisk walk and exercises taught during the course. The essence was that I had to find and make time available from my busy schedule. Subsequently I added meditation on alternate days (as I couldn't do it on a daily basis) and I made sure that I followed this routine as I was keen to take care of my health at all cost.

The changed food habits and lifestyle has resulted in loss of almost 8 kgs (used to weigh 96 kgs and now I am down to 88 kgs) and I feel more energetic. Now I work with a positive attitude / frame of mind. My blood pressure is back to normal. Friends who have met me after a period of 6 months have commented on the drastic change they observe in me.

The course material was lucid for a student like me to understand. The course material is well structured to provide time for practice of exercises, meditation and learning about our body mechanisms. Through this article, I express my profound thanks to Brahmavidya teachings to lead a healthier, successful and a happier life.

–Madhusudan Nair





Brahmavidya changed my outlook towards life

If someone asks me what change Brahmavidya has brought about in my life, my answer would be it has not only changed my life but has definitely changed the way of looking at life. It is the same life, same people around but now I can deal with them with more ease and comfort. I find life more beautiful now and I have started valuing and respecting every moment. There is a profound increase in my tolerance level and I no more get irritated with difficult people or situations. Through practice of meditation I have achieved a lot of strength to deal with any situation which gives me peace of mind.

This course has made me realise the 'Power of silence' through meditation, which gives you immense pleasure, joy and peace.

It has also helped me understand and believe that 'I am responsible for my life', happiness is not outside but one needs to search for it inside.

Thanks a lot to Brahmavidya, and the teachers for their constant efforts and untiring support to the students.

–Dr. Sonali Shetkar



Breathe easy with Brahmavidya



We all have learnt in our Brahmavidya teachings how to be happy and positive. Truly their teachings have worked wonders on me.

I was nick named as the "sneezing factory" at home and outside amongst friends. For over 5 years I never moved without a handkerchief and an inhaler. I had also started developing symptoms of asthma and medicines did not work for my problem.

One fine day I went to meet my neighbour who had already done the Basic course of Brahmavidya, to enquire about the new batch which was to commence, coincidentally it was to begin that very day.

I along-with my neighbour sister joined the class. To my utter



surprise, within 4 weeks of practice I completely stopped sneezing (not single sneezing attack till date). I also participated and managed completing my first half marathon (21km).

Now when 20 sessions are completed I observe that I have become more patient, calm, positive and definitely happier in life.

Brahma Vidya has taught me to see things in a different light, be more helpful to myself and others and I can proudly say today I'm a better human being. A big thank you to our teacher for all her efforts. I have learnt to take care of my health only because of Brahma Vidya. I will always be thankful to Brahma Vidya teachings.

–Hiral Chheda



The universal healer



Till two years ago, I was a very agile person and used to travel from Kandivali to Belapur, Navi Mumbai, every day for work, changing different modes of transport. My working hours were almost 24x7 and included touring also. I would perform both job responsibilities and household activities with equal enthusiasm whatever the time would be. To be exact, I was physically strong and active and was leading a healthy life.

In last two years my health had slowly started declining. Initially a simple cold and cough, later on became persistent and nagging. In a year's time it developed into symptoms of asthma, walking short distance was difficult and climbing stairs became a nightmare as I would often become breathless. Also fruits like watermelon, coconut water, oranges, grapes etc., once consumed freely became the reason for my sickness. I became easily susceptible to cold, cough and wheezing whenever I consumed the above items and also whenever there was a change in the temperature. Travelling long distance by rickshaw or taxi was impossible because of exposure to dust. This sudden decline in my health began to deteriorate over the last 1½



years due to the reasons later ascertained to be that of lungs inflammation, diabetes and hypertension. The symptoms of sufferings were sudden catch of cold and its flare up leading to chest and lung congestion resulting in difficulty in breathing, incessant coughing etc. which completely crippled my normal activities. For relief from the above undermined health conditions I had to be on continuous medication with doses of multitudes of antibiotics, cough syrups, Asthalin puffs, administration of nebulisers, besides gulping Ayurvedic and Homeopathic pills. Medical reports said that only 60 percent of my lungs were functional. The impending MRI scan was looming large over my head. During one of the visits to family doctor, she advised me to go for Brahmavidya and wrote down the telephone number of the contact person for the same, instead of medicines, in her prescription. Initially, though not keen, I decided to try it only because there was no other option left in treatment, except MRI scan which I was terribly scared of.

