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PRADNYA

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PRADNYA



|| Let there be Light || Let there be Light || Let there be Light ||



॥ 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 I
DNYAN PRAPTYARTHA PRASTHANAM RAJMARGE KAROMYAHAM II
SANTUSHTOHAM KRUTADNYOHAM KRUTARTHOHAM PUNHA PUNHA I
PRAN NAD TEJOTITAM BRAHMAVIDYAM NAMAYAHAM II

Meaning: Having paid my respects to Brahmavidya and my teacher,
I begin my journey on the noble path to gain (Self) Knowledge. Again and
again I feel that I am happy, I am grateful and I am blessed. Again and
again I bow to Brahmavidya, which is beyond Breath, Sound and Light.

• Our Vision •

Physical, mental and spiritual development
of the entire human race

• Our Mission •

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

VISIT OUR WEBSITE



An overwhelming response

Since the launch of our 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>

Visit us on YouTube

<https://www.youtube.com/c/brahmavidyasadhaksangh>

Visit us on Instagram

 [brahmavidya_sadhak_sangh](https://www.instagram.com/brahmavidya_sadhak_sangh)

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DISCLAIMER

Thousands of students have reported improvement in their health by practicing 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



Anita Korde



Leena Nair

These teachers conduct Basic Course in English

Brahmavidya Ashram : Arohan



Steps leading to Arohan



Brahma Vidya Sadhak Sangh

Brahma Vidya Ashram : Arohan





Editorial

Greetings!

Following the maxim: 'Let There Be Light,' teachers & volunteers of Brahmavidya are diligently and selflessly working towards spreading the light of Brahmavidya all over the world.



Sugandha Indulkar

It has been an eventful year for all those in Brahmavidya.

As we all know the digital world has revolutionised lives across the world. This is especially important in dissemination of information. The Sangh too, makes excellent use of this revolution and is leading hundreds of eager learners from across the globe into the light of Brahmavidya. Moreover, the Sangh is organizing every month, Basic course camps at Jai Hind Mahavir Center at Lonavala. It is a serene place with cozy clean accommodation and tasty vegetarian food.

This book you hold in your hands is not just any other annual souvenir, it is a treasure trove of experiences of many sincere followers who have been able to overcome many difficulties through regular practice and some who have discussed important aspects of Brahmavidya through their contemplation. There are experiences written by children. There is a detailed report of the year-long activities of the Brahmavidya Sadhak Sangh. It also includes an updated status of the Aarohan Ashram, a dream project, which is developing rapidly.

Here we give thanks to all those who were directly or indirectly responsible for publishing this annual souvenir of Brahmavidya Sadhak Sangh – all those who contributed their articles, helped us with typing, page making and printing of this edition. We are thankful to all the page donors & Sarathi Enterprises : Shri Amol Dharme, Shri Yatin Panse and rest of the office staff who have been helping us with the designing and printing of this souvenir & Mrs. Pradnya Harankhedkar for cover page.

Let us all join forces and vow to do our best to spread the light of Brahmavidya.

We give thanks! We give thanks! We give thanks!



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Brahma Vidya Sadhak Sangh

Learn Brahma Vidya by Correspondence

Students from India and abroad have been studying the various courses of Brahma Vidya by correspondence. This is one of the steps taken by the Trust for spreading the teachings of Brahma Vidya far and wide. The aspirants who are not able to attend the regular class due to geographical distance or due to any other reason enroll for correspondence course. They receive four lessons per month at their given address. The lessons give simple and clear instructions for the student to follow. Students can contact the teacher for guidance. Students who have studied by correspondence upto 2019 are Basic course **2479** , Advance Course **344**, Teachers Training Course **171**, Childrens' Course **43**.

Aspirants can call on **022 - 2534 7799 / 2533 9977** for further details.

Learn Brahma Vidya by Skype

Brahma Vidya Sadhak Sangh has introduced Skype facility for distance learning.

We are happy to share that students from Australia, U.K., U.S. & from Chennai, Delhi, Kolkata, Bengaluru have availed of skype facility, for learning the Basic Course as well as the Advance Course of Brahma Vidya.

Teacher and Student decide a mutually convenient time to connect on skype. Every lesson is covered with demonstration and detailed explanation. Student and Teacher interact for better understanding of exercises and concepts.

For details :

bssthaneoffice@gmail.com, bssthaneoffice@rediffmail.com

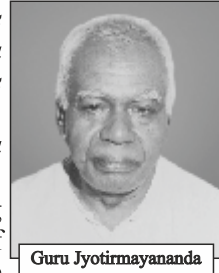
Contact Details for Basic & Children's Course

Central Mumbai - Ruchira Godbole 9987383384 • South Mumbai -
Asha Indap 9967974058 • Western Mumbai - Dr. Shubhada Apte
9870227746 • Navi Mumbai - Yamini Chachad 9820680689
Pune - Rajan Nagane 9623032458, Narendra Dravid 9822027388



Dispelling anxiety and restoring self-confidence

K.S.Ramnathan who was later recognised as Guru Jyotirmayananda learnt Brahmavidya from Guru Ding Le Mei. He then taught this unique science to several students in India. Shri. Jayant Divekar, Chief Trustee Brahmavidya Sadhak Sangh was his student since 1980.



Guru Jyotirmayananda

Fear, anxiety and lack of confidence is increasing day by day among men, women and children. If we observe in the busy morning hours, we can see people at bus stops eagerly waiting for the bus and as the bus nears the stop, people rush forward ignoring all discipline, uncaring whether they inconvenience or push aside old people, women or children. Their only aim is to get into the bus. The same situation prevails at the railway stations. The same scene can be seen in front of cinema halls either for buying tickets, or entering the theatre by the main entrance - all in haste. Seeing how the elders behave, young children learn to be disorderly, hasty and undisciplined. Why is such a situation continuing and are there no solutions? Surely, there are if one cares to follow some simple rules.

If one such passenger who manages to get into the bus or the train is asked to reason whether the method or attitude he had adopted was right, or appeals to his reason as right, he will have many explanations to offer for his action; he will probably say:

- a) That he could not afford to miss that particular bus, or that he has already missed many buses;
- b) That if he does not reach his office in time, he is the only loser as his wages will be cut for late coming;
- c) That discipline or orderliness doesn't work these days, as nobody is observing them and that he has to move with the time and so on.

We all know that time is willing to be at our disposal. You can utilize time or waste it. But if you can think and plan your daily routine, time is always willing to come to your aid. Of course, you may have to avail the time.

It will not be difficult to wake up a little earlier every day and make a habit of starting early from home to catch your usual bus. Allow those ahead of you to board the bus and, with the confidence that you still



have time at your disposal, you will be free from tension and anxiety while you board the bus. Of course this discipline has to be followed by everybody, and surprisingly, everyone will derive relief and confidence as they practice this method in their everyday life. If elders behave and conduct their duties in an orderly and disciplined manner, the younger generation will follow suit as disciplined and orderly citizens of tomorrow. We have to educate ourselves in orderliness and discipline in all our avocations and, through the reflection of our actions and efforts, others too will benefit and there will be an atmosphere of peace, cheer and coordination at public places. There will be a smile on the faces of people, a general feeling of trust and discipline amongst all.

If disorderly behaviour can develop into a mass contagion - then orderly and disciplined behavior will equally spread its fragrance and more and more people will surely make an effort to do likewise. Never generally condemn that the public will never improve. After all, the public comprises individual human beings like you and me, and everyone has the power to think and reason and correct themselves to reform their habits. The present trend of increasing fear, anxiety and lack of trust and confidence has to be reversed and, if you care, you can surely do it.

