



PRADNYA

Let There Be Light
2016





॥ प्रार्थना ॥

ब्रह्मविद्यां नमस्कृत्य मदगुरोः चरणौ तथा ।
ज्ञानप्राप्त्यर्थं प्रस्थानं राजमार्गं करोम्यहं ॥
संतुष्टोऽहं कृतज्ञोऽहं कृतार्थोऽहं पुनःपुनः ।
प्राण नाद तेजोऽतीताम् ब्रह्मविद्यां नमाम्यहम् ॥

PRAYER

BRAHMAVIDYAM NAMASKRUTYA MADGUROHO CHARANAU TATHA
DNYANPRAPTYARTHA PRASTHANAM RAJMARGE KAROMYAHAM

SANTUSHTOHAM KRUTADNYOHAM KRUTARTHOHAM PUNHA PUNHA
PRAN NAD TEJOTITAM BRAHMAVIDYAM NAMAMYAHAM

Meaning : Having paid my respects to Brahma Vidya 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 Brahma Vidya, 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 Brahma Vidya

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.

Visit www.brahmavidya.net

Visit us on Facebook

<https://www.facebook.com/BrahmavidyaSadhakSangh>

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Visit us on Youtube : <https://www.youtube.com/c/brahmavidyasadhaksangh>

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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



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All these teachers conduct Basic Course in English



Brahma Vidya Sadhak Sangh

Brahma Vidya Ashram : Arohan



Steps leading to Arohan



Location : Between Mumbai and Pune, 14 kms from Kamshet



Arohan Ashram, a dream come true

You may be aware that our Sangh has embarked upon an ambitious project to build its own Ashram. In July 2010, during the Guru Poomima 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. 8.50/- 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



Brahmavidya Sadhak Sangh

infrastructure is about Rs. 5.00/- crores.

After purchase of plot the Sangh now has Rs. 5.50 crores. The Sangh can now start the initial construction. A stone compound and stairway to the hill is ready. Once the maps of the area are approved, the construction will start from 2016.

We express our heartfelt gratitude again towards all the donors. It is solely due to their undying support, that we are able to fulfil this dream. However, this is just the beginning. We can still construct 5 more buildings and 1 meditation centre on the plot. We hope that, the teachings of Brahma Vidya spread far and wide and the Ashram will come to life in true sense soon.

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.

Thank You!

For Brahma Vidya Sadhak Charitable Trust

Yours humbly,

All the trustees and teachers

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.

Translated by : **Vrushali Tare**



Editorial

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



Sugandha Indulkar

Happy New Year, to one and all. One month of the new year is just getting over and all of us are excited to be present at the Annual Gathering of English Advance Course students of Brahmavidya. It has been a year filled with excitement and challenges. More and more students have entered into the Light of Brahmavidya.

Health, peace, success and joy are things that all of us yearn for, irrespective of age, social stature, gender or any other difference. In this edition we have an array of interesting articles that offer insights into how all the things that we yearn for in life can be attained harmoniously. The Universe is replete with everything that the living world needs, the key lies in the knowing how to allow all of these to flow into one's life. Brahmavidya offers lasting solutions to this effect and therefore all of us should renew our will and practice Brahmavidya regularly with more zeal. We do hope that the experiences of students included in this edition would inspire those who have not yet come into Brahmavidya to learn and practice this ancient science of Yoga and Philosophy.

As the new year progresses, we all need to resolve firmly to spread the knowledge of Brahmavidya far and wide. Together, we have to resolve to take the construction of 'Arohan' our Ashram to its next level by pooling multiple resources. Make every single day of this year, a day filled with the divine light of Brahmavidya and allow it to express through you in everything that you say, do or think.

May the Light be with you!



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Life is for learning

Respected Shri Jayant Divekar has over the years, based on his vast experience of teaching and practising Brahmavidya, simplified many spiritual concepts and explained them over and over again. In the present article he explains that knowledge of one's own self is the highest knowledge for all human beings



Jayant Divekar

You will be surprised to know that most people do not know the very purpose of their life. If you ask someone 'what is the purpose of your life,' you will get varied responses, but perhaps no one is likely to say that life is for learning.

In this article I will try to explain that life is for learning, and the highest knowledge that a man can gain, and how Brahmavidya helps to acquire this knowledge.

Take a simple instance: Think of just one day of your life. From dawn to dusk we do many things during the day and we say we are living our life. Our individual life is totally different from one another's. Yet, every day all of us do acquire information and experience by living our life. At the end of the day the situations we face during the day are no longer there, but the information and experience gained by facing or overcoming these situations remains with us. It is stored in our memory. We live our next day based on this stored information and knowledge. Again we gather more information and experience. This is the process of our living. This stored information and experience is our learning or the knowledge that we have gained.

At the end of the day this is what remains with us. So it is the essence of our living! Whether we agree or not, this is the effect of our living! Knowingly or unknowingly we go on learning and gaining knowledge.

Man is compelled to acquire knowledge necessary for leading a prosperous life. This is quite important, but let us now try to find out which knowledge is essential for leading a truly successful and fulfilled



life. The world we live in is the same for all of us, but we come in contact with only a small part of this world. Also, each one thinks differently, therefore each individual creates his own world. Now, this individual world that we create for ourselves comprises of two worlds: inner world – our feelings, desires, thoughts and more; and the outer world – outer conditions and our fellow beings - family, friends, colleagues and associates.

If you observe closely you will notice that everything in both these worlds keeps on changing constantly. Can the knowledge about this transitory world bring everlasting happiness and fulfilment? Knowledge of this transitory world is equally transitory and therefore one needs to keep on learning things over and over again. Does this mean that one can never achieve total fulfilment and joy in life?

No! This is not true. Each one of us has something within, which is everlasting and unchanging. The 'I' within each one of us is unchanging. Now you may find this a little difficult to comprehend. But if you observe closely you would be able to comprehend that the 'I' within is the seer, the listener, the thinker, the experiencer! It is separate from all experiences of our life. The 'I' within us is watching all that is happening within and without. Everything within and without is changing but this 'I' is steady and unchanging. We don't know this 'I'! The 'I' is so closely connected with body, mind and personality that we often think that I am body, mind and the personality.

To know this 'I' by experience is the highest education. Man has been created to gain this knowledge. If man decides and makes adequate efforts he can know this 'I'...his true self. By this knowledge one can attain everlasting success, happiness and knowledge.

Brahmavidya teaches us how to gain this knowledge. To experience this 'I' which is beyond body and mind one has to first purify one's body and mind. By practice of breathing exercises and meditation taught in Brahmavidya, body and mind are purified. Efficient body and mind brings health and success in our life and leads us ahead on the path of realising our true self.

I appeal to all of you who are reading this article to practise Brahmavidya regularly and make steady progress towards gaining knowledge of the 'I'.



Your Key to Health and Success Learn Brahmavidya

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? Brahmavidya seems to be a formula for complete life!

Yes, that sounds fantastic; isn't it? Hence I will briefly explain the principles of Brahmavidya. I do hope that it will inspire you to join the Brahmavidya 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 Brahmavidya 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, Brahmavidya 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?

Brahmavidya teaches that every human being is potentially divine.

- In memory of Grandmother Rukminidevi with gratitude from Deepakkumar Sharma



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 Brahmavidya 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.

LIFE

- Every day is Special if we **Think** so,
Every moment is Memorable, if we **Feel** so,
Every one is Unique, if we **See** so,
Life is so beautiful, if we **Live** so.
- Take Life Easy
Life is “ Exp + Exp + Exp”
Yesterday was Experience, Today is Experiment, Tomorrow will be Expectation.
So, use your Experience in your Experiment to achieve your Expectations.
- Life is chemistry; dilute your sorrow, evaporate your worries, filter your mistakes, boil your ego, “ Then we will get the crystal of happiness”.
This is possible only if we Practice according to Brahmavidya teachings sincerely and regularly. Then darkness in our life vanishes completely and there will be only light, light and light in our lives.

Dr. Uma.A.Bhambhani

• In memory of Suchita Ramakant Parulekar, With gratitude from 5
Giridhar Gyanoba Patlekar



Let there be light!

Under the aegis of Brahmavidya Charitable Trust the work of teaching this ancient science of Yoga and Philosophy is being carried out since 1997. Here is an annual report of activities of the Trust



Rajaram Surve

The work of spreading and propagating the teachings of Brahmavidya was started by Guru Jyotirmayananda in Mumbai and its suburbs. Thereafter his disciple Shri Jayant Divekar Sir whom we fondly call 'Guruji' continued the work of spreading the light of Brahmavidya. He translated all the English lessons in Marathi. Due to this, the knowledge of Brahmavidya has spread rapidly across Maharashtra. In the year 1997, Brahmavidya Sadhak Charitable Trust was formed and registered. The vision and mission of the trust were formulated.

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

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

The contribution of Brahmavidya teachers is immeasurable in spreading the knowledge of Brahmavidya. They truly are the convenors of Brahmavidya. Hence, the Trust has focused intensively on creating and training of teachers.

The teachings of Brahmavidya are divided in four levels:

1. Children's Course: 7 weeks (10 to 18 years of age)
2. Basic Course: 22 weeks (18 years and above)
3. Advance Course: 104 weeks
4. Teachers Training Course: 96 weeks

All the courses are conducted once in a week. This allows students to remain connected to Brahmavidya for at least five to six years.



Only after completion of all the four above mentioned levels, a student is eligible to be a teacher if s/he is willing to. This is done under the permission of Jayant Divekar Sir. It takes around 6 to 7 years of time for a teacher to develop. During this time, a student becomes enriched with a variety of experiences by being a part of several activities of the Trust. Such trained and tested teachers propagate the teachings of Brahmavidya. This selfless service of the teachers helps to spread the teachings of Brahmavidya far and wide.