I called up the concerned teacher and got an instant positive response to join immediately. My husband offered to join course so that I complete the entire course without any break. As the classes had started and 2 Sundays were already over, the Teacher obliged to repeat the same for our benefit after the Sunday lectures. I attended the first session and was so impressed that I did not miss a single session thereafter in the entire course.

Now, after attending the Brahmavidya sessions for the last 22 weeks, I can declare positively that there is remarkable improvement in my health. Not only, I got back my good health, but also have become mentally stronger to face any challenge in life. Of late, I am able to walk with usual gait and climb stairs with ease as before. In fact, I can play lawn tennis now, after intense practice. I am happy to state that cold, cough, wheezing, chest congestion, tiredness etc. have become the sickness of the past and therefore, I have bidden good-bye to the plethora of medicines and syrups which I have been taking for the last two years. With my blood report readings being normal, I have got a new lease of life and can only attribute this to Brahmavidya and nothing else. I practice regularly all the breathing techniques and meditation



as taught in the class. The greatest benefit is some of my friends and relatives have got motivated to do this course, seeing the remarkable change in my health. I will render every possible help to take this noble service to as many as I can.

–Swedha Fernandes

Perfect health and true happiness

I bow down in gratitude to Brahmavidya for helping me achieve my two goals - perfect health and true happiness. My thyroid has come to normal and my foot pain is also less making me more energetic.

Spiritually Brahmavidya has led me on the road from Breath to Mind to Creator - I now feel in unison with the creative spirit in a sense of wholeness and joy.

I am free from all negation and have filled myself with wonderful affirmations. I know there is a lot more to learn.

–Hetal Parmar



A positive change



It is rightly said that ‘if you use positive encouraging words, you are more likely to create positive effects’.

Brahmavidya course developed in me the habit of practising meditation, which gradually decreased all my stress and harnessed the power to speak and to create confidently.

At first I was very reluctant to join the course, but as the class progressed, it made my self- confidence boost and my happiness grew each day.

Each breathing exercise made me feel more energetic and cheerful. My relations with people surrounding me improved and my life became much more enjoyable.

Meditation helped in developing concentration and tolerance. It has



now successfully lowered my anxiety level and gave me the power to concentrate, I now enjoy a quiet and uncluttered mind which was once completely impossible for me.

I am thankful to my husband, who motivated me to join this class because of which I can experience this rejuvenating feeling. Needless to say I thank my teacher who taught me these breathing exercises and gave me the strength to believe in me and assured me that nothing is impossible. Thank you very much Brahmavidya.

–Minakshi Malaviya



You are as young as you think



By the Grace of the God, I was able to join Brahmavidya Basic Course and with great pleasure. I would like to share with you all some of my experiences.

Previously my breathing was very shallow but with the breathing techniques I learned in Brahmavidya, my breathing improved and as such my lung capacity has now increased. I do not feel tired and my immune system has also become very strong. The breathing exercises helped me to get a great relief from my back problem.

Earlier, I was very short tempered if somebody provoked me. But now I find that my tolerance power has increased. It is said that anger is the worst exhibition of ego. So, along with my anger which has now tapered down so has my ego. I have become more humble in life.

I also find that my mental attitude has changed. I believe that you are as young as you think you are and that everything depends upon your mind set up. I now accept my age gracefully.

I also learnt the power of silence. So I speak only when necessary thereby conserving my energy.

My attitude for gratitude has developed and so has my awareness. To be happy I should make others happy.



Before I sum up I would like to offer my humble thanks to my teacher who took great pains for all these 22 weeks to explain the lessons in a very lucid way by elaborating them further.