There is another aspect of fear. Life is a battlefield for most people. Most people instinctively feel that they have to fight. But they never think about it. Through the action of the 'race' mind they come to assume that everything is against them and, at times, they even feel that God is against them. We, the students of 'Brahma Vidya' know how diametrically opposite is the Truth. Everything is within us. You will have your ideas, perhaps, on what fear has done in your life and how you have observed its action and reaction in the lives of other people. There is nothing to fear in life! While it is possible for some of us to remove fear from the minds of some people, it may only partially be dispelled instead of being removed altogether. Each of us has to do that for ourself. Every negative condition, physical, mental, moral, spiritual - has its basis in fear. That is why the human race is still struggling along in the many phases of life - gathering mistrust among nations, resulting in war and destruction, one section of people pushing the other, pulling, half-believing, being continuously



disappointed, trying to find faults in others and ultimately trying to find an escape from fear - and get no nearer - to a solution. You see, the beautiful truth is that God cannot change, and God is 'All'.

You will agree with me that there is nothing but God everywhere - there is "God and you"; there isn't "you and me and God" - all is God. To us this is obvious. We see God present everywhere within every living thing. But the great majority of people are still in darkness, unable to see this one basic fact of all existence. Hence they go on fighting endlessly. They endeavour to swim against instead of with the stream!

The students of 'Brahmavidya' know from the study and practice of their lessons that there is but One God, One Wisdom, that there is but One Loving Entity and this Law cannot be changed. Therefore, seeing that there is the one fundamental foundation of all existence, why should there be any element of fear?

Of course, when we tell an uninitiated person - the average person, that he is God and cannot be anything else, it would disturb him and shock him. But if we simply say that "You are the Temple of the Living God", it will give him an intellectual idea of the meaning. Every home has someone to live in it and, if you are the Temple of the Living God, and I am the Temple of the Living God, what is it that lives in the Temple? IT IS THAT WE ARE!

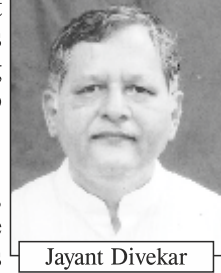
So, self-unfoldment into truth is always a personal affair. Even the physical body is such a gloriously accurate and beautiful thing. We can go within ourselves and are able to generate feelings, emotions, aspirations, ambitions to such a degree that we are lifted on high and we surpass ourselves in our own knowledge!

"The Conditions of conquest are easy;
we have but to toil awhile, endure awhile, believe
always, and NEVER TURN BACK!"



Material vs. Spiritual

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



Jayant Divekar

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

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

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

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



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

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

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

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

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

With my best wishes,

Jayant Divekar, Chief Trustee, Brahma Vidya Sadhak Sangh

- In memory of My neice Shweta with gratitude from Kamala Venkataraman
- In Memory of My Husband with gratitude from Vijaya Murthy



Let there be light

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



Asha Indap

The work of spreading and propagating the teachings of Brahma Vidya was commenced by Guru Jyotirmayananda in Mumbai and its suburbs. Thereafter, his disciple Shri Jayant Divekar Sir whom we fondly address as Guruji continued the work of spreading the light of Brahma Vidya. He translated all the English lessons in Marathi. As a result the knowledge of Brahma Vidya has spread rapidly across Maharashtra.

In the year 1997, Brahma Vidya 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 Brahma Vidya. The contribution of Brahma Vidya teachers is immeasurable in spreading the knowledge of Brahma Vidya. They truly are the convenors of Brahma Vidya. Hence, the Trust has focused intensively on training of teachers.

The teachings of Brahma Vidya are divided in four levels:

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

All the classes are conducted once a week for 1½ hours. A student completes all the courses in around 5-6 years. After completion of the above levels a student is eligible to attend the teachers workshop if he or she wishes to become a teacher. After successfully completing the workshop the Teacher is selected by the panel - Guruji and Senior Teachers.

It takes around 6-7 years for a teacher to develop. During this period the student is enriched with a variety of experiences by being part of



various 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. The classes are conducted by trained teachers at all levels in English, Marathi, Hindi and Gujarati.

Introduction of Brahmavidya as a subject in College Curriculum :

Nagindas Khandwala College of Commerce & Economics at Malad, has introduced Brahmavidya course as a subject in their curriculum, and the students who opt for Brahmavidya get credits. Third batch of Brahmavidya Basic Course has been completed. We are in the process of introducing Brahmavidya in other colleges.

Introduction was arranged at various Offices, Companies ,Schools and Colleges. In some Companies regular classes have already commenced. If anyone wishes to arrange introduction to Brahmavidya in their office/ Company they can contact us on our E-mail ID –bssccorporateteam@gmail.com.

Website: www.Brahmavidya.net,
Facebook: Brahmavidya Sadhak Sangh,
You Tube: BrahmavidyaSadhakSangh.
Instagram : brahmavidya_sadhak_sangh

Brahmavidya and Modern Technology : With Modern Technology it has become very convenient to reach out to students in any part of the world.

Brahmavidya APP (Audio Media)

Mass SMS, bitly link , whatsapp is very useful to contact our ex-students , and to provide class details to aspiring students.

Skype: It has become easy to teach students anywhere in India and abroad through skype. So far, Childrens' course-2 students, Basic Course-13 students and Advance Course -5 students have undertaken learning through Skype.

Brahmavidya Sadhak Sangh regularly conducts classes at all levels.
Every year for the Children's Course (students in the age group of 10-

- In memory of my late farther with gratitude from Rajalakshmi
- In memory of Smt. Santoshrani Gupta (Mother) with gratitude from Meena Rath



18 years), around 2000 students enroll, while for the Basic Course (students above 18yrs) more than 12,000 students enroll.

1st July 2018 to 30th June 2019

Course	Students
Children's	1,372
Basic	9,412
Advance	370
Teachers training	334

Residential Camps : The Trust regularly conducts five-day residential camps every month of Basic Course in Marathi, English, Hindi & Gujarati at Jai Hind Mahavir Health Centre, Lonavala. It is a serene place with cozy clean accommodation and tasty vegetarian food. The information is available on Facebook . There is a great response for the residential camps from all over the country.

Non Residential Camps in English were conducted at Bengaluru & Chennai.

Gathering : The Trust organises Annual Gatherings at various locations. The students across the region meet, share and exchange their thoughts. Guruji conducts group practice of all students, which is a major highlight of these gatherings. A recount of the annual activities of the Trust is also presented during the gatherings. Such gatherings become a memorable enriching experience for all the students.

Revision class: Many students after completing the course are unable to maintain regularity in their practice hence the Trust has started Revision classes at various centres. The Teachers conduct Revision classes as follows :

Basic Course Practice Session: 7 weeks • Basic Course Revision Session : 11 weeks • Advance Course Revision Session : 26 weeks • Advance Course Practice Session: 14 weeks

Residential Camps for Advance Course Revision are regularly conducted in English & Marathi. We urge all students to be 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 the practice.

Students' study trips are also arranged so that they come together & practice together.

Shri Jayant Divekar Guruji used to conduct the Teachers Training Course for all these years, however from 2014, three senior teachers Dr Nitanta Shevade and Shri Sanjay Sathe and Ms Ruchira Godbole conduct Teachers' Training Course and Ms Swati Jog will start teaching Teachers Training Course in near future.

International Yoga day : On the occasion of yoga day collective practice was arranged at Mumbai, Pune and Nashik

Interview of Brahma Vidya Teachers on Television :

1. Channel- Saam
Program – Saam Pragati Mantra
Date- 19th July, 19
Time -3.30pm –Dr Nitanta Shevade.



2. Channel –Zee24 taas
Program – Hello 24 Taas
Date -13th July, 19
Time- 11.30 am Ms Ruchira Godbole



The programs helped in spreading Brahma Vidya awareness to many viewers.

Office: The office of the Trust is always open for enquiries pertaining to the courses and the classes at different locations. The office staff is ever eager to answer to the phone calls received throughout the day. The preparation for all the above mentioned camps and gatherings is done at the office. They provide all the required materials for these activities. The printing of all the lessons and pamphlets is carried out and supervised at the office. Later the appropriate material is dispatched to the teachers.

The office staff along with the support of the senior and responsible members also takes care of all financial matters very meticulously . It

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

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

Office Timing: 10.00am -1.00pm, 4.00 pm - 7.00 pm, office remains closed on Sundays.

Borivali: Phone no: 9833957365

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 receiving a good response from students. It is important to inform the office for any change of address. Do mention "Life Time Membership" on the envelope.