Number of classes conducted and students enrolled in the year 2015

	Children's Course	Basic Course	Advance Course	Teachers' Training Course
Classes	224	414	72	4
Students	2258	11576	3048	502

The classes are regularly conducted by trained teachers for all levels. The classes are mainly conducted in three languages – English, Marathi and Hindi. The Basic Course is also conducted in Gujarati for students in and around Mumbai.

The number of students enrolling for the Children's Course every year is around 2000. Likewise, the strength of students enrolling for the Basic Course goes up to 11,000 and more every year.

Till now, the Teachers' Training Course was conducted only by Shri Jayant Divekar. However, from this year, two senior trained teachers will be conducting the Teachers' Training Course.

Camps: Those who cannot attend the lectures once in a week, for them the Trust regularly conducts residential and non – residential camps at various places in and around Maharashtra.

Gathering: The trust organises annual gatherings at various locations. This is yet another interesting activity of the Trust. This helps in meeting, sharing and exchanging of thoughts of the students across the region.



It also includes collective practice of all students taken by Guruji himself. This is one of the highlights of these gatherings.

A recount of the annual activities of the Trust is also presented during the gathering. Such gatherings are beneficial in expanding and enhancing the preaching of Brahma Vidya.

Revision Class: Many students after completing the course are unable to maintain regularity in their practice. For this reason, the Trust has started revision classes at various centres. This helps students maintain regularity and accuracy in their practice. The teachers conduct Revision classes as follows:

Basic Practice Class: 7 weeks

Basic Revision Class: 11 weeks

Advance Revision Class: 26 weeks

Advance and Teachers' Training Course Revision Class – only for those who have completed the Teachers' Training Course: 2 years

Residential Camps for Advance Course Revision:

Camp no. 1 : Advance Course lessons 1 to 32

Camp no. 2 : Advance Course lessons 33 to 66

Camp no. 3 : Advance Course lessons 67 to 104

Basic Course residential camps in English are conducted at Lonavala. These are conducted usually in April-May and December-January.

We urge all students to be a part of these Revision Classes and benefit from the same.

Study Groups: Students of different courses, voluntarily come together at a suitable place every week to help each other in improving their practice.

Office: The office of the Trust is always open for all those who wish to inquire anything about the Trust. There are constant phone calls in the office for inquiry about classes at different locations. It is only on Sundays and holidays when the telephone is at rest. The preparation of all the camps and gatherings is done at the office. The office staff delivers all the required materials for these activities. The printing of



all the lessons and pamphlets is done and supervised in the office. Later, the appropriate material is dispatched to teachers and centres.

It is essential to mention that, computerised accounts of the Trust and all its activities are meticulously maintained here. A lot of assistance in preparing 'Pradnya' souvenir is extended by this office. Since the work has increased tremendously, branch office at Pune has been opened.

Pune Office: 1758, Sadashiv Peth, Garden View Apartments, 1st floor, near Bhikardas Maruti Temple, Pune 411030. Phone : 020-24454402.

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

Pradnya : A student can pay Rs.200/- and entitle him/herself for a home delivery of Marathi Pradnya for five consecutive years. This scheme is getting popular response from all. It is important to inform about address change of students in the office. Do mention 'Life Time Membership' on the envelope.

The number of page donors is increasing significantly too. The souvenir is released annually by the Trust in English and Marathi. The 'Pradnya' magazine is published by Shri Jayant Divekar Sir at the first annual gathering.

Those who contribute to the souvenir through articles, experiences, poems, and so on, get a complimentary copy couriered at their residence. As a contributor, please share your full name, address, contact number, e-mail address and named photograph with the article, experience or poem. This brings ease in the communication process.

Let's pledge to spread the light of Brahmavidya far and wide and start working towards it!

Translated by : **Vrushali Tare**



Brahma Vidya at Kumbh Mela, Nasik

All the students of Brahma Vidya Sadhak Sangh are continuously working for propagating the teachings in the best possible way. One such strategy was used at Nasik, India, during the Kumbh Mela that is organised every 12 years for almost a year-long duration. This year it started from July 2015 when students in Nasik thought of using this opportunity to create awareness about Brahma Vidya.

The aim was to reach out to maximum people who visit the Kumbh Mela from all over the world. Regular classes are being conducted in Nasik for Basic Course as well as Advance Course. All these students under the guidance of Mr. Sharma, and Mr. and Mrs. Rajashree Kulkarni assembled in a temple owned by a student for distributing pamphlets of Brahma Vidya. It is a remarkable feat by the students who have distributed nearly one lakh pamphlets to people visiting the Kumbh Mela. They plan to continue the same with better strategies till August 2016.

Several visitors asked queries regarding the courses available for children and adults. These included youngsters, people from police force, people suffering from some ailments, and so on. One of the students even conducted an introductory session at 11 in the night at a place near Jalna. They witnessed mixed reactions from people who were offered pamphlets. But, they all are determined to continue their work in full force with the blessings of Divekar Guruji.

Translated by : **Vrushali Tare**



Fear, our friend

Fear is one of the basic human instincts. It is programmed into the nervous system and in different circumstances, fear acts as an enemy or a friend, here's more about this basic instinct...



Swati Jog

Fear is one of the basic human instincts. It is programmed into the nervous system and works like an instinct. From the time we are infants, we are equipped with survival instincts necessary to respond with fear when we face danger or feel unsafe. Like all emotions fear can be mild, medium or intense depending on the situation and person. A feeling of fear can be brief or it can last longer.

The amygdala, an organ in the limbic system detects a potential for pain or an unrecognisable event and sends signals which generate fear emotions. This causes physical responses, such as faster heartbeat, rapid breathing and an increase in blood pressure. Blood pumps to muscle groups to prepare the body for physical action such as running or fighting. Skin sweats to keep the body cool. Some people feel the sensations in stomach, head, chest, legs or hands. Hair stand on end, pupils dilate, mouth dries.

The causes of fear vary from person to person. Causes of fear can be public speaking, flying, being alone, disease, heights, depth, insects, social ridicule, career failure loss of loved ones, dependency, death.

The degree, frequency of fear is very much personal. But all of us have experienced fear. May it be a small child or an aged person, rich or poor, everybody is afraid of something or other. Thus, fear sweeps the gamut of human consciousness.

Fear is a shadow, a deception of the senses. We are afraid of something which may happen, which may harm us or our near and dear ones. For example, I may not remember my speech, people would



laugh at me. It is a shadow we are afraid of and not a fact or a reality.

Guru Ding Lei Me writes, "we unwittingly shape images of fear, weakness, disorder, decrepitude and old age and fall down before the works of our own hands and do them homage and grow into their likenesses. The inner vision of great majority of people is so blurred that they see these images so dimly that they think God formed them for them."

Fear cripples, paralyses the victim, rendering him or her helpless. An employee loses concentration, spends sleepless nights as the fear of losing the job hovers over him. A patient imagines all types of diseases till he receives the test reports, leading to high blood pressure. Life becomes a burden. In extreme cases it may lead to suicide or murder. As fear grips, we are not able to think rationally. We cannot analyse the situation in right perspective.

I remember a story. Mother sparrow cajoles a lazy baby sparrow to fly lest a snake or a fox may eat it up. This works and the baby tries to fly. If this instinct of fear is taken away from human consciousness, then—what will happen? Will we study without the fear of exams? Will we drive properly without traffic signals? Will we work without the fear of hunger? Will we eat correctly without the fear of stomach upset?

So, do we realise that fear is a necessity? **FEAR IS OUR FRIEND!** It keeps us on the right track. It makes us protect ourselves.

The question is how to keep this instinct in healthy proportion? How to gain strength from fear? How to march ahead and not get lazy and depressed?

We have an option. The option is to balance fear with Hope, Courage, Pride, Confidence and Faith. Without this we stand helpless and let fear control us.

In the Basic Course of Brahmavidya we learn how to develop faith, courage. We learn simple breathing exercises and effective technique of meditation. With regular practice of these methods students become more confident. We come in contact with something beyond our body and mind **SOMETHING EXTRA**, the Universal Life Force and the miracle happens hope springs, leading to success.



As a teacher of this course, I have observed this in the students. Students who were afraid of crossing the road, students whose children had settled abroad, students who had lost their near and dear ones, students who were detected with cancer or other diseases, students with family problems, the list is endless, they found strength, power within themselves. With this new found courage now they are leading a healthy and successful life. I pray that more and more brothers and sisters and children are inspired to learn right breathing and right thinking.

ब्रह्मविद्या को प्रणाम!

कबीर की वाणी सुनी थी
 'मोको कहाँ ढूँढे रे बन्दे
 मैं तो तेरे पास में
 ना मंदिर में ना मस्जिद में
 ना काबे-कैलास में'
 ब्रह्मविद्या सीखकर जान पाये हम
 क्यों कहते है कि वो ईश्वर
 जो है कण कण में समाया हुआ
 है वो हम सब के भीतर।
 भगवान बुद्ध के शब्द—
 'तुम जो कुछ भी हो
 तुम्हारी सोच की वजह से हो'
 इन शब्दों को तो महज सुना था
 पर मतलब नहीं समझ पाये थे।
 ब्रह्मविद्या सीखकर समझ गये हम
 कि मन की शक्ति है सबसे बढ़कर
 मन ही बनाएँ किसी व्यक्ति को
 दुबला, कमजोर और दुःखी इन्सान
 वोही मन चाहे तो बनाएँ इसी को
 सुन्दर, कामयाब और बलवान।

एस्. सुब्बलक्ष्मी

Happiness: The Elixir of Life

When we are happy, we are at our best. Our energy, enthusiasm, stamina and efficiency everything is at the highest level. We do our best when we are happy. The present article explains how happiness is indeed the 'elixir of life' for all of us



Amita Bhelose

Nanda woke up in the morning in a very happy mood. Yesterday she had received her promotion order and today was her first day as “Manager”. With the feelings of fulfillment and happiness she got up and finished all her routine work. Today she did not feel the burden and the boredom of preparing breakfast and lunch. Due to increased enthusiasm and energy, she finished her work before time and left for office. When she reached the station she heard the announcement that the trains were running late by one hour. All her happiness shattered to pieces and her heart was filled with stress, guilt and embarrassment. “Today, on the very first day as 'Manager' I will reach late. This is really bad! Late running has become a routine for these trains. What to do?” These thoughts increased her stress further and she started searching for a tablet in her purse to relieve her headache!