–Keki D. Hodiwalla



A master key to health and success



During my childhood I was fascinated with the story of Alla-ud-din and his magic lamp. I wanted to become strong like the genie. I imagined myself ordering the genie to do various tasks, ending up only to realise I had wasted my time. But a few years back I fell down and got a free gift of severe back pain. I did not realise the gravity of the problem first. By the time I realised, the problem was chronic. The scan reports detected a compressed nerve. We ruled out surgery because there was a risk that one side might get paralysed. To make matters worse I put on lot of weight. I practised some pranayam for two and half hours daily and also took some Ayurvedic medicines. I got some relief. But all of a sudden I used to experience numbness, heaviness and shooting pain. My life became topsy turvy because of this backpain. I longed for the magic lamp and the genie when the pain was too much. One fine day when I joined Brahmavidya, I suddenly realised that I too had the magic lamp... which was my own being. I got into regular practice of Pranayam, breathing exercises and meditation as taught in Brahmavidya Basic Course, busy polishing my lamp to awaken the genie (the vast power stored in my mind). As months rolled by I observed that my mental and physical strength had increased manifold. Being an optimist since childhood, Brahmavidya increased my confidence. With the affirmations, my mind became more focussed and stable. Otherwise, earlier my mind just wandered off in ten different directions without my knowledge. I felt like a winner when I was relieved of the troublesome backpain. Brahmavidya played a major role in overcoming my back problem. My life became more organised. I also lost weight



and some of my friends and neighbours were impressed.

I soon realised that I had come across something precious and invaluable -- the teachings of Brahmavidya. I felt as if I have found a master-key to health and success. So I shared the secret with two persons first. To my surprise more people enrolled, liked the course and demanded a camp in Goa. It was so kind of Brahmavidya teachers to organise an English camp for students in Goa. Soon, with their able guidance, a camp was organised in Sept. 2014, at Montfort Vocational Training Centre, near Old Goa. The response was very good with 36 participants, with two participants from Mumbai. All the participants found the lectures interesting. Our sincere thanks to the teachers for explaining the lessons in a simple and easy language. Moreover, since most of the participants are working, our teacher decided to conduct the camp in two sessions of 2 and ¼ days.

The most remarkable observation I made was all the participants went back feeling much more fresh and young. One of the participants was so impressed that he is determined to live for 150 years and replace his bald head with a thick growth of hair by doing Brahmavidya exercises.

Many of the participants have already decided to join the Advance Course. I am confident that Brahmavidya will spread its love and wisdom among Goans.

If you ask me... What is Brahmavidya?

I can only tell you that words are not enough to explain the teachings. One has to experience them to understand it better.

Last but not the least, Brahmavidya is not only my mother but my teacher too. I didn't even realise how she transformed me. Now these lines have become a part of my life:

“The conditions of conquest are easy; we have but to toil awhile, endure awhile, believe always, and never turn back!”

A mega thank you to Brahmavidya.

–Anita Mujumdar
Goa residential camp





Right thinking, right living

Practice of Brahma Vidya corrected my thoughts, habits and day to day living. I feel a sigh of new life. It has started developing my personality. So I am very grateful to Brahma Vidya.

I was always health conscious before, since I had seen my father managing diabetes for more than 35 years. But the experience of breathing exercise is so wonderful that it gives you tremendous energy with so little efforts. With Brahma Vidya, good health has been a source of happiness and success in life.

Before attending Brahma Vidya classes like I had always taken breathing and thoughts for granted. Due to anxiety, sometimes, I had a disturbed sleep. Now I regularly meditate for 30 minutes before sleep which gives me a very sound and relaxing sleep. Now I understand that mind and body have to be perfect for good health. Now there is positivity in my life. I thank my teacher and Brahma Vidya.

–Ashok Adnani



A fearless life

I was unwell with hypertension, diabetes and paralysis (right side). I always feared of death. Since I have joined Brahma Vidya Basic Course, my fears have vanished. When I joined I wasn't sure if I would be able to complete this course for 22 sessions. But today, I am proud that I completed it. Before joining I had a severe frozen shoulder problem, I was not able to lift my hands above shoulder level, nearly every night I used to apply ointment. During the tenure of the course, I have hardly applied ointment two to three times. Now I can lift my hands. My head bows down to my teacher for her inspiring teachings.