The number of page donations has seen a significant increase. The souvenir is released annually by the Trust in English and Marathi. Annual souvenir 'Pradnya' is released by Shri Divekar Sir at annual gathering.

Page Donation: any student can make a contribution of Rs 500/- in memory of or as Gratitude towards Page Donation.

Those who contribute towards Pradnya through articles, experiences, poems etc get a complimentary copy couriered to their residential address. As a contributor please share your full name, address, contact no, e-mail address, and photograph with your name written on the reverse, along with the article, experience etc. This brings ease in the communication process.

Let us pledge to spread the Light of Brahavidya far and wide and start working towards it! We appeal all our readers to help us in our endeavour to spread the teachings of BRAHMAVIDYA Right Breathing and Right Thinking.



Arohan Ashram: A dream come true

Here's a quick glance at the development on the Arohan Ashram front



Jayant Divekar

Dear Readers,

Brahma Vidya Sadhak Sangh has embarked upon an ambitious project to build its own Ashram. In July 2010, during the Guru Purnima programme, all teachers had shown keen interest in building the Ashram. It was decided to search for a large plot between Mumbai and Pune, keeping in mind future expansion. Accordingly, in March 2011 an appeal was made to every Advance Course student to donate Rs 10,000 or more and every Basic Course student to donate Rs 1000 or more as gratitude for this project. So far we have received an overwhelming response to this appeal and a sum of Rs 12 crore 89 lakhs as gratitude donation has been received by the Sangh. We, at Brahma Vidya Sadhak Sangh take this opportunity to express our gratitude to all donors. Out of this sum a plot of land near Kamshet has been purchased at a cost of Rs 3 crore. A stone masonry compound wall and stairway to the hillock is constructed. A cost of around Rs 2 crore 32 lakhs has been incurred towards this construction.

The said plot admeasuring about 18 acres (14 kms from Kamshet) is endowed with natural scenic beauty and is located between Uksan and Shiravata Dam. The plot is well connected by a motorable road and regular ST buses are available from Kamshet. It takes about two hours and thirty minutes from Thane and one hour and thirty minutes from Pune to reach the plot by car. The purchase of plot and the initial construction has been completed. The estimated cost for construction of the Arohan Ashram would be around Rs 5 crores. Initially it is planned to accommodate 55 students, (offering facilities of lodging and boarding for residential camps), so that all residential camps can be conducted in this Ashram. In addition, students interested in staying here for practice and study of Brahma Vidya can avail of this facility at a reasonable cost.



The sangh has now a balance of Rs 7.57crores, which can be utilised for the construction of the first building - Aarohan Ashram- as the required amount is available with the Sangh. We have immense pleasure to inform all that the site maps have received the clearance certificate and construction of 2 Halls is expected to commence in the next few months.

The Trustees and the Vibhag Pramukhs in their meeting decided to increase the no of 5 Days Basic course Residential Camps before the Ashram building work be commenced. As per the decision we have been conducting atleast 2 Residential camps from september 2019.. We hope that these camps will be successful so that we can commence the Ashram building work somewhere around October 2020. Hence it is appealed to all to get more students to attend the Camps.

We trustees and teachers once again express our heartfelt gratitude towards all donors. It is solely due to their generous support that we are able to fulfill this dream – Arohan Ashram. However, this is just the beginning. We are now in a position to build 3 buildings and a meditation centre on the proposed plot. We hope that the teachings of Brahmavidya spread far and wide. We humbly request you to avail of this opportunity and offer as much gratitude as possible to Brahmavidya. Above all, give your donations with Joy so that what we create out of it will be symbol of Joy.

Thank you.

For Brahmavidya Sadhak Charitable Trust

Yours humbly,

All Trustees and teachers.

Note : Kindly draw the cheques (payable at par in Mumbai) in favour of "Brahmavidya Sadhak Charitable Trust". Write following details on the reverse of the cheque : Your Name, Mobile/Landline No., PAN No., Centre of course and 'Gratitude for Ashram.' You can avail of 80G concession for this Donation. Cash or cheques can be given to any Basic Course, Advance Course Teacher or in the Trust Office.



Brahma Vidya on digital and social media map.

The Beautiful science of Brahma Vidya is a global science. The great masters of Brahma Vidya and our dear respected Divekar Guruji have dedicated their lives to spreading the Light of divine wisdom.



Dr. Nitanta Shevade

Taking this divine torch ahead, footprints of Brahma Vidya are present on internet, various social media sites and mobile app. Presence of Brahma Vidya on the web is well received by one and all. Eager learners from across the world are in touch with Brahma Vidya Sadhak Sangh through Website, Facebook, YouTube, Instagram, and SMS where they receive information about classes and residential camps.

BSS has taken a plunge in the Audioapp and has dabbled into bitly. link cloud and learning through Skype. We have designed interesting audio videos and colourful informative posters to spread the awareness about key of health, success, happiness and peace on social media like whatsapp.

We have presented our activities and events on these platforms, through which we have reached out to thousands of people pan-India and across the globe and tried to connect people to the answers they are searching for. Our presence on social media helps to share various informative ideas and benefits of learning Brahma Vidya.

www.brahma Vidya.net is a powerful tool of communication and spreading the light, it speaks to the need of the individuals and gives them a clear action plan and helps to establish their goals.

The website displays timetable of 200+ classes, annual gatherings corporate intros etc., in News section we present all the upcoming events in the institution. We have a Payment gateway through our Online registration. People across the globe register through this facility. Website also features testimonials, gallery, audiovisual clips...

The **Facebook** page: Brahma Vidya Sadhak Sangh helps to connect and facilitate sharing of the ideas, thoughts of health and success through virtual networks and communities. Our facebook page, shares detailed inputs on all the 200+ classes and residential camps at the serene location at Lonavala.

YouTube Brahma VidyaSadhakSangh has various testimonials of our

- With gratitude from Sajjanraj Surana
- With gratitude from Shailaj Suresh Jagtap



students. The interviews of our teachers are featured on it. They have proved to be inspiring and motivating to many. This is a great space to discover about Brahmavidya.

Instagram brahmavidya_sadhak_sangh is picking up and gaining the popularity amongst the younger minds and generation.

Bitly was our small package, bada dhamaka!

In a single screen you get the text, audio video clip, timetable map, and online registration form.

SMS facility helps to share the class date, timings, venue and contact numbers. It helps people to respond when it is appropriate and convenient to them.

Audiovideos present deeper teachings of Brahmavidya in a simple, effective and easy to understand mode. The beautiful visuals make abstract ideas more concrete for beginners.

Skype provides a one-to-one mode of learning. It helps students to learn Brahmavidya sitting at home.


Audioapp is a great tool which enables users to use it offline. It has helped sadhaks to practice with audios on their mobile phones available to them 24x7. This tool for doing the sadhana is really at their fingertips.

A big enthusiastic and highly motivated team inclusive of teachers and students who participate in all our digital initiatives. The entire team is blessed with dedicated individuals. We are committed to cater to providing informative inputs, new creatives on our platforms in future.

We the digital team thank dear respected Gururji for the continuous guidance and the support. We thank all teachers and students and aspiring prospects for visiting our digital platforms and liking it, sharing it and thus joining hands in spreading the light of Brahmavidya far and wide. We appeal and welcome, one and all to visit our digital and social platforms.

www.brahmavidya.net

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 brahmavidyasadhaksangh



Habits –The makers of our destiny

Habit is our creative faculty, which creates for us, what we want it to create, says Anita Korde, Teacher, Basic Course



When we repeatedly do something over & over for a considerable period of time, it becomes a habit. Whatever we do in our life, we do by habit like walking, talking, breathing, thinking etc. Habit is very essential for our living. If we did not have the faculty of forming a habit then we would be learning the same thing again and again and life would have been very difficult. Habit is our creative faculty, which creates for us, what we want it to create.

When we look at ourselves, we see that we are slaves to our habits, we have formed a pattern, we have formed a habit and we live as per those. Habits can be good or bad. The habits which facilitate us in achieving our goals are good and which don't are bad. It is up to us to decide which habit we want to keep and which we want to change.