This incident is typical for many of us with some differences of details. Our moods keep swinging like a pendulum depending on the external circumstances. When we are happy we are at our best. Our energy, enthusiasm, stamina, and efficiency everything is at the highest level. We do our best when we are happy. Same way every cell in our body is also doing its best when we feel happy. The feeling of happiness percolates throughout our body as if every cell in the body is bathed in happiness.



and these feelings also percolate throughout the body to every cell. This seriously affects the functioning of the cells. And if the feeling of unhappiness is experienced frequently and it creates illness in the body.

If we are able to remain more and more happy, we will be able to do our best in our life and will be able to achieve success and enjoy good health all the time. How to achieve this? How to be happy all the time? Since our mood depends upon the external factors, life also depends upon the external factors. This is where we have to bring in the change. We have no control over the external situations, but we can very well control our response to external situations. However, this also is not very easy to practice. Here Brahmavidya helps us.

In Brahmavidya, we learn spiritual breathing exercises and meditation. Breath and thought are the basic factors which govern our life.

There is great power in our breath. Breathing is not just inhaling oxygen and exhaling carbon dioxide. Breathing brings in the Universal Energy 'Prana' in our body. Correct breathing is a great science and we can learn correct breathing through the practice of spiritual breathing exercises. Meditation in simple words is the exercise of mind. Meditation makes our mind strong. Regular practice of these have very positive effect on our body and mind. We start experiencing inner strength, peace and happiness. This changes our total outlook towards life. We become more happy, tolerant, composed, and strong and the influence of external factors on our lives is reduced to a great extent. The result of this is seen in improved health and success.



Regain respect

Most of us are aware of the onslaught of media and hi-tech gadgets on our lives and the toll that these aspects take on the mind and values of our youth. This article explains why the youth must learn Brahmavidya and fill their lives with gratitude and respect



Pravin Manker

Chaos! Hatred! Violence!

This is what we get to see and hear all around us. Adults behaving irresponsibly and selfishly are now the norms! Breakdown in law and order as seen in simple acts like traffic indiscipline. What happened? Where did it all go wrong? The answer is quite simple. It all went awry in the childhood.

Nuclear families and working parents leave the child at the mercy of the school, crèche and/or the maid. With almost non-existent monitoring, the child is exposed to TV and commercials very early during his development. The advertisements that a child sees, convinces him about how he should be behaving because that is the education he is exposed to, with no one to take objection or apply correction. Most of the advertisements show aggressive children and manipulative adults. Take a few samples of ads being shown on TV:

'Taste mein best, mummy aur Everest' is an ad where a child who is not welcome to play a team sport, entices the group through his scheming mummy who cooks a delicious dish that attracts his friends. These children now offer to make the child a captain just so that they get to enjoy his mummy's cooking. What does the child learn? Enticement, manipulation, bribing and virtues of hard work and integrity are tossed out!

What are we teaching our children? Manipulation, disrespect and deceit! A whole generation is growing up into adults that will find nothing wrong in being manipulative, disrespectful and deceitful. Then



we blame our society, educational institutions, governments and everybody else.

It is also fashionable to show that children are a lot smarter than their parents. In today's world of hi-tech gadgetry it is natural for a child to be exposed to new gadgets and the various facilities such gadgets offer. For example, online payment of bills using cell phones! While it is true that children learn the new gadgets faster than their parents, when it is shown as an advertisement, it clearly shows the parent as an incompetent person. Not too long ago elders were respected as wise people due to their experience and knowledge. In this age of rapidly changing gadgets, knowledge and wisdom is synonymous with your ability to adapt to change.

Is it any wonder then that we see parents helpless in getting their child to join the children's course of Brahmavidya? The parents want to be popular with their child. Bollywood dancing, karate classes, violent video games and fast foods are very attractive to the child and the parents indulge and oblige.

Moreover, whatever the parents recommend, has to be old and outdated. This perception has been strengthened by modern media and ad campaigns. Education begins at home and this is where the real collapse has happened. Once society has lost respect, it is natural that it also loses the art of being grateful. Absence of gratitude results in absence of joy and this is exactly reflected in the lives of a majority of people. No joy! Just competition and the lust to win at all cost!

Brahmavidya is a science which teaches breathing exercises and simple yet effective prayers which help the student in having better health, vitality and good concentration power. The student's Memory power is also enhanced there by he/she is more confident. Brahmavidya is making all efforts to try and restore in the society the forgotten virtues in the students who venture into Brahmavidya. The laws of living are simple. But these laws have to be learnt and taught. It is the moral duty of every adult to educate at least one child in the art of living joyfully and with gratitude. Respect will be automatically restored!



Discovering our true potential

Regular practice of Brahma Vidya helps an individual to realise his own potential in life and shows every sincere sadhaka the way to everlasting peace, health and success. Read on to know how...



Manoj Varghese

Our body which is an instrument for our being and presence in this world is a wonderful instrument which helps to perform all activities that our thoughts direct through our mind. In the present world, we are more conscious of how we look. Incidentally our body has much more utility which we realise through Brahma Vidya Spiritual Breathing Exercises and Meditation. Through Brahma Vidya practices, we develop respect for this instrument and undertake further steps so that we do not injure or abuse this temple of the Living God (our body) and in the process attune ourselves to general Order which is observed in the universe.

With this belief and understanding, there is better health and happiness which improves the quality of our life. Many of the diseases or inabilities are internally cured and benefits are evident. There are many a treasures in our body, which we are yet to discover. The beauty of Brahma Vidya is that it is a science which can be experienced, and the more we are true in its practice, the more we see the benefits in our life. It is only our zeal which stops us from realising our true potential. It is this point which differentiates practices of Brahma Vidya from all self-help available for our improvisation. Brahma Vidya not only tells what is the right way and why it is right but also guides us through simple but effective methods through which we can achieve better health, happiness and peace. These are very basics which we are all looking for in our own life.



Whether we are rich or poor, it is available for everybody, and its only objective is to improve our life. There is no specific time to start, though the earlier we start, the better we start enjoying our life.

Rabindranath Tagore says, “Faith is the bird that feels the light and sings when the dawn is still dark.” Brahmavidya practice helps to grow in our own faith. It does not matter which religion we belong to. In the contemporary world it shows us the way to coexist together (peacefully) which is the need of the hour.

So come, let us be part of this world to improve our own life, as well as to make a difference in others life. Here we are enthralled by new discoveries in our spiritual journey as we are guided by Brahmavidya and its dedicated and selfless teachers.

Join Basic Course of Brahmavidya and experience the difference!



Guruji Shri Jayant Divekar conducting meditation session for Advanced Course students at the annual gathering held in Dadar last year



Food for soul

I was a drug addict. I am admitting it because there are young people like me who need help out there. After my engineering there were so many moments of failure and job rejections.

It all began with my search for Yoga and Meditation classes. I actually saw various advertisements like Discounts, Weight loss through yoga, Change your life in a month. I mean, are these yoga classes for real. After much reading on the internet, I had realised yoga was the proper way to spirituality. So my search continued.

Different people's company (I won't call them friends ever) affected my habits severely. The constant intake of intoxicants, destroy you not just physically but mentally as well. Cigarettes and various drugs had damaged my lungs considerably. The nebuliser treatment at the doctor still makes me think what I was. The need for money to feed my intake of drugs and this forced me to take a proper job.

I got a job after staying at home for one and a half year. Staying at home with depression, trying to treat it with these antisocial things destroyed me a lot. That was a wakeup call. The drugs became less every weekend. I learned to say no. I had to. It was not easy to quit. Step by step, thought by thought, day after day and nightmares after nightmares, suicidal thoughts are like a cat and mouse game. Morning you feel better, but as work frustration progresses during the day and by evening you have already finished a pack of cigarettes. The days at work were so difficult, difficult made by me of course. It was tough. The purpose of survival was lost.

Doctor informed me that I showed signs of Asthma may be even Tuberculosis. This was the third time when I had the Nebuliser on my nose and was looking down at the apparatus with my 30th birthday approaching. Another wakeup call. What am I doing? I know my body, but what about my soul? Diwali 2014, resting on the bed and still coughing. And then my uncle called me and informed me, that Brahma Vidya classes are starting from 1 November 2014.

Eventually due to my busy schedule and laziness I had missed the first day. The start of the second lecture (1st lesson) was pretty different



because I felt lonely and embarrassed among all the aged people. But trust me. The words ‘Part of God, embodied in human form’ made a huge impact on my mind and thoughts, words after words, lessons after lessons. Tears and introspections later I am proudly saying that Yes. This is it! This purity and this knowledge transformed me.

Life changed then, after realising this is the knowledge what I was searching for all the time. So much positive vibrations, pure thinking guidance, those breathing exercises (lungs have become better now, the constant abuse had done some damage), meditation sessions, has taken my thought process and my understanding of this life to a different level. These spiritual exercises have helped me guide my thoughts in the proper way, understanding the truth about myself, and eventually finding my purpose of life with the help of these lessons. There were times when tears rolled after reading and hearing those pure and truthful words from the most wonderful teacher I have ever found on this planet. It is he who helped me realise the Divine Light within. I finally started believing in myself. 22 weeks with 3 lessons missed are more than enough to ignite the power of belief within ourselves. I can proudly say that it’s been 10 months and counting I haven’t seen the face of my doctor, since 8 November 2014.