–Neeta Dedhia





One solution for many problems



Before joining Brahmavidya class, I used to be quite lazy, and was more of a couch potato. On my mother's suggestion I joined this class. I was curious to know what is exactly taught in this class. When I attended the class, I was introduced to some totally new ideas. I developed a new perspective to many aspects in life. I had never thought that way before. I felt closer to knowing myself. It was quite interesting to know about God, the Universe and various such concepts about which I had not thought of before. In the class I met new friends.

When I practice breathing exercises, I feel more energetic, alert and active. I finish all my work in time. I am able to concentrate on studies better and teachers too appreciate my work in school. I feel more confident and therefore relaxed and stress-free. I would like to practice Brahmavidya regularly, even when I grow up. I would like to learn Brahmavidya in more depth in the years to come. It really holds the key to many unanswered questions in life. Brahmavidya is like a lighthouse, which shows you the right way, especially when you are confused and unable to do things correctly. It puts one on the right path.

–**Rajlakshmi Indulkar**

Class VIII, DAV Thane



Developing alertness and agility

Brahmavidya has taught me how to breathe rightly. It has improved my overall health. I am able to perform everyday tasks much faster and efficiently. Before practising the exercises I would get tired by the end of the day and I had trouble waking up early in the morning. After learning Brahmavidya I am active all day and I am able to have a good sleep. It has also helped me to concentrate while studying. I used to get distracted very easily by things around me when I studied.



Brahmavidya Sadhak Sangh

I would check my cell phone and lose track of time. But after doing the course I have learnt to pay full attention while studying and manage time in an optimal way.

–Pranav Ravichandran



Key to happiness



Each act of human being is directed to achieve the most precious state of wellbeing i.e. Happiness.

Have we ever heard someone selling or buying 1) Happiness, 2) Peace and/or 3) Contentment? No? Why? If this is what each one of us demands, then why is that no manufacturer or trader produces, trades and supply it? It is because this precious state of wellbeing is not external to us but is within us. (like a *kasturi* deer)

Like any school going student “Happiness is the state of mind” was just a quote for me till recently. But I realised the essence of it in the course of Brahmavidya.

I have realised that we face health problems because of our negative or wrong thoughts. Practice of Brahmavidya has instilled enthusiasm, vigor and courage in me. I hope and pray that each one of us keeps on deriving internal strength from Brahmavidya.

–Pritee Rane



Life is beautiful

I am very happy and lucky being a part of Brahmavidya family. I have learnt through Brahmavidya that life is beautiful. Now I can concentrate more and visualise my dream and convert it into success. The recent example being that I received Best Speaker Award from Lions Club.

Through Brahmavidya practices my confidence has grown many



fold. I have developed a positive attitude. I am sure if I continue these practices, I can achieve more milestones in future.

I promise my teachers and parents that I will continue my Brahmavidya practices in future as well

–**Sarvesh Kulkarni**
Class VIII, Sri Ma Vidyalaya



I received medals

After finishing Brahmavidya classes, I have achieved many milestones. I have received a Gold Medal in English Olympiad and Bronze Medal in race, despite language problem. I am able to fit in with my peers and now I have many friends.

Above all I am peaceful.

–**Manaswi Penkar**



Participants practising breathing exercises at Goa Camp 2014



Contact details for Basic Course (Mumbai)

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Thane (W), Chembur	Ruchira Godbole	9987383384 9820680689
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Malad (W), Andheri (W) Dadar (W)	Jayant Apte	9821125965
Vile Parle (W), Grant Rd (W)	Pravin Mankar	9870052022
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॥ प्रार्थना ॥

ब्रह्मविद्यां नमस्कृत्य मद्गुरोः चरणौ तथा ।
ज्ञानप्राप्त्यर्थप्रस्थानं राजमार्गं करोम्यहं ॥
संतुष्टोऽहं कृतज्ञोऽहं कृतार्थोऽहं पुनःपुनः ।
प्राणनादतेजोऽतीताम् ब्रह्मविद्यां नमाम्यहम् ॥

P R A Y E R

Brahmavidyam namaskrutya matguroho charanau tatha
Dyanpraptyartha prasthanam rajmarge karomyaham
Santushtoham krutadnyoham krutarthoham punha punha
Pran nad tejititam 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.

Aarohan Ashram



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