All our habits are stored in our Subconscious Mind. Our Subconscious mind is a repetitive mind. When we repeat the things consciously, we train our Subconscious Mind for doing these things. Once it is trained we do not have to pay attention to it as it has become a habit. For example walking, when we were small we trained our Subconscious mind to walk consciously, once it is trained now we do not have to pay attention to walking. We do it by habit.

A new habit can be formed in the same way the way we have formed the old habit that is by repeating the new pattern over and over again till it replaces the old pattern.

We have been breathing and thinking from the time we are born. Since nobody taught us to either think correctly or breathe correctly, we have taken both these things for granted. As a result, we do not breathe to our full capacity and we do not think correctly.



Most of our breathing is involuntary, automatic. Only when we pay attention and breathe consciously we are able to take complete breath, hold and exhale. The moment our attention is diverted it goes back to unconscious breathing. It is impossible to watch our breath all the time. Due to our sedentary lifestyle and wrong breathing habits we do not breathe correctly. We have formed the faulty habit of breathing, shallow breath. We know that oxygen in good quantity is required to remove impurities from the body. If not then the disastrous consequences of not breathing enough oxygen leads to many ailments in our body.

Since the habits are stored in the Subconscious Mind we need to make changes in the Subconscious Mind to form a new habit. The shallow breath can become full breath by doing the spiritual breathing exercises. As we practise it daily, we are training our body, our Subconscious Mind to breathe correctly and hence forming a habit so that it keeps breathing correctly even when we do not pay attention.

Our mind and body are connected, as a result of which, any negative thinking impacts our body adversely and also our chances of success in our chosen field are reduced greatly. We are sum total of all our thoughts. Like breathing we have the faculty of thinking consciously but most of the time it is unconscious. If we are thinking on a particular topic we think consciously but the moment our attention is diverted it goes back to unconscious thinking. So whatever negative thoughts we have built in our subconscious mind it will keep repeating and impacting our body.

The negative thinking can change to positive thinking through meditation. By regular practise of meditation we train our subconscious mind to think positive thoughts. So that even when we are not paying attention our thinking will be positive.



The spiritual breathing exercises ensure physical health and meditation ensures mental health. Both these are required for happiness and success in life.

Hence the regular Sadhana is required to stay on the path of health, happiness and success.

“Watch your thoughts, they become your words; watch your words, they become your actions; watch your actions, they become your habits; watch your habits, they become your character; watch your character, it becomes your destiny.”

~Lao Tzu

Laws of life

Sooner you learn immutable laws of nature
It will help you to bring a sea change in your character.
Your own breath will do lot of wonders
You will bow down with reverence with love for the
creator.

Regular practice of breathing exercises will ward off your
ailments

Meditation will bring you peace and contentment.

To bring all above things in reality you wish to know the
source?

To get an answer for above question please join
Brahma Vidya course.

-Sanjay Karandikar



Heal Thyself

Healing is not just a physical process. It acts at several deeper levels of the human existence. Healing is intrinsic and lasting in its effects. Superficial healing could be short-lived. And it is not that only those who are clinically unwell who need to be healed. Each one of us, regardless of age or status, religion or gender faces adversity, which hurts us at different levels of our existence. Healing therefore is a universal force, which works wonders for the human existence.



Sugandha Indulkar

Brahma Vidya aids healing. It creates the forces within each one, to heal totally. It gently eliminates the root cause of pain and restores peace, health and wellbeing. The effects are felt by each one who practices this science regularly.

Brahma Vidya comprises, primarily of eight spiritual breathing exercises and meditation. Theory and practice go hand in hand and lead each one to one's destination – even if one may not know what one's destination is.

Interestingly, Brahma Vidya Sadhak Sangh has experienced teachers, who have dedicated their lives to the propagation of this wonderful science. They work ceaselessly for all the students and often act as their friend, philosopher and guide. They teach the graded curriculum and gently yet effectively dispel any doubts which may arise in the minds of students. Their commitment to their work is indeed commendable. They do not do this in exchange of any monetary return. The success of their student is their achievement and they dedicatedly work towards achieving it. Therefore, Brahma Vidya has been accepted widely across India and even abroad. The science is perfect and effective. Success of the student is directly proportional to the sincerity of practice.

Brahma Vidya heals. It does so quite effectively and effortlessly, the results are often visible and felt by each one. All one has to do is practice. Practice regularly with total dedication and sincerity and the healing shall follow.



Brahmavidya Sadhak Sangh

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 students...

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? Here 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 of Life.*

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

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

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- In memory of Mrs. Rohini Ail with gratitude from Surekha Pradeep Uchilkar
 - In memory of Dr. Jagdish Nair with gratitude from Jyoti Manoj Nair



Can we say Brahmavidya is 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 emphasize on 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% 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. Due to better physical and mental health a person can do his daily work more efficiently. 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 without any difficulty.



Brahma Vidya, a Master Key to Progress

According to Uma Shah, Brahma Vidya is indeed the key to overall success, health and joy in life

Indeed friends, Brahma Vidya is an ultimate science to restore peace and order in human and the world, which seems entangled in the clutches of violence, hatred, corruption, intolerance and disrespect.

Brahma Vidya not only shows us the right path but also guides us through simple and effective breathing methods, to right living. The magic and magnanimity of this science cannot be described in a few words. In a nutshell I would say that, 'Brahma Vidya thy name is positivity'. Yes it teaches us positivity at every step, every level and every sphere of our life. Positivity of mind, of speech and action.

When I first heard of Brahma Vidya from my aunt three years back, I was suffering from Rheumatoid Arthritis. I was undergoing severe pain in almost all my joints. My mobility was badly affected. According to doctors my reports were normal but the ailment was symptomatic. My aunt inspired me to join the basic course.

It turned out to be a life changing experience. Within two months of practice I noticed fifty percent improvement. I started meditation later. I was amazed at how these simple yet very unique breathing techniques, worked on my mind and body. I understood the magnanimity of Brahma Vidya only after I joined the Advance Course.

I learned to understand and respect my body much more than earlier. Brahma Vidya made me realize that my body is the temple of the living God. My entire approach towards handling my body changed. I was always a disciplined person as far as my health and diet were concerned. Now I became more focused, more concerned, more aware of the greatness of my body and spirit.

Brahma Vidya breathing practices help us restore the eternal youth and energy lying latent within us. The hidden treasures within our body start getting manifested gradually. It is a journey to attain perfection at the level of mind, body and spirit.

The practices of Brahma Vidya increase our self esteem and show us the beauty of simple, stress free and blissful life. I do hope that my experience inspires one and all to regularly practice both the breathing techniques as well as meditation.



Better late than never

A sincere student, Agnes Kumar urges readers to join Brahmavidya Basic Course as soon as possible in order to unravel the mysteries of the human and divine

First of all, I would like to thank God and also Brahmavidya for imbining in us the true knowledge of the Almighty and ourselves.

At the request of one of my friends I just attended the introductory session but on listening to the teacher speak about the importance of Breath, I joined the class immediately to experience the Spiritual Breathing Exercises and how it benefits us.

Every Sunday was exciting with different interesting topics and exercises and also to know the in-depth knowledge of things which we were unaware of, for all these years, especially the importance of Breath.

These spiritual Breathing Exercises not only helped me physically but mentally as well. I was a very hyper person and used to get angry very quickly and due to which my health was affected in many ways. But within two weeks I started feeling the difference / the change in me. I never realized that within a short time I would benefit so much from the classes.

The aches and pains of my body have now vanished. I can even walk for an hour continuously without getting tired. I feel energetic / full of life / young / strong. I am able to co-relate with my office colleagues and Head of Department in a cordial manner. I am able to sort out problems giving good guidance and support to my Team. This has been observed and appreciated by my office Team. They even feel that I am looking younger and much beautiful than before. My whole life changed. After meditation I get sound sleep without any disturbance and wake up at 4.30 am sharp, without an alarm.

