



PRADNYA

Let there be light!

2007-2008



॥ प्रार्थना ॥

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

PRAYER

Brahmavidyam namaskrutya matguroho charanau tatha
Dyanpraptyartha prasthanam rajmarge karomyaham

Santushtoham krutadnyoham krutarthoham punha punha
Pran nad tejotitam Brahavidyam namamyaham

Meaning: Having paid my respects to Brahavidya 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 Brahavidya, 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 Brahavidya.

OBJECTIVE

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



Realise Your Dreams, Practice Brahmavidya!

*The section 'Guru Speak' is penned by **Shri Jayant Divekar**. It brings forth a heritage of learning, teaching and 'living' Brahmavidya. This article highlights the importance of 'dreams' and 'memory' and how the two can be used for individual progress and collective growth of mankind...*



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

Man's dreams are an index to his greatness. Dreaming is not just projecting our thoughts in future, but is a God-given gift to mankind. All progress, whether collective or individual, has been achieved through this great faculty of man. In the whole Nature only man has this capability. In their physical capabilities, like vision, strength, speed, endurance, many animals surpass man. But they do not have this great faculty of dreaming and so they have remained what they were millions of years ago, whereas man has progressed from a barbaric cave-man to the present day scientific and civilised man.

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



experience, which gets added to memory. So the cycle goes on.

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

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

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

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

In conclusion, I would say, “Learn Brahma Vidya...Practice Brahma Vidya...Spread Brahma Vidya!”



Your Key to Health & Success Learn Brahmavidya

Chief Trustee and founder of Brahmavidya Sadhak Charitable Trust Shri Jayant Divekar provides answers to some of the most commonly asked questions that come to the mind of a new sadhaka...

Health & 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.**



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

Brahma Vidya teaches that every human being is potentially divine. Hence he has within him all the power required to overcome his difficulties and problems. Brahma Vidya 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 Brahma Vidya is the science of a happy life? What methods are taught in Brahma Vidya?

Yes, Brahma Vidya 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 Brahma Vidya teachings emphasise 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 the correct way of Breathing or thinking. You will be surprised to know that an average person uses only 10 percent of his lung capacity. Brahma Vidya 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 Brahma Vidya?

Brahma Vidya 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, spondylitis, 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.

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.



AN EGALITARIAN EFFORT: Shri Jayant Divekar, Chief Trustee, Brahmavidya Sadhak Sangh involved in spreading the light of the science since the past ten years



A Silent Revolution

Over the past ten years Brahma Vidya Sadhak Sangh has been steadily bringing about ‘a silent revolution’ in lives of thousands of people from all walks of life. The following verbal graph bears testimony to its progress

Teachers and students

The number of teachers and students has been on a steady rise since the inception of the organisation. All the persons associated with the Sangh: teachers, volunteers, and more have consistently been striving to complete the various tasks allotted to them.

Hindi as a medium of instruction

As a result of consistent efforts put in by Mrs Deepti Jadhav and Mrs Rohini Shende Hindi as a medium of instruction for Brahma Vidya has now evolved and come to the fore recently. Being the national language of India having lessons and imparting the education of Brahma Vidya in Hindi is indeed a notable feather in the cap for the Sangh. Currently, classes in Hindi are being conducted at Ghatkopar, Grant Road, Vile Parle, Andheri and Malad. For details contact Mrs Deepti Jadhav on 9821365188.

Details about the various classes, teachers and students Year 2006-07

	Children’s Course	Basic Course	Advance Course	Basic Course in Hindi	Basic Course in English
Number of teachers	83	60	12	5	9
Number of classes	140	117	21	6	15
Number of students	1605	5100	600	150	844



The next step provides details about the Pradeepak or Teacher's Training Course. Four Pradeepak classes are being conducted and about 250 students are undergoing the training under the able guidance of Shri Jayant Divekar.

Workshop

A 'Workshop' is an intensive coaching provided for guiding teachers in improving upon their teaching styles and accuracy of knowledge of Brahmavidya.

Brahmavidya Camps

The Sangh conducts five day residential or non residential camps for the benefit of those students who find it difficult to attend the six-month Basic Course of Brahmavidya. Last year i.e., from January 2006 to December 2006 nearly 20 camps were conducted. In 2007 Brahmavidya camps were conducted at Kolhapur, Khandala, Andheri, Nasik, Sangli, Nagpur, Indore, Satara and Solapur. In fact, the response to the Khandala camp was so overwhelming that two camps had to be organised in immediate succession. For the next year 2007-08 following camps have been organised. Those interested in the same can contact Brahmavidya office for details.

Camps Schedule (Marathi)

Names of organisers	Location	Course	Date
Shyamsundar Gupte Phone: 022-5436793	Khandala	Basic (Residential)	Dec. 9, 2007 to Dec. 14, 2007
Shyamsundar Gupte Phone: 022-5436793	Khandala	Basic-Revision (Residential)	Dec. 26, 2007 to Dec. 28, 2007
Shyamsundar Gupte Phone: 022-5436793	Khandala	Basic (Residential)	April 20, 2008 to April 25, 2008
Shyamsundar Gupte Phone: 022- 5436793	Khandala	Basic (Residential)	May 18, 2008 to May 23, 2008
Shyamsundar Gupte Phone: 022- 5436793	Khandala	Basic (Residential)	June 1, 2008 to June 6, 2008



Brahma Vidya Sadhak Sangh

Names of organisers	Location	Course	Date
Savita Sule Phone: 25390412 And Vikas Phadke 9870208218	Panhala (Kolhapur)	Basic (Residential