Our senses are very dominant. Ever imagined how the teenagers or young people’s senses have become so sharp after all this technological advancement. Kids can operate smartphones in no time.

The youth are delicate and fragile. Easily manipulated in today’s world by negative and hostile people. They need proper guidance. And I strongly feel Brahmavidya is the best way. Inspire them, for it is the ‘Spirit’ that communicates. That’s why I think it is called ‘Inspiration’ as ‘In-Spirit’. The youth will listen to it, believe it and act on it. Their minds are ignited. Fuel them with love and spirituality, for it is the right path for them.

I am standing at a different level today. I never even imagined I would be helping IIT students on their projects with so much confidence. I am a Drone Expert now (I headed the Mumbai Pizza Delivery Drone Project) with a mechanical Design Engineer tag firmly on my CV.



APJ Abdul Kalam's narration of Mahatma Gandhi's mother's words, "Son, in your entire life time, if you can save or better someone's life, your birth as a human being and your life is a success."

I am sure now. I have found the purpose of my life.

Kapinjal Vaidya



A life-altering experience

I am a 56-year-old electrical engineer by profession and I live in Nagpur. I had been suffering from various illnesses from around 1998. At first it was diagnosed as Gout, then Arthritis, then Parkinson's syndrome. This was going on for many years, I was progressively getting worse and my body used to be full of pain, especially my joints and back.

Then in 2013 when I travelled to Pune I got soaked in heavy rain before I boarded the AC III tier coach and this triggered a crisis, I developed a fever that refused to subside. I tried all possible remedies, literally everything, but there was no relief. The crisis became worse and on 20th August I stopped eating completely and a constant fever of 103 Degrees. I was admitted to a hospital with a hemoglobin count of 3 and suspected kidney failure. The cause of the fever completely baffled all doctors.

My wife is a gynecologist so I was under the best possible care. Finally it was diagnosed as something called Lupus erythematosus, a collection of autoimmune diseases in which the human immune system becomes hyperactive and attacks normal, healthy tissues. Symptoms of these diseases can affect many different body systems, including joints, skin, kidneys, blood cells, heart, and lungs. The treatment started and the fever vanished the very next day.

The constant and intense pain made it very difficult to live normally. I continued to struggle with the pain and spasms. I was unable to walk straight and my spine had started to bend making my whole body bend towards my left side. There was severe pain with any movement of my body. Serum Creatine and other parameters were out of control.



Kidney function was disturbed. I was getting tests done regularly and I have all the reports.

Then a friend became my guardian angel and I cannot thank her enough for introducing me to Brahmavidya. The pain and stress had started making my physical condition worse, it was difficult climbing stairs, sitting down and getting up. It seemed that the nightmare would never end. Then Mrs. Gayatri Deodhar, my friend's wife saw my distress and told me to join the Brahmavidya camp that was to start in Nagpur in April. Honestly, I was skeptical, I did not believe that there would be any improvement in my health as I was on the verge of giving up.

The classes started from 22nd April 2015, and concluded on 29th April 2015. This was the five-day Brahmavidya Basic Course camp. To my utter surprise by the end of the five days I could feel a marked reduction in the pain. I started the practice of Brahmavidya at home from the next week and slowly over the space of 22 weeks I was able to follow the schedule of doing five exercises every day as is suggested in the training booklet.

It is just six months from the time I started doing Brahmavidya, the pain in my body is gone, the curvature of my spine corrected itself. There was a steady improvement in my health, and now, after only six months I can walk without distress, get up and sit down without pain. All my friends are amazed by the transformation. It helps if you have a positive outlook of life, and don't just give up trying. But I sincerely don't think this would have been possible without regular practice of Brahmavidya.

I still have not been able to practice Meditation well, but I will not stop trying and I am sure I will succeed in doing Meditation eventually. Of course this does not mean that I am 100 percent ok, but I will get there, the important thing for me is that after so many years of struggle there is hope, and there is improvement and an opportunity to become 100 percent fit and healthy and active again.

Milind Dravid





An athlete's best friend

Within a month's time, when I got myself enrolled in the training programme for long distance running for Senior Amateurs in Sports Authority of India (SAI), I realised that it is not my cup of tea. And there were enough reasons to justify that.

First of all, I did not participate in a serious physical training programme or played any outdoor games in last 25 years, after I left my college. I was the oldest member among the team. So my inability was very well justified, at least to me.

But the main problem was different, every day I started panting before completing the first two laps of 400 metres on the artificial tracks on the SAI playground and that was just warm up and the actual training used to start after that. But I realised that my inability was neither related to my age nor for being abstained from regular exercise.

Then I joined Brahmavidya. Joining Brahmavidya was not related to my endeavour to be a long-distance runner. A friend of mine had recommended Brahmavidya for my friend's ailing son staying abroad, before advising him about this new alternative treatment, I wanted to check its effectiveness myself. I joined SAI in early April 2015 and joined Brahmavidya by end of May 2015.

After a month's training in Brahmavidya my initial body aches stopped, muscles were tuned to take more exertion. I must accept, I was not very regular in meditation techniques of Brahmavidya then, but was following the breathing exercises more religiously. Then I saw a transformation, earlier I was unable to run for 800 mtrs at a stretch (2 laps of 400 metres each), now I started running 1.5 kms comfortably after regular warm up and other exercise. Then the stretch started growing, I increased the distance to 3 Km and then to 4.5 km, within a small span of time. Other members of the team who had started the training before I had joined SAI-many of them were falling short in competing with me in completing such a target.

Initially, I did not realise and had not even understood the correlation between Brahmavidya and my running milestones. But due to



everyone's enthusiasm, I enrolled my first 10 km run in late July'15 and completed it in less than 70 minutes, when my previous experience of running was not more than 4.5 km during the training period. Now people started saying that my progress is really astonishing. They mentioned that someone who was struggling to complete 800 meters in the month of April / May, now had completed 10 KMs in 70 minutes in July' 15 (in around 70 / 80 days), it is really overwhelming.

Initially my lungs had not supported me for a mere 800 metres, and now they steadily supported me for a 10 km stretch without any pain or problem, this change happened because of practising the Brahmavidya breathing techniques. I have completed a few more 10 km run after that and will take part in a few more of them in the near future. After that, I will prepare myself to run 21 km next year and I have set a great target to achieve in future. It goes without saying, that Brahmavidya breathing techniques will continuously stay with me to enable me to fulfil my dreams.

Ananda Bhattacharya



'It is a miracle and a gift'

I am alive today, thanks to Brahmavidya. In March 2013, I was admitted for severe breathlessness and spent 15 days in the I.C.U. I was diagnosed with COPD and put on heavy doses of medicines. The doctors also placed strict restrictions on my diet. I was put on a 'No-carb' diet, was told to minimise my sleep as I was always drowsy. Life was becoming burdensome.

Subsequently in November 2014, again I was admitted as my oxygen level was dropping and I was falling asleep at the drop of a hat. My CO₂ level had gone up to a dangerous limit of 82% and my blood became poisoned due to high CO₂ levels. I was kept on artificial ventilation called bipap machine. When the level of CO₂ reached 45% and I was discharged.

Life was becoming scary because every week my CO₂ level was

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- In memory of her father Pran Nath Kaul, with gratitude from Pawanlata Kaul



rising. By January 2015 the level of CO₂ reached 52%. Doctors told me once the level of CO₂ reaches 55%, I need a bipap machine at home.

My daughter suggested that I should do pranayam as taught in yoga. So I joined a yoga institute. They were not ready to teach pranayam exclusively. It was difficult for me to do various asanas due to ill health.

In the meantime we learnt about Brahmavidya through a family friend and realised that, this was what we were looking for. As a God sent gift, we also found out that my new neighbour was a trained Brahmavidya teacher for children. After learning about my condition, she agreed to teach me these life saving breathing exercises. Within 15 days of the Brahmavidya exercises my condition started improving steadily and at the end of six weeks my CO₂ level was almost normal.

I now understand that the unique exhalation that we do during the exercises had worked as a magic for me and the CO₂ retention was sorted out. Today, I am on a minimal dose of medicine along with doing Brahmavidya regularly.

We joined the course in May 2015 to learn the full science of Brahmavidya and also the technique of meditation.

Today all my family members have joined the course and are benefitted. I am the standing proof in front of you that regular practice brings about miracles.

C. R. Hariharan



Of success and health

I started practising this science of breathing exercises because I was suffering from constant cold, fever, continuous pain in my right wrist and low energy levels. A relative of mine recommended this and as no doctors gave me assurance of a cure even after surgery.

I still have a slight cold now and then, but no watery eyes, no headaches, absolutely no fever and my energy level has improved



as for the pain in my wrist it is negligible.

All this is fine, but the most important change is that – I am a new person. I don't know when it happened, how it happened, I am happier, more confident, a healthier human being. I feel that I have truly started 'living'.

My business is thriving. I discuss issues rationally instead of arguing, I am more understanding towards other people. Thank you ahmavidya

Roshni Cama



An everlasting source of positivity

Regular practice of breathing exercises and meditation as taught in Brahmavidya Basic Course are bound to shower every sincere student with a lot of benefits:

Ajit Shetye : The biggest change I've observed in myself is that I am losing my negativity in thought and attitude. There is a deep inner feeling of tranquility and an experience of gratefulness for so many things which I had simply taken for granted before. With simple, practical techniques that I have learnt, I feel as if I have unlocked a secret repository of positive energy within me.

Vaishali Shetye : After I started practising Brahmavidya I could see many changes in myself. Along with the feeling of physical well-being, what amazed me was the inner peace that I have started enjoying. Earlier, I used to panic at every little provocation and used to ponder more on things which went wrong; plunging myself into a sea of negativity. But now, thanks to Brahmavidya I can see a marked difference in the way I think. Even in adversity, I can say to myself, "I am happy" and that never fails to put a spring in my step as well as my heart! Such is the magic of Brahmavidya.