Sunday is day we get to rest and do so many chores of the entire week, but for self development / health, I feel little sacrifice of time is all that is required. One more thing, this has nothing to do with any particular religion / caste which was a doubt in my mind. It's all about life - how one can live and make it successful.

From the bottom of my heart I say "A big Thank You" to 'BRAHMAVIDYA' Teachings and my Guru for clearing all our doubts and timely support.

It was really an awesome experience joining Brahmavidya Basic Course. Dedication is very important.



Wholesome Healing

Brahma Vidya practice brings miraculous results feels Mala Hinduja

This happened four years ago. I experienced long spells of giddiness (vertigo) and that hampered my activities at home and at the workplace. I felt helpless and miserable. The meditation that I depended on, failed to give me the desired results, more so since the doctors could not diagnose the reason for the giddiness. This continued despite the medical treatment and rest. It was during that period that I recollected Brahma Vidya course that my deputy director had once recommended. I decided to give it a try and enrolled for a course. The very first session gave me a sense of tranquility and positivity. I started practicing the spiritual breathing exercises and realized the value of breath and prana energy. The nine universal positives became my favourite words and I used to repeat them 3-4 times a day. The feeling of giddiness gradually began to diminish and I started feeling more energetic. The practice of meditation and spiritual affirmations gave me a sense of calm and relaxation. After 11 weeks, there was a considerable improvement in my health and to my amazement, after 22 weeks, there was absolutely no sign of giddiness! My family noticed a remarkable change in my attitude, and this in turn encouraged me to be regular in my practices.

I owe thanks and much more to Brahma Vidya for restoring my health and to my teacher for guiding me. Needless to say that I am a joyful person now and that reflects in the way I interact with people.

Everything in life is not fixed – it can be changed by a miracle called 'Brahma Vidya'.



*Chief Trustee
Shri. Jayant Divekar
at
Dombivli Pragat Melava*

- In gratitude towards Shirsat Family from Vinit Shirsat
- In memory of Rukmani Krishnaswami (Mother in law) with gratitude from Govri Yegnanrayan



Get rid of respiratory ailments

'I would recommend Brahmavidya to every person on this earth,' says Deepa Nayak, who has derived her own set of benefits by her practice of Brahmavidya

I joined Brahmavidya in November 2011, the first batch in Andheri (E), Tolani College. At that time, I had a list of challenges in life. I was suffering from sinus problems. Every month, I used to get cold and cough lasting for weeks. I also used to get panic attacks very often. My BP was 130-90.

I admit, I was not a very sincere student of Brahmavidya at the beginning. My teacher's constant prodding to practice breathing exercises led me to think, "Let me try it."

I started feeling good after practicing the breathing exercises. Felt lighter from within. I started to keep a check whenever a negative thought entered my mind. My health improved. I don't suffer from cold and cough like before. Even if I do get it, I am cured in a day or two. My panic attacks have stopped. My blood pressure came down to normal. I am now doing my advance course in Brahmavidya from January 2018. I am now practicing every day.

Each one of us in Brahmavidya will surely notice a drastic change for the better at the physical, mental and spiritual level. I would recommend Brahmavidya to every person on this earth.

An Ageless Science

by Octogenarian V Mahadevan

I am very much glad that I joined the Brahmavidya Course. I regularly practice the breathing exercises, associated denials, affirmations and meditations. I am very much relaxed mentally and physically due to this. Brahmavidya taught me the proper understanding, right decisions, proper planning and right actions. The breathing exercises kept me physically sound and mentally peaceful.

I am 82 years young and joined this course five months ago. My knee used to pain and I had a limp. This problem is under control and manageable now.



Brahma Vidya – An experiment with my life

According to Girish R. Nitsure he observed changes in his overall thinking, performance and attitude towards others with regular practice of Brahma Vidya

I enrolled for the Basic Course in Brahma Vidya in February 2018 which was close to my place of residence. Being in English, it was difficult to understand in detail each and every sentence with its inner, hidden meaning with all its aspects. But I continued diligently and with faith. As the course was progressing towards 22 weeks, I personally realized changes in my overall thinking, performance and attitude towards others. For the first time, I started ignoring their debatable views on the subjects discussed. This I can attribute to the simple technique of meditation in Brahma Vidya under able guidance of my teacher.

I, now understand that although there are differences in details, the overall purpose of all Yoga programmes, including Brahma Vidya, is the same – oriented to spiritual progress of human beings and improvement of inner positive energy for betterment of social life. They have the capability of keeping one away from the medicine for years.

Before joining this course, I had a problem of climbing up even a few steps of the staircase and fortunately, I was staying on the ground floor. I was frequently suffering from congestion of chest and cramps in legs, particularly calves. Whatever little practice of Pranayam and other Spiritual Breathing exercises I had, I was relieved of my above problems. I can now climb up without difficulty. My chest congestion is on decline. I am now taking up the practice more seriously.



Students at Nagindas College, Malad

- With gratitude from Avinash Mehrunkar
- With gratitude from Ajay Shah



‘Miracle in my life’

*Mind control is a key to success, right thinking, as taught in
Brahmavidya helps one achieve it feels Kirti N. Ranjane*

I came to Brahmavidya because of my teacher at Post Graduate level. He always used to say that my performance level would improve by learning this ancient science of Yoga. At first I did not pay much attention to his advice, but finally I decided to join his Basic Course batch in February. On joining this class, I realized that Brahmavidya teaches us Right Breathing and Right Thinking helping us to live rightly.

Nowadays, among the students of my age, there is some consciousness about physical fitness but no one seems to be concerned about the mental health. On joining Brahmavidya, I realized that the latter is as important as the former for we cannot separate body and mind. It is the ancient practice that boosts the positive energy in a person.

I had the habit of brooding on each and every small thing that was happening in my life and I was spending too much time in negative ideas, apart from mental stress. As it happens with many, I also used to think of negative condition first in any situation I faced. After joining Brahmavidya, I realized that life is as much different from what I used to live; thinking plays a major role in success. I developed the habit of positive thinking by practicing meditation regularly and things started improving, albeit slowly. In the first place, my academic results have improved and secondly, I developed confidence in facing situations and challenges that came my way. I was called for delivering demo lectures in a college where I had applied for a lecturers' post on passing out my M.A. examination and I got selected on the basis of that.

Even when the situation is not in my favour, Brahmavidya has taught me how to face it calmly without being disappointed and wait for the next opportunity. Due to practice of breathing exercises and meditation, I never get demotivated. “I can't” was a frequent phrase in dictionary of my life, it has now been replaced by “I can” and the credit for this goes only to Brahmavidya.

Brahmavidya also helped me in enjoying proper sleep and I got rid of health problems, such as cough and sore throat that used to bother me



in the past. I feel energetic even after taking four lectures continuously. The practice of Pranayam and spiritual breathing exercises has come to my rescue in this respect. I now have a peaceful life. I now truly realize that Brahma Vidya is the right step towards successful life.

I sincerely thank my teacher for introducing this wonderful science of right living and teaching it enthusiastically, enabling me to be a positive person which is really a miracle in my life.



Brahma Vidya, a great healing force

Rucha Jog battled side-effects of cancer treatment with regular practice of Brahma Vidya

In June 2016, I was diagnosed with Lymphoma – a type of blood cancer. After chemotherapy and radiotherapy treatments were completed in February 2017, they told me I was in remission. My stamina was at an all-time low, my health suffered. I was recovering well, but at a slow pace and did not feel quite like my usual self for the longest time, which led to bouts of depression and loss in confidence. An year later (January 2018), I was introduced to Brahma Vidya by a friend. Intrigued by the first session, I decided to attend the Basic Course. After practising at least one breathing exercise per day for six months, I observed that my stamina had significantly improved. I felt confident of taking up physical tasks. Cough and cold problems caused by weather changes vanished. Headaches due to exposure to the sun, significantly reduced. My sleep quality improved. Coming to the psychological aspect, I found that, meditation taught in Brahma Vidya is easy to understand and practice and has the potential of changing your outlook to life. I trust that it will continue to help me, like it has done so far.

The experience that I had with Brahma Vidya during the six-months learning period was an enriching one. I sincerely wish to extend my gratitude to Brahma Vidya and all its teachers for this valuable knowledge.



I am Then and Now

'Brahmavidya practice has helped me to improve my academic record,' beams Manasi Thakar

I came to Brahmavidya because of persistent effort of my teacher in the college, who taught me at Post Graduate (PG) level. I did not perform well at Semester-I and he used to say that I would definitely improve by learning this 'ancient science of Yoga'. At first I ignored his advice. One day he gave an introduction to all PG students and left it to us to decide whether it would help in our life or not! I decided to join the Basic Course batch along with my fast friend.

Before joining Brahmavidya I was totally a confused person. I was not able to decide anything. If someone were to say, "This is right", I used to accept that. I could never take my decisions independently. Many a times, I used to get very angry. I used to lose patience many a times. But after joining Brahmavidya I had experienced a marvel in my life.

Our teacher often said that Brahmavidya is a key to health and success. I began slowly realizing it as I started my regular practice of breathing exercises and meditation. When I studied the lessons at home I enjoyed them because for the first time I came to know, "Who is the 'Creator'?" And "Where He resides?" One day we were introduced to a breathing exercise and in its affirmation our attention was drawn to the fact that, 'He is doing an amazing work for us although we are unaware of that.'

But that was just the theory and after I memorized the affirmations along with that of the Breathing exercise, I stopped thinking of negative things because 'I always had the Creator to help me to take my own decisions.' My health has improved considerably and gone are the days when I had to remain absent because of some minor issues like cough and cold or toothache. My habit of eating junk food has also gone after we were introduced to Five Foods.

Mentally, I find a tremendous improvement and I am no more afraid of going ahead with anything I came across. After passing my M.A. examination, I applied for job in a college. I was asked to give demos 2-3 times. I did it patiently without getting annoyed.

Brahmavidya practice has helped me to improve my academic record and my parents are also happy because of my improved thinking. I



have been relieved of all the stress and I feel positive. It is really a great feeling that Brahma Vidya is taking care of both my body and mind!

I express my gratitude to Brahma Vidya and the teachers who are taking it selflessly to the society. I particularly thank my teacher for giving extra time to improve my practice.



“I am happy I give thanks”

Dr. Severina Vahanwala has discovered renewed happiness and wellbeing with regular practice of Brahma Vidya

Happiness and Gratitude have become a way of life since I received the gift of Brahma Vidya. This state of mind equips me to encounter the odds and challenges life throws at me every day.

I joined Brahma Vidya Basic Course, while I was in the midst of a tremendous academic responsibility – helping my son prepare for and excel in the JEE Advanced Examination to secure admission to the IITs. Though it was certain that he would succeed and though we always took care to keep examinations in check, the excruciating efforts do take a toll on the student and the care givers. Anxiety, doubt, disappointment, stress-related physical disorders seemed to be our companions during this quest. Fortunately Brahma Vidya came to my rescue, right from the initial lessons. I completely surrendered to the following belief. “I have the power and ability to achieve whatever I wish and the doors of my mind are now open that I may learn how this is done.” I also inculcated this belief in my son. Hard work, perseverance and THE BELIEF opened doors of opportunities along the path and we had a noteworthy journey to the ultimate destination, IIT Mumbai. Yes, I am happy and thankful to Brahma Vidya and to my Guru.

I practiced the spiritual breathing exercises, memorized the affirmations diligently and sincerely tried to learn the meditation techniques. The course is constructed in a simple and lucid manner; all one needs is determination to practice it! Our Guru subtly, yet firmly, reminded us to never procrastinate our responsibilities

- With gratitude from V Prasad and Usharani
- With gratitude from Vinatha Krishan



towards the course work and those of us who listened, reaped the benefits. I developed physical wellbeing gradually, mostly maintained a calm disposition and discovered joy in small moments. With my positivity, I could help my son and many other families of JEE aspirants. It certainly helps me in my counseling profession to listen and empathize. My personal relationships and bonds have strengthened. With practice of different techniques we could not only help ourselves but also others in need. I could now 'create' the goodness for my son, family, friends and actually experience the richness of life!

I continue to practice sincerely. I continue being happy and thankful. Brahmavidya continues to bring abundance in my life.



A Step Towards Enlightenment...

Vinod Morya feels that practice of Brahmavidya brings about an enlightenment which helps in manifesting all noble desires

The knowledge of this course truly live by its very title “Brahmavidya”.... The knowledge of the creator and the miracles associated with it. I had heard a lot about meditation and I was never sure if I could ever join any kind of meditation programme.

This course came to me unexpectedly and I took the plunge. It was worth it. Every Sunday during this six month course was thoroughly fulfilling. Considering the unpredictable life journey, I had self-doubts both in personal and professional fronts. This course helped me break away from all my fears. The power of GOD which lies within had reinforced my personality.

We all are living in ignorance. One who joins it will realize. This course brings about an enlightenment which helps in manifesting all noble desires. If someone is unhappy in any areas of life viz. health, wealth, relationships, career etc. this is the place to be to get rid of all the disturbances which are created by self. And the solution also lies in self. Take charge of your life and make it beautiful with the help of Brahmavidya teachings. I am extremely grateful to all the people involved in this Institute. I bow my head a million times before all the teachers who are contributing in making this world such a better place to live.



Brahma Vidya – Way to build Confidence

Vijetha Amin feels that joining Brahma Vidya Basic Course was indeed a fruitful decision in her life...

I was travelling in train and came to know about Brahma Vidya classes. The first line 'key to success' is what impressed me.

One of the correct decisions in my life was to join Brahma Vidya. I am telling this because all my 34 years of my life I was nothing but an inferior kind of person. My negative thoughts had not only affected my life but also health very badly. I went on losing everything in my life, I was lost from within, every time I would get up and start again, ten problems would pull me down.

I started the classes and slowly I started experiencing confidence, my fears were vanishing, I was much happier, things were going perfectly as I wished for my entire life. I am doing my work more perfectly than before. My health has a tremendous change. All because of the breathing exercise, affirmations and meditation,. Although, I do it regularly now but not completely due to time constraints. I am surprised with so little effort I am getting so much benefits, if we all do it fully then life will be nothing less than magic.

I thank my teacher, each week when she took the lessons, I started analyzing where I was wrong and started correcting my thoughts, words too. Each class would remind me of my past, I really understood the meaning of, “what we think/speak is what we create for ourself”. I created my own destiny with negative thoughts, all went in the same direction. Now, I am on my right path and would look forward for my advance course without any doubt.

I thank my teacher for making me understanding my qualities, power within me, I have started my new life and this time, there will be no pulling down or looking back.



*English
Residential Camp,
Lonavala*

- With all reverence & humility from Sunil Kumar
- In Memory of Late Shri Suresh Wairagade with gratitude from Dr. Ravi Wairagade



*Office Staff &
Volunteers
at Thane Office*

Indeed a key to success...

Sonia Jacob overcame negative thoughts and achieved all-round success with regular practice of Brahmavidya

When my dear friends Aashish and Joe asked me to join them for a breathing exercise class (at that time I didn't even know that it was called "Brahmavidya") I had a lot of apprehensions and doubts in my mind. But halfheartedly I decided to go.

For almost a decade life had been hard. The problems and issues that we were dealing with were real and scary, and we were trying to figure out things for ourselves. My husband and myself had a very hard time at work.

Brahmavidya has helped me and John (my husband) to become more aware of moment to moment thoughts and therefore we shut away negative thinking. And that is how universe also responds to us positively.

We try to do all the exercises daily along with meditation and this has helped us greatly on our work front. Where there was no work for months together, suddenly there has been work coming from all quarters and life has been marvelous.

I used to stress a lot on our only child regarding his future. But now with Brahmavidya I have started to ease myself and become very positive and confident about him.

John has been suffering from high Uric acid leading to gout attacks. Doing his breathing exercises regularly along with meditation has helped him to work on his Uric acid levels.

In short "More smiling, less worrying. More compassion, less judgment. More blessed, less stressed. More love, less hate." Is what Brahmavidya all about.