A life filled with happiness and peace

With regular practice of Brahma Vidya techniques, gratitude, happiness becomes permanent state of mind. These two students share their experiences:

Bijal Kanakia : I joined Brahma Vidya Basic Course in Mumbai from November 2014. Everyone should attend this course because it teaches the importance of right breathing. It also purifies our thinking process by techniques of meditation, which helps remove negation.

- 1 It helped me in improving my singing ability by doing various breathing exercises regularly
- 2 It helped me get sound sleep
- 3 It helped develop positive thinking
- 4 It helped me in controlling my emotions as I am very sensitive person.
- 5 It helped in increasing my confidence and concentration power.
- 6 I started feeling younger and energetic.

I urge everyone to attend this course which will help you to live a happy, healthy and successful life.

Abhaya Gurjar : I am a banker, reiki master and a poet. First worth sharing experience was that of my husband joining the Brahma Vidya Basic Course. I found remarkable shift in my energy levels as I started doing meditation regularly alongwith breathing exercises. Day by day, joy, peace started becoming a natural state of mind. I became more confident and harmonious.

All affirmations are highly effective. For me they are like guiding lights. I found that the nine universal positives taught in Brahma Vidya have a miraculous healing effect and are helpful in everyday life.

The imbalance in my thyroid and cholesterol level was brought to normal within a month with practise of meditation. I am fully convinced by now that Brahma Vidya is the real key to health, success and peace.





Towards steady improvement...

Brahmavidya has helped me to restore my energy level, channelise and re-affirm the confidence, zest, zeal and enthusiasm for my routine life, bringing in joy and a spirit of liveliness. The most noticeable difference observed after doing the breathing exercises is that in each part of my body: muscles, bones, tissues; bursting with higher levels of energy, all the previous sloppy attitude reduced to a minimum. However this was possible only after being sincere and regular in practicing every day as per time table given. There was irregularity initially but as I started following the teachings religiously my faith doubled and so did my energy; bringing in positivity. It feels like I have found a key to good health and happiness.

Priti Savla



Ways to overcome health problems

The last one year has been absolutely fantastic as breathing exercises have given me lot of physical benefits and ailments like cough and cold, allergies, viral infections etc. are gone now. I had lot of digestion issues and was on heavy medication. But since last one year, I have not taken a single tablet!

On 2nd November 2014 I joined the basic course of Brahmavidya. I still remember the first sentence that my teacher said in the class, “We don’t breathe correctly.” This sentence hit me so hard that Brahmavidya became part of my life forever!

I have uncertain schedule of work. But the breathing exercises have now become a habit, come what may, before having my dinner I complete my breathing exercises. Similarly, in the mornings, just like brushing my teeth is a habit, breathing exercises is also now a habit. 40 minutes a day of breathing exercises are part of my life now, wherever I may be.

Apart from physical benefits, it has given me lot of mental peace and calmness. Meditation has helped me to connect to divinity and it

- In memory of Maruti Sawant, with gratitude from Leela Nair 29



has worked wonders for me in my personal and professional life. Meditation practice of 20 minutes in the morning and 20 minutes at night helps me be aloof from all the hustle bustle of the external life. This never happened in the past 40 years and it is a beautiful experience.

Deepak Sharma



An ocean of knowledge

Practising Brahmavidya is certainly a wonderful experience. It compels us to introspect. Two students word their experiences:

Sharmishtha Bade : After completing Brahmavidya basic course, I was happy with my experience with breathing and meditation exercises.

I had decided to pursue the advanced course. Advanced course does give a new perspective. The lessons are initially difficult to understand. However, practising them regularly is a must.

Breathing exercises genuinely revitalise us. No matter however tired I am, if I do the breathing exercises I feel energetic.

Meditation requires much more focus than breathing exercises. I have not improved much from my basic course days but I try to think about certain life facts. This helps in calming myself down.

Brahmavidya is an ocean of knowledge. As I practice I find new nuances of each exercise. It does truly rejuvenate you. I pray that I will continue to have the will power of being honest in my practice.

Usha Jain : What intrigued me was the term Brahmavidya. It is so appealing, inspiring and attractive. It implies 'Gospel of the Lord'. It has made me more equi-poised and introduced a new me to my very self. It almost diminishes the superficial knowledge and notions that we have of 'death'. It makes us fearless. Our teachers have inspired us.





Brahmavidya and me

I had heard about Brahmavidya from one of my relatives and my daughter forced me to join the course. I was going through a difficult situation in my life. My husband had brain haemorrhage and was in coma for three and a half years. Both my daughters are married and settled in Mumbai. I was staying alone. Because of sleepless nights and mental disturbances I was also suffering from some physical ailments.

I explained my problems to my teacher. In spite of all these odds, I was regular in my class and tried my best to devote my time towards the practice of breathing exercises and meditation. Now, I am relieved from all my pains. My experience inspired my daughter and granddaughter to learn Brahmavidya. Now I believe that “I am the master of my own life.” Now, I am happier.

Kusuman Nair



My experience after joining Brahmavidya

I had trouble in breathing due to a problem in my diaphragm. Breathing exercises have helped me in easing out this problem a bit.

My perception of looking at a problem has changed. I look at the positive outcome for things and do not get upset easily.

I feel relaxed and light after I have joined Brahmavidya. Feeling happy and I am thankful that I got an opportunity to learn Brahmavidya.

Sundari Srikumar



Towards eternal bliss...

I was pushed by my mother and sister to pursue the Basic Course of Brahmavidya. I was a bit reluctant being a Doctor (Eye Specialist). Looking at my schedule I thought it is next to impossible.

• In memory of their loving Dog Bruno, with gratitude from Sujatha and Amarnath



Then I thought, “let’s give it a try,” so I started the course. I was so mesmerised within few weeks of Brahma Vidya course that I started doing my breathing exercises and meditation.

I realized its affecting me very deeply. I could organize my routine, day to day schedule. I was no more late for my morning work. I was a more patient listener and started 99% of listening.

In my profession I was able to plan my work schedule more efficiently. My behaviour and attitude towards the patients has changed. I feel lot of gratitude towards them.

Being an eye surgeon I am able to handle complicated cases more efficiently. There was one most difficult cataract case rejected by all surgeons and the patient turned up to me. I just confided in her and said, “I will try my best”. This was the most difficult situation. I just closed my eyes took a deep breath and started. I operated her and the surgery was successful. She was very happy. Brahma Vidya really makes you feel complete, stronger, efficient, kind, humble and changes your attitude and outlook towards yourself and other people. 'You are God in human form,' this is the best affirmation in Brahma Vidya.

Dr. Pranjali Tharkude



Path towards eternal truth

I am into Brahma Vidya practice since 6 months. I experienced tremendous changes in my life. Me being a Pediatric Physiotherapist, have seen unhappy lives a lot. I saw sadness all over the places I practiced, as I used to treat physically and mentally challenged children. This had immense effect over my mind and I had started feeling sadness.

However, I am quite a spiritual person. So, I was in regular practice of Meditation. This led me to a point where I started hearing a VOICE within me. But, all the time question arose; whose voice is this? Is it mine or someone else or God? I went crazy and started searching books and matter on internet for seeking the answer. But to my surprise



two years passed and yet I did not get an appropriate answer. This led me to such a mental state that I started considering myself a psychiatric patient, a kind of schizophrenic.

Further, when I joined Brahmavidya course, I was overwhelmed with joy and happiness. The study of right thinking and right breathing has made me feel joyful. As classes progressed, the answers to my questions revealed amazingly. The beauty of my inner voice was explained so beautifully, that I started feeling special, confident, calm and delighted all the time.

Thus, I express my gratitude towards Brahmavidya and all the teachers for showing me the path towards enlightenment and leading me towards the 'eternal truth and bliss'.

Dr. Sapna Jadhav



A new way to success

The day when I was told by my parents to join this class of Brahmavidya that was being conducted at my society, I thought it over and joined the course but under pressure of my parents. These days any teenager, if asked to join a yoga or any other such class, his/her first thought would be 'boring!!'. Same was the case with me. Even though under pressure I joined Brahmavidya. Today I feel joining it was a right step towards the ladder of success.

Everyone is given two types of educations, First: How to make a living? And Second: How to live? Brahmavidya gives us a very special knowledge, "Breathing is Life" for without breathing everything is a waste. The breathing exercises that we are taught here are easy to remember and give us an energetic and enthusiastic feeling after practicing them.

Many people have achieved good results through these breathing exercises. They say it cured asthma for many, diabetes and for many the regular cough and cold problems. I would like to mention that even my cough and cold problems are cured to a very large extent but a



strange thing that I find for myself is that after doing these exercises I feel that, my eyesight has also improved.

I suggest that this knowledge of life 'Brahmavidya' must be spread all over the world and more and more people must join, achieve and experience a new way of living, a new way to success.

Shawn Abraham



A fine blend of health and happiness

I attended twenty-two sessions of Brahmavidya at Vashi, Navi Mumbai. I had no serious health problem, except for a joint pain in my wrists. I attended the classes devotedly and started regular practice every day. Coupled with my self-motivated dynamic early morning walk, I did practice Brahmavidya breathing exercises and after some time, I could feel the difference.

- Joint pain has reduced to some extent and confident of eliminating in course of time.
- My vigour and vitality have surged to a higher level and I never felt fatigue even after lengthy car-ride of more than ten hours continuously that to at an age of sixty plus.
- I attained equanimity of mind and emotions. Yes, emotionally I have become stable and never get easily agitated on hostile actions of others around me. In fact my uncontrolled emotional reactions (sometimes outburst) to unlikable actions of others have become very normal. Yes, I achieved a state of mind which helped me to maintain considerable amount of calm and peace of mind which gradually improved my overall health. I think this is a direct result of my practicing Brahmavidya and meditation and subsequent affirmations.