Renewed purpose to life

Brahma Vidya gave Pravin Kalawar hope and positivity

I retired after 35 years of a highly stressful job and soon thereafter in 2017, had a stroke of the brain. The heavy drugs and medicines drained my energy. My neurophysician advised me to go for Pranayam and I joined up for the Basic Course.

After doing the basic course, my energy level has improved a lot, and I am much more calm, less anxious, less hasty while taking decisions and experience a well being that I never felt before. The breathing exercises give you a cool confidence and kind of reassurance that medicines and drugs cannot. Pranayam exercises have a direct positive impact on the working of the mind. Above all, the teachings are revolutionary in their impact: as a retiree, I sensed all over our social thinking, that when you grow old, it's time for you to step back, make way for the next generation, and let go off major responsibilities. This is very demoralizing because it's a way of saying that your time is up and you have to get out of the way. Brahma Vidya challenges these age old notions. They created hope and positivity in my life as well as living in this world with a renewed sense of purpose. Brahma Vidya teachings work at the cognitive level resulting in breakthrough thinking, we break through barriers which are self created. It has changed the way I think, feel and respond to the world around me and I feel as if I have been cleansed of faulty thought processes, built up over the decades! I now look forward with hope and renewed enthusiasm as if there is a new purpose to life. The brain stroke is a thing of the past! I am prepared to strive harder instead of giving up after retirement! Thank you Brahma Vidya! In Joy, Gratitude and Reverence.



*Non Residential
Workshop,
Chennai*

- In memory of Mishka Shetty with gratitude from Mrs. Sowmyalata K Shetty
- with gratitude from Rajkumari Arya



Brahmavidya – where the mind is without fear

N. P. Panchal explains how he regained confidence and joy in life

Prior to joining Brahmavidya, our mind (me and my wife), was occupied by the bleak prospect of facing a life threatening surgery on wife. This had also resulted in extremely negative and fearful / sad atmosphere at home.

And during such time, my ex senior Shri P. R. Kelkar, who had just completed the Brahmavidya course, in last batch, asked me to join the course. He also gave me the book 'My life in Tibet' by Guru Ding Le Mei. He insisted that I read the book first before joining the new batch of Brahmavidya.

I followed as he had advised. It brought a certain peace of mind and a feeling of assurance after reading the book. Soon after, as the Brahmavidya classes started, I was introduced to the power of meditation and Breathing exercises, so nicely in the booklets and also by live demonstration by the teacher.

Within 1-2 months of regular practice of meditation and breathing exercises, I started seeing the positive results in my personal life. We faced wife's surgery confidently and successfully. In my office work,, too, many things started falling in place as I had wished. On health front too, I started feeling lot better and composed.

Thanks to Brahmavidya, now I feel extremely confident of taking up challenging assignments in my office work and also in personal front.



Marathi Residential Camp, Lonavala



Brahma Vidya for Practicing Doctors

Dr. Milind Shejwal, a medical professional writes about the secrets of human existence that he discovered with practice of Brahma Vidya

Before joining Brahma Vidya I enjoyed reasonable success in my medical profession. Apart from this I was author for many medical books, also reasonably successful in my social and political activities. After joining Brahma Vidya and completing the basic course, I realized that there are many things I have yet to learn. The concept of Universe, Kingdoms, Eightfold path, definition of negations, death and so many such things. When I started learning Brahma Vidya, I realized that it has got power of making you physically, mentally and spiritually fit. It can establish good health, tranquility and peace in your life.

It also helped me in treating my patients in a better way. In one of the affirmations there is mention of smiling face “My face is Bathed in smile”. After learning this in basic course I started greeting my patients with smile, I started listening to their discomfort more enthusiastically. Day by day I started realizing that I am becoming a better doctor and rate of proper diagnosis and cure rate started increasing. Believe me I was rated as a good family physician for all these years but after Brahma Vidya I started feeling that I am a complete doctor.

Regarding my personal health, I have better control of my old diseases such as High Blood pressure and Diabetes. The negativity of mind vanished away completely. All these years I used to feel that, my family, my relatives, my few friends and social circle are the only parts of my world, but in Brahma Vidya I feel the whole Universe is mine.

The spiritual breathing exercise has got power to make you physically fit. Meditation helps you to know your own mind in a better way. God is inside me, and I shall not drink or eat, I shall not do, say or think which will injure or abuse the God in the Temple of my body, I have started believing that Brahma Vidya has got the power of reversing the ageing process.

I strongly recommend to learn Brahma Vidya to all my brothers and sisters and particularly to practising Doctors for developing better healing touch.



Feeling better, giving thanks

Reshma Sajnani came closer to her real self and felt renewed after attending the Advance Course Revision camp at Lonavala

The moment I came to know about this Advance Camp I had firmly decided that I want to attend this camp since I simply wanted to “feel better”. I had back pain and wobbled instead of walking. My family was really surprised to know that I wanted to attend this camp because this was for the first time in my life that I desired to go anywhere without any of my family member accompanying me. By seeing my confidence they were taken aback so much that they didn't try to change my decision.

As anticipated, I started feeling better at the camp. By the practices of breathing exercises and meditation, I started noticing some positive changes in me and one of it was that my breathing was becoming more steady and consistent. Also, I started feeling much calmer than before. My back pain also significantly receded. The practices were taken so beautifully and systematically that minute details were explained to us step by step. I could now make out how incorrectly I was doing my practices. The concepts and techniques started getting more and more clear. Some breathing techniques, which I never used to attempt at home, became easy for me that I was confident of doing them regularly at home. The sessions were so interactive and exciting that I always looked forward for the next session. There were short tea breaks between the sessions. The teachers were so inspiring that I started loving every bit and moment of the camp. Their vast knowledge, experience, simplicity, dedication and devotion towards Brahmavidya has affected me so much that I too inspire to become a Brahmavidya teacher one day. I have clearly understood now that it requires years and years of learning and practices.

The most attractive part of the camp was watching Sunrise in that chilly morning from the top of a hillock. Another attraction of the camp was our practice session in the open area of our resort. We were bathed in sunlight and every part of our body was charged with light. I never had such a beautiful experience before.



Brahma Vidya brings about a great change

Every student gains in several ways from regular practice of Brahma Vidya Anagha Karlekar shares her experience...

I have a friend. Whenever I spoke to her on different topics, she suggested that I should do Brahma Vidya course. So when they were having their free session of Brahma Vidya in COJ, I went and I simply joined the course.

It is very useful. It changed my way of thinking to a great extent. I always suffered from running nose and sneezing. I was tired of it. But there was no sure shot medicine over it. When I started the breathing techniques, within a week my problem was solved and till date I have never had cold or sneezing. My energy level has also increased. I am relaxed and at peace with myself. I can deal with people in better way than before.

Thanks to Brahma Vidya and my teacher whose way of teaching was very helpful for me to find inner joy. After every session I was feeling very fresh and happy and looked forward for the next session to learn and hear from our teacher.

My experience with Brahma Vidya

Each student gains with regular practice of Brahma Vidya Maya Jagannathan shares her experience

I started learning Brahma Vidya in January 2018. Within a month i.e. by February, I found tangible improvement in my lungs capacity. Breathing exercises made me realize the importance of right breathing. With regular practice, I feel more energetic, my posture has improved and I have started looking and feeling more confident. I started taking up difficult physical activities and with regular practice of Brahma Vidya I don't feel tired easily and I am astonished with the results I have got. My hypertension is under control.

Things are still improving and Brahma Vidya is an ongoing process for me. My gratitude and thanks to everyone involved, my teachers and Brahma Vidya Sadhak Sangh for making it all happen.