I strongly believe, regular practice of Brahmavidya and Meditation along with the affirmations and powerful visualisation can bring wonderful positive changes and improve quality of life.

It is important, one should have firmness of decision and



determination and should practice Brahmavidya and meditation daily, initially under proper guidance, so that surely one can achieve better results. One should experience the results and cannot understand from other people's experiences, so my advice is go for it for health and happiness in life.

Radhakrishnan P. Menon



A truly beneficial science

I have started practising exercises as taught in Brahmavidya classes. But from my immediate experience I can tell you that these exercises are very effective, my back pain has reduced and the stress levels too. Due to this the fatigue is also less.

My sincere gratitude to all, for the selfless efforts to help other fellow members in benefiting by starting classes in our society, so that other fellow members also could be benefited from Brahmavidya.

Vinay Thakkar



The power of silence

I attended the Brahmavidya Basic Course 13 years ago. But didn't pursue the exercises and practices. I rejoined the Basic Course and it has brought about a positive change in me. Hence I am sharing my experience with you.

Present Brahmavidya classes are very interesting due to lesson notes, which are precise, intelligent and very well worded, made me think and act on them.

Regular breathing exercises helped me to get over bronchial problems, keeping me active and fresh during daily rigorous work. Also my attitude towards personal and professional responsibilities has become positive and optimistic with patience.

I feel happier due to intentional attempt towards right thinking, right

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- In memory of Late Narayan Rao Bontha, with gratitude from 35 Jagannadha Rao Bontha



Brahma Vidya Sadhak Sangh

path and right living. It has helped me understand that I am responsible for my life and the 'Power of Silence' helps me to conserve my energy.

I am very grateful to you for offering me this course. I plan to attend Advance Course in near future.

Prof S S Vengsarkar



Your key to lasting health

I have been a part of Brahma Vidya family, for the past few months. It has been a wonderful experience. The course has not only benefitted me but also my family. I used to have problems while breathing and would get tired very easily. But once I started practising the Brahma Vidya course the benefits were tremendous. I have been given a new lease of life.

Further, I had problems while chewing my food. It used to be very difficult for me to eat. But after a few classes of Brahma Vidya, I have regained the use of my muscles in the jaw. Now I do not experience any kind of difficulty while eating. Thus, I would recommend this course to all the people who feel that they are suffering from any kind of ailments and wish to gain immense benefits.

Archanamayi Singh



A step towards stress-free life

Brahma Vidya has definitely brought a lot of positive changes in me both physically and mentally. Earlier I used to have disturbed sleep because of my sinus problem.

I am an Ayurvedic physician. I first heard about Brahma Vidya from one of my patients, who is undergoing treatment for Rheumatoid arthritis. I observed that she responded to the treatment very quickly than regular patients. During one of the consultations, she mentioned about practising Brahma Vidya along with my treatment. That caught

Experience



my attention and I was curious to learn more about it.

I joined the basic course of Brahmavidya and have successfully completed it under the guidance of our instructor.

Brahmavidya has definitely brought a lot of positive changes in me both physically and mentally. Earlier I used to have disturbed sleep because of my sinus problem. On practising the breathing exercises taught in Brahmavidya, my sinus problem has substantially reduced and thus I am able to get very sound sleep.

Before practising Brahmavidya, I used to get stressed very easily on small problems in daily life. Now I am much more relaxed and able to handle stressful situations very calmly and effectively.

Brahmavidya had made me physically active person and mentally strong. I would sincerely recommend people suffering from autoimmune diseases like psoriasis, rheumatoid arthritis, etc. and also from anxiety disorders to attend Brahmavidya courses.

Meanwhile, I would also emphasize that Brahmavidya can be followed by everyone to maintain a stress-free and healthy life.

Dr. Manjula Shashidharan



Relief from seasonal illnesses

In 2009 I suffered with 'Chikungunya'. As an after effect I started getting acute pains in all the joints during the winter season. Doctors told there was no remedy and I have to live with it. I have joined Brahmavidya course and to my surprise this season all pains have vanished.

Every change in the season Summer to Rainy to Winter to Summer I used to have severe throat infection and cough. The remedy – Antibiotic for 6 days with factobacilli (to protect useful bacteria in the intestine) for about 15 days.

This year, during rainy season (in September) I did suffer with throat infection but could control it within three days. Since then there is no sign of throat infection.

Subodh Gokhale

• In memory of P S Viswanathan, beloved father, grandfather and father in law, with gratitude from Mala Ganapathy



I learned to deal with “Stress”

I used to lead a very stressful life due to long working hours and very demanding work. Also, the nature of my work is unpredictable. Hence, I used to live with fear. Slowly over a period of time, I lost the “smile” on my face. I became very serious. At home, I remain busy in taking up my son’s studies or completing some or the other household chore.

To make matters worse, my haemoglobin levels were slowly going down. I was constantly suffering from several bouts of migraine. I wanted to bring some change in my life. But didn’t know what the change was or how to bring it in my life. And that time I came across an interesting article in the “Times of India”, about Brahma Vidya. And I thought, this is exactly what I was looking for.

As I started doing the weekly classes, a lot of realisation dawned. I firmly believe that I have the complete power within me to direct my life the way I want it. “Stress” is not external. It is my own doing. It is the way I react to people and circumstances around me. Hence, the more I realised that God is within me and that I’m God in human form, the more calmer I became and the more positive my thoughts became.

I stopped glorifying “stress” and instead started talking about only “positive” happenings. The long-forgotten smiles started coming back to my face. I started approaching things differently. I started giving a patient hearing to others around me. I started using pranayama to control my headache and migraines.

I was so inspired by this course, that I talked to my husband about it. He too joined the course in the next batch. I know that there is a lot more to learn. I shall continue my endeavours in this journey of spiritual learning – understanding my mind and my body.

Laxmi Sankaran





Bring about total transformation

First, let me tell you that I am regular swimmer and always taking care of my physical health. But due to my sensitive nature, I used to get hurt with small things and it had affected my physical health. Then I realised that I need to do something to overcome this nature but was not sure what to do.

During this time I came to know about Brahmavidya. Being tech savvy I gathered information about Brahmavidya through the website www.brahmavidya.net and also through video clips available on youtube. After, listening to the experiences shared by the participants I joined the Brahmavidya basic course.

We have always heard to be positive, think positive but not aware about how to be positive. But after 2-3 weeks of training I came to know the technique.

Brahmavidya is the attempt to change our way of thinking through Right Understanding. Then through its systematically designed breathing techniques and meditation techniques I could overcome many problems in my life which were affecting not only my physical but mental health.

Now I am fearless and I am not going to allow anyone to disturb my peace of mind. If sometimes something goes wrong I just say, I am happy, I look happy, I feel happy, I am happy and immediately my mood get swings and smile comes to my face. This is power of Brahmavidya and for that I am very much grateful to all teachers and friends for showing me right path and I am continuing its practice regularly without fail on day to day basis.

Savita Raj



Breath, the secret of life

From my childhood days I have been regularly practising various yogic techniques to improve my health. This no doubt kept me in an average state of health with minor ups and downs.

• With gratitude from Mrs. Pooja Sachin Amritwar and Shyamaratha Kairamkonda



My wife has been associated with Brahmavidya since the last two years and she has been regularly doing the spiritual breathing exercises and meditation taught to her in Brahmavidya classes. I could see a marked improvement in her health, she has reduced her weight, her blood pressure is under control and she has now achieved a lot of self control. This inspired me to enroll for Brahmavidya course.

Now, I am into it since last one year and I am experiencing a commendable improvement in terms of my physical and mental health as never before.

The teachings in Brahmavidya are an astounding achievement for me. I have been ailing from chronic Asthma, for the last 5 decades, cramps in my lower limbs and loss of memory. I was upset and frustrated with these disorders. I was regularly taking Ventorlin Inhaler for my Asthma and this one inhaler used to last for 13-15 days but as of now it lasts for more than 45 days and I am confident that a day will come whereby I will not require it anymore.

The cramps which used to occur often on my calf and thigh muscle, have disappeared. This is because of the practice of Brahmavidya breathing exercises.

Also to tell you the fact my memory is a 100 fold better. I am also experiencing a marked improvement in my thought process. I am able to stay focused in my activities and concentration has enhanced. From the core of my heart I must say that I am very grateful to Brahmavidya and my teacher who taught me these spiritual breathing exercises and meditation.

Parthasarathi Mannadiar



I bow down to Bramhavidya

Before I joined Bramhavidya, I was on the verge of depression. I was stuck in my career, in my spiritual growth. My health was deteriorating. I was surrounded by insecurity and negative thinking most of the time. Future looked not very good. I knew that this negativity is



doing more harm to me, but I was not able to stop it. I was not in my control. Life seemed lifeless.

I knew about Bramhavidya and Mentalphysics since long. But didn't join as I was already doing some other meditation practice. They are good practices but they were not working for me at least.

A call came from inside, that let's learn Bramhavidya. It may bring my life back on track.

Today after completing the basic course, I can easily say that what I have achieved is much beyond my expectation. Right from my career, to my health, to my attitude towards life and my spiritual understanding, everything has improved dramatically.

To give an example, I work as an editor in television. I was frustrated with long working hours, no creative satisfaction and very limited growth opportunity.

It was somewhere in my mind that I want to become a writer. But how? How can I change my career from editor to writer? I have no experience. I have hardly written anything even for myself. Why someone will hire me as a professional and paid writer? Sounds impossible, right? But not when you do Bramhavidya.

Today, I have been hired as one of the main writer for a television show. And not to mention other benefits I have achieved. Truly Bramhavidya is the key to health, success and happiness.

But don't ever forget, results are in exact proportion to the efforts you put in.

Today I feel grateful towards Bramhavidya. Words are not enough to thank all the gurus of this wonderful science.

Devang Kakkad



A new perspective...

If someone asks me what change 'Brahmavidya' has brought to my life, my answer would be 'it has not changed my life but definitely has changed the way of looking at it'. It is the same life, same people



around but now I can deal with them with more ease and comfort. I find the life more beautiful now and have started valuing and respecting every moment of it.

There is a profound increase in my tolerance level. I no more get irritated with difficult people or situations. Inner peace and joy that I achieve through meditation gives me lot of strength to deal with any situation.

This course has made me realise the 'power of silence' through meditation. Only ten minutes of meditation can fill you with immense pleasure, joy and peace.

It has also helped me understand and believe that 'I am responsible for my own state of my life.' Happiness is not outside. One needs to search it inside.

Sonali Shetkar



Feeling happy, giving thanks

First of all salutations to my teacher and all the Gurus who brought this great teaching to India. My humble gratitude is to Guru Ding Le Mei who bestowed on us this great teaching.

When I joined basic course in November 2014 in Thane, my life was in a flux. I was experimenting with too many options to improve my health and restlessness. Fortunately, our teacher made us practice different breathing techniques and was very patient with our queries. This helped me to complete the basic course.

I started to practice breathing exercises regularly. Initially, I could do it only in the morning for only 20 minutes. But, as I could see real benefits, I increased my practice to 40 minutes in the morning. I started doing meditation in the evening. But unfortunately I am yet to achieve the level I want to attain in meditation. However, I regularly do two sets of pranayama in the evening.

Beneficial changes that accrued to me related to physical aspects can be summarised in following table:



Month	BP Tablets	Diabetes Tablets	Weight, Kg	Fasting sugar level
November 2014	Two Types	Two	76	130 to 140
March 2015	Half of each	Only one	73	120
May 2015	Quarter of each	NIL	70	100 to 110
July 2015	NIL	NIL	68	100 to 110
October 2015	NIL	NIL	68	100 to 110

Note:

- * My age is 54 and my height is 167 cms. I am working.
- * Reduction in medication was done under guidance of my Doctor
- * Side effects of tablets including elevated liver enzyme have become normal

After completing basic course, I joined advanced course in April 2015. After joining Brahmavidya, my outlook towards life has changed and I have become more holistic in all aspects of life. I try not to shout at anybody. I have almost succeeded in avoiding feelings of envy, jealousy or hatred. I have also adopted holistic eating habits. I do not eat processed food or fried food. Hence white flour (maida), sugar and deep fried foods are not in my menu!

Even when I have time constraint, I do at least pranayama, memory developing breath and one of the remaining breathing exercises. I have constantly tried to improve my posture even though my body is not very flexible.

I had a tendency to take Brahmavidya course as an intellectual exercise for I am comparatively well read. Now while doing advanced course, realisation dawned on me that it is not an intellectual exercise. This is a teaching which should be practised and experienced rather than read.

G S Bhatt





A science to be lived and experienced

I Ganesh Shanbhag , aged , 50 , resident of Thane –west, qualified Chartered Accountant, working as a head Finance for a reputed manufacturing firm in health products have started the Basic Course in May 2014 and completed the 22 weeks. Sincerely attended all the 22 weeks without keeping any prejudice keeping all intelligent reasoning in the bag.

I rejoined the Advance course on 19th April 2015 at the same place under the same teacher. I have completed 24 weeks till now. I wish to spread the light of Brahma Vidya by sharing my life experience revealed to me on my physical body and on inner consciousness through learning and regular practice as instructed.

Although my experiences in the form of effects on the body and mind are difficult to express in words, as it is nothing less than a miracle for me. Nevertheless, I have tried to articulate them with great warmth and feelings for the benefit of my present and prospective colleagues, aspirants and general population.

I have been practising Pranayama, meditational affirmations, all exercises with affirmations regularly wherever I am and however the hectic work may be.

1. I have seen a drastic reduction in my Blood pressure (secondary hypertension). Medications which I have been taking since last 20 years have been completely stopped by the doctors since last 8 months and it took me almost 2 months to convince my inner body that it has really disappeared.
2. Following the completion of Basic course, I could undergo a critical life threatening surgery with complete positive frame of mind and weather all painful processes with ease without any negative thoughts.
3. Post my surgery, the advance course teachings has awakened my self-confidence and consciousness and all could see a radical change in my behaviour in terms of controlling my speech, frustrations, anger, ability to explain and convince and importantly tremendous increase in listening power.



I thank brahmavidya for the revelations of life and wish that all the readers should join this course to experience the same.

Ganesh Shanbhag



For peaceful and healthy life

The Brahmavidya Basic Course was definitely a rejuvenating session where the importance of breathing and its techniques were emphasized and were made to practice regularly making it a part and parcel of our life. The meditation techniques are designed to promote relaxation which, builds our internal energy, develop a feeling of compassion, patience, generosity and forgiveness. It had a calming effect on me and I felt quite energised.

Now, I have less pain in my knees, and walk quite a distance which was not possible earlier. My thyroid and sugar level has also touched the normal status. My high BP is also normal now.

Rita Bose



An amazing experience

“Sometimes, a small observation or help by a friend can change the entire life”. I would not have believed this line, if it had not happened with me.

I work for a MNC and I love my work. My profile gives me the opportunity to travel to different places nationally and internationally. But, along with it, comes health issues also, due to regular travelling. More than a year back, I started having body ache. I was frequently catching cold and fever. I had developed a habit of taking painkillers on regular basis. On checking, my family doctor also found that my BP was fluctuating on higher side consistently. On the top of that my snoring was increasing gradually which was sometimes unbearable



for my family. All my well wishers were really worried about my future and I was very much concerned about my family.

During an official trip, one of my colleagues, came across my snoring. On my request I have again got the permission to join the new basic course session. The fact that I am joining it again, shows the value that Brahma Vidya has acquired in my life. It has been a wonderful journey till now. Due to practice of the breathing exercises and meditation, I have been able to get rid of most of body ache. I snore a lot less now. Since last 2-3 months, there has been no need of any pain killers. My concentration level has increased. I have been able to take a control of many negative thoughts which were prevalent when I was not well. This course is like my weekly oxygen dose.

Patra Biswajayee



Brahma Vidya and career advancement

When I was in 8th standard. I was lacking in concentration and so it was difficult for me to sit in one place and study. I always drifted away in my thoughts. Although my academic performance was not bad but I was also told by my teachers that I could do better and I had a lot of potential. But because of my lack of concentration I did not do justice to my intelligence. Then my best friend's mother suggested this Brahma Vidya children's course to my mother.

Thereafter I joined Brahma Vidya children's course. Eventually with regular practice of the breathing exercises I observed some positive changes in myself.

I started feeling more positive and energetic. It increased my stamina to study for longer duration. It had positive effect on my marks as well. Even during my SSC exams I did not feel any anxiety or stress during the exam period. I could face my examination with full confidence and I passed out with 90% marks.

With the practice of Brahma Vidya and hard work I could manage to do well in my CA entrance exams. And currently I am studying for



CA and BCOM simultaneously.

Earlier it was difficult for me to study for even 2 hours but now I can study for more than 12 hours without feeling tired. This is because I practice Brahmavidya daily. Since Brahmavidya has benefited me a lot I have taken a firm decision of learning Brahmavidya further and also practising it forever.

Hence I joined the Brahmavidya basic course. The basic course in Brahmavidya has taught me the importance of right thinking, speech, emotions and feelings. Now I consciously make efforts to speak correctly, think right and have control of my emotions. For all these things I thank Brahmavidya and show gratitude towards all my teachers.

Shreya Gupte



Best solution for respiratory ailments

Hi! I am 22 yrs old working in an Educational Institute. From the past one year before joining Brahmavidya Course I was suffering from severe breathing problems.

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 and all outside food. Even if sometimes I did indulge in those items I had to suffer from breathing ailments due to chest congestion. And also I had to carry my Rotahaler with Seroflo rotacaps 250 which I used to inhale everywhere I went and whatever I ate outside. There was a fear inside me.

It was then that an uncle suggested me to join Brahmavidya. So I joined Brahmavidya and regularly started practising the breathing exercises. Within one month I could see the amazing results. My breathing improved and I didn't feel the need to use the inhaler the whole month and till date I haven't used it.

Now, I can even indulge in my favourite spicy foods topped with cheese and butter without the fear of illness.

All this was possible because of Brahmavidya, my health has



improved, my breathing problem has been cured and I have also become more energetic and happy. This is a true blessing for mankind.

Siddhant Ramlu Bitla



Develop a positive attitude

I would like to touch upon few aspects of Brahmavidya. Throughout the journey of my life I was fascinated about the Meditation and exercising to remain stress-free and fit (healthy). For this I thank my brother and particularly some of my friends who were practising Brahmavidya and urged me to learn it as well.

In 2005, I read the book 'The Monk Who Sold His Ferrari', in which the eight fold path for healthy life was described by the author. This time I decided to give it a go and started searching for classes in Vashi. I came across the advertisement of Brahmavidya in one of the news papers. I enquired and joined the batch. I completed the basic course and continued the practice at home thereafter. But then, you need to give time and lot of efforts to continue it. Somehow I couldn't continue the same zeal (enthusiasm) and slowly turned back to my regular exercises only. But though I was doing regular exercises, I started developing few health issues. The major one was that of cervical spondylitis. And I felt the need to join the class once again and did it last year.

This time I decided to do it wholeheartedly. And I am happy to mention that I am doing it quite sincerely. I repeated the basic course and look forward to do the advance course as well.

Brahmavidya is very simple to understand. As you practice the exercises you start feeling very lively. You start facing the problems of day to day life with positive attitude and hence always feel stress-free.

My spondylitis though not fully cured, doesn't bother me anymore and I am sure, I will not have to visit a doctor for it or to wear the neck-collar. I have overcome the frequent cold and cough. My digestive



system has shown improvement. Most importantly, I could climb the Sinhgad at Pune (around 2500 fit height) this year in 1 hour (which is said to be a pr-requirement for Himalayan trekking) and I am now ready to go for trekking in Himalayas in the coming summer for the first time in life. I hope this ancient vidya reaches out to more and more people.