‘Brahmavidya has brought in positive changes in my life’

A student, Mr. Raghu recalls how he benefitted from the Basic Course of Brahmavidya

I still remember on how I was unexpectedly handed a Brahmavidya pamphlet. Though I was initially reluctant to join, I forced myself to enroll for the basic course. Gradually, I realized that Brahmavidya is the key that transformed my life. Earlier, I was allergic to cold and used to sneeze a lot. However, after following Brahmavidya breathing techniques, I have been able to alleviate myself of all diseases. There has been no instance of visiting any doctor due to sickness. In addition to physical health, Brahmavidya has brought in positive changes at my mental level. Earlier, I was full of negation and used to complain about everything in life including corporate life. By diligently practising Brahmavidya breathing and meditation techniques, I am energetic throughout the day. I am able to remain focused in life and handle stress at corporate life. Owing to this transformation, I attained two promotions in two consecutive years. To summarize, Brahmavidya has brought in positive changes in my life, which are beyond words. I am thankful to Brahmavidya.



Gujarathi Residential Camp, Lonavala



Brahma Vidya helps increase memory & concentration

Brahma Vidya, an ancient system turned out to be a spiritual path to eternal health, memory and concentration for me. I was enrolled for a children course by my father, who thought it was more beneficial to me and indeed! It was! My journey towards a more lively, active, enthusiastic and focused form of myself began from that day.

We learnt about the natural order of everything and how we have kept ourselves apart from it by not focusing on very basic aspects of our life, i.e. our breath. It is through our breath that we get oxygen and prana energy, the energy that is required for maintaining our nervous system. God exists within all of us and so, to maintain our body just like a temple of god, we need these two things in ample amount. Hence, we were taught pranayama and a set of breathing exercises and prayers. Due to these exercises health has always been my companion. Earlier I used to sneeze continuously, now it has improved a lot. I used to gasp for air while climbing 4 storeyed building. Now I run marathon for a cause. I used to get distracted from my studies very easily, especially if someone used an electronic gadget next to me. Now my concentration and focus on studies has improved a lot. I have taken science stream for graduation and wish to become a scientist.

The gift that this ancient system has brought to me is truly miraculous. I feel fortunate for having learnt it at such an early age in my life. I thank my Brahma Vidya teachers, who left their magical mark upon my life and the entire Brahma Vidya family for showering their blessings upon me.



Karan Sharma

Balvarg, Andheri

- In memory of Prithviraj Jagtap with gratitude from Pramada Jagtap
- In memory of dear parents with gratitude from Suresh K Jamwal



Raise your immunity

I live in Kalyan (W). I have done Brahmavidya Children's Course. In this course, our teacher has taught us various Breathing Techniques, which helped me a lot in overcoming my health issues. I was suffering from 'Kawasaki Fever' from November 2017. Because of which there was swelling on my arteries. Now, my health is improved. Due to these breathing techniques, my lungs capacity is improved and my health issues got resolved. Not only this, but my grasping power and concentration also has increased.

In spite of presence of health issues, at the time of my examinations, I was able to study well. As a result, I got very good marks in all subjects.

I am very thankful to Brahmavidya and my teacher. I am regularly practising these breathing techniques till today. I advise all my friends to join Brahmavidya and practice it regularly for their healthy life and sure success.

Nishad Kulkarni



Better concentration

I am 13 years old. I joined Brahmavidya course an year ago. Before joining Brahmavidya course I had severe cold and could not concentrate very well in my studies. After joining Brahmavidya and regularly practicing Pranayam and eight breathing exercises, I am able to keep it at bay and feel much active. I secured decent marks in my examinations and also do not feel stressful. After joining Brahmavidya, I did not remain absent or took a study leave because I was able to concentrate and do my studies faster and did not have any illnesses. I also feel positive for the rest of the day after practicing Brahmavidya in the morning.

Pratik Suvarna





Combat Asthma

I was suffering from Asthma since my birth. It runs in my family. My father joined the Basic Course of Brahma Vidya in Mulund and was benefited. He asked me to join this course. From the first lecture till today I am following what was taught in the class and now by practising all the breathing exercises regularly, I am feeling very relaxed and use of the asthma inhaler has reduced.

Praithika Bhaktani



‘I am happier and more successful’

By practicing the breathing exercises I feel that my stamina has increased. By practicing every day I feel more energetic. Earlier my concentration level was very low. I found it difficult to concentrate on my studies for long hours. But after joining Brahma Vidya, my concentration level has increased. Now I can focus and concentrate on my studies properly and finish four hours study in just two hours! After joining Brahma Vidya, I have become more confident and bold. I can easily get mixed with others and make friends.

Shreya Hebbar,
class VII,
St. Anthony Girls High School



English Children's Course, Borivali

- In memory of K Chandradas Shetty with gratitude from Prabhavathi C Shetty
- In gratitude towards My Parents from Garuav Rajanikant Sarkhot



Brahmavidhya A Life (Game) Changer

A Turbulent sea of Mind
 turned to be Still water ...
 A Chirping Bird
 turned to be a Silent Watcher ...
 The eye Gazing the Beauty Of Outer world
 turned to be the Third Eye of Inner Vision ...
 A Mind to Win over others
 turned to Win my Own Negations ...
 A Seeking of Material Substance
 turned to Seeker of My Prana ...
 A Fear of God
 turned to be the Fear of my Own Cause ...
 A Love for my Near and Dear
 turned to be the Love for the Universe ...
 Overall I am Love Love Love....
 Light Light Light....
 Joy...Happy

- Anuradha Raja

SOLVE THE ANAGRAMS

by Tushar Pandya

- | | |
|--------------|---------------|
| 1. MYMORE | 11. UNDOS |
| 2. HOTGUTH | 12. GLITH |
| 3. THEHAL | 13. CESSCUS |
| 4. NAPRA | 14. ECAPE |
| 5. THEBAR | 15. FLEEGIN |
| 6. TINYU | 16. CATION |
| 7. DRAGITTEU | 17. SANEWEARS |
| 8. NOTMADEIT | 18. GAINLEH |
| 9. ELSINCE | 19. SEVERUIN |
| 10. THERALEE | 20. DIVEIN |

1. Memory 2. Thought 3. Health 4. Prana 5. Breath 6. Unity 7. Gratitude
 8. Meditation 9. Silence 10. Ethereal 11. Sound 12. Light 13. Success 14.
 Peace 15. Feeling 16. Action 17. Awareness 18. Healing 19. Universe 20. Divine

THE ANSWERS



- In memory of Smt. S.U.Diwadkar with gratitude from Maya Satish Aras
- With gratitude from Nitin Menon
- In memory of Shyam Talreja with gratitude from Vanita Talreja
- In memory of Leela Shah with gratitude from Kumar M.Shah
- With gratitude from Mrs. Kumkum Sethi
- With gratitude from Brian Alexander
- In memory of Bikram Singh with gratitude from Anuj Singh
- In memory of my mother and father with gratitude from Vashdeo Hariom Bajaj
- With gratitude from Vidya S. Mathrani
- With gratitude from Mukta L.Bachani
- In Memory of Jayaben Shantilal Mehta with gratitude from Jigna Alpesh Batavia
- In Memory of Kedarnath Agarwal with gratitude from Sanjeev Agarwal
- In Memory of P. N. Gupta with gratitude from Preeti Agarwal
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- In Memory of Lakshman Sivasankar with gratitude from Revathi Sivasankar
- With gratitude from Karunakar Shetty
- In Memory of Veena Naik with gratitude from Sanjeev Naik
- With gratitude from Deepak Salunkhe
- With gratitude from Prashanta Bijoy Sarkar
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- With gratitude from Vijayan Dsouza
- With gratitude from Gulzar Kazi



Brahma Vidya Sadhak Sangh

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- With gratitude from Mithun Gopal Pai
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- In Memory of Shanta Natu with gratitude from Neelam Kulkarni
- With gratitude from Baid Roshan
- With gratitude from Narayan Pai
- In Memory of Sohanlal Sipani with gratitude from Neetu Daga
- With gratitude from Mahesh Thirukonda
- With gratitude from N.S. Vishnu Priya
- With gratitude from Asmita Vaidya
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- With gratitude from Gayatri Pradhan
- With gratitude from Ruchira Phansekar



Stall at Navi Mumbai



Release of English Pradnya 2018 at
Annual Gathering of students at Pune



Annual Gathering at Thane

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



Brahmavidya Sadhak Charitable Trust's


Brahmavidya Sadhak Sangh

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