Avinash B Gadekar



Brahmavidya Children's Course conducted at M H Vidyalaya, Thane



Brahma Vidya Children's Course participants



Students practising Brahma Vidya breathing exercises



A new world

Brahmavidya can be learnt by children from the age of ten years. The Children's Course of Brahmavidya consists of seven weekly classes in which children are taught eight spiritual breathing exercises and prayers. Many students have benefitted from these classes:

Stuti Chaudhary : I am Stuti Chaudhary of F.A. School No.3 and would like to share my experience with Brahmavidya. Whenever I go to Brahmavidya class, I feel like I am in a new world. Whenever I do my exercise, I feel energetic, happy and pure from within my body. My concentration has increased and I don't get bored easily while studying, and now I can run for more distance, so I would like to invite all children to learn Brahmavidya.

Yash Achare : I thank Brahmavidya Sadhak Sangh and my teacher for teaching us Brahmavidya which is an effective science. I learnt the breathing exercises and prayers. I feel that, today after completing the class, I am a changed person as my confidence level has improved. I have started taking more interest in studies and I also get more time to play than before. And definitely I will be one of the top rankers in the class. And please remember the slogan, "Be Happy, Keep Smiling."

Harsh Keny : Since I started practising the breathing exercises, I have been more energetic. I feel inspired to do many things. I feel better after doing the breathing exercises. I feel very strong. Previously I used to get tired often but now it has changed. I can do my work very easily and my speed has also increased. My concentration has improved. I can now memorise my answers faster than I before. I also help my parents in doing their work sometimes. Thank you Brahmavidya.

Pranav Pravinkumar : After practising Brahmavidya I feel very energetic and relaxed. I give my maximum time to studies without any laziness. Previously I was a lazy boy. I would feel very sleepy while studying in the morning but after doing the eight spiritual breathing exercises and reciting the prayers, I feel energetic.

Neeraj : When I started this course, I was having cold. But by practising Brahmavidya exercises I am fit and fine. My concentration



has improved. Earlier, I was not so fast in running. By doing Brahmavidya my stamina has increased. Now, I am the fastest boy in the class.

Neha Mahamuni : I feel that, Brahmavidya exercises are the best and easy to practice. Earlier, I used to feel low and always had some breathing problems. But now after having seven weeks of practice under guidance of dear teachers I have fun doing these exercises. I can concentrate on my studies better and I am able to fix my goals. So I assure myself that, I will sincerely do Brahmavidya everyday in my life. I am really thankful to Brahmavidya for giving me knowledge.

Ronak Pardeshi : When I got to know about Brahmavidya from my teacher, I was very excited to join the course. And really it helped me a lot because of Brahmavidya I started taking more interest in my studies instead of wasting time in playing or watching television. My memory power increased due to practice of Brahmavidya. I did not like Marathi and Hindi subjects. But now, I have improved in these subjects too. Earlier I used to get 15 or 16 marks out of 20, but now I got full marks in both Algebra and Geometry and I give full credit to Brahmavidya.

Aman Kadam : Before joining Brahmavidya class I used to feel disturbed and had a lot of negative thoughts. But, after my course, I was completely changed, my concentration improved and I started thinking positively. I had also increased my grasping power. It helped me in studies. Where I used to sit for studies for four to five hours to complete it, now I sit only for two to three hours and complete it and also get time to read books to increase my knowledge. So thank you Brahmavidya!



I miss my Brahmavidya classes

Over a span of eight weeks, I enjoyed very much at Brahmavidya class. I thank our teacher for teaching us this wonderful spiritual science. She taught us –



- a) Pranayam
- b) Eight spiritual breathing exercises
- c) Nine universal positives
- d) And one simple prayer.

She told us stories with morals after each class and told us to apply those in our life. Because of these exercises my concentration and memory has increased. Now, I finish my studies faster. I am very sad that these eight weeks passed by so fast. But, “All is well that ends well.”

Abhinav Jayachandra



Of happiness, strength and more

‘Brahmavidya’ is the abode of happiness. By doing these exercises, all of us can gain happiness throughout our life. Practising these exercises regularly helps us physically as well as mentally as we are able to improve our breathing. Earlier, I was not able to participate in any competition as I was scared, but now, I am able to take part in many competitions like essay competition, drawing competition, dance competition, also I started thinking positively. I feel refreshed and enthusiastic throughout the day. Practice of Brahmavidya has helped me to improve my concentration in studies and I find myself healthier, happier and more peaceful.

Saumya Shaji



Increased efficiency and confidence

Brahmavidya has made me confident. At first I did not practice so often but after the second week, I managed to find time for regular practice. Doing it regularly, I realised that I feel energetic till the end of the day. My lung capacity increased that helped me in singing. When it comes to studies, my concentration and memory power has



increased. Due to this my work gets over faster. This is my experience about Brahmavidya. I am also involved in running and now my speed has increased and my time limit has reduced.

Anushri Rao



Life altering knowledge

Firstly, I would like to thank my teacher for giving me this precious knowledge of Brahmavidya. Over the seven weeks when I practised Brahmavidya I was able to stay fit and healthy. I am studying in Std. XII and I have tests in my class every week and have to study for it all the time. Brahmavidya gives me the much needed break between my study hours. After practising the exercises I feel refreshed and energetic and feel that I can study for more hours. Nowadays, I don't get to play due to my studies. This had lowered the level of my physical activities. By doing Brahmavidya exercises daily I stay fit and it compensates for my outdoor playing.

Practice of Brahmavidya exercises helps me to keep my body warm and active and I don't feel lazy at all.

T. Shivram



A science for making life easier

I am a student of Brahmavidya Children's Course. My mother who has benefitted from Brahmavidya encouraged me to join the course.

I am studying in 7th standard and have a very busy schedule. This busy schedule used to make me feel very tired and I also used to get severe headaches. I also used to feel very angry and irritated at times. But after I started practising breathing exercises, I never got my headaches again. After coming back from school, I feel fresh and energetic. I am happy that I have joined this course.

Bhavya Kurup

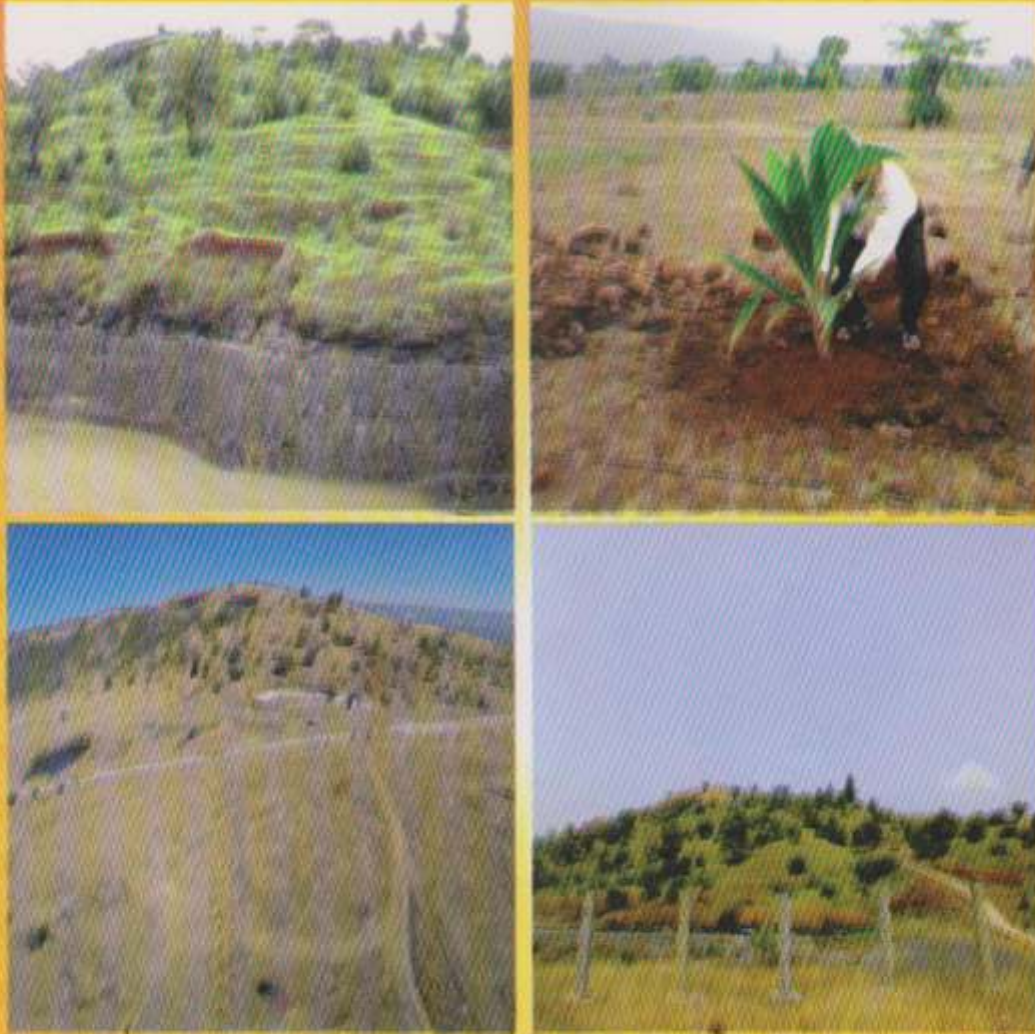


Release of English Pradnya 2015 at
English Annual gathering held at Dadar



Nobles of the light at Advance Course gathering, Pune, 2015

Arohan Ashram






Brahma Vidya Sadhak Charitable Trust's

Brahma Vidya Sadhak Sangh

Brahma Vidya Sadhak Charitable Trust : Registration No . E-1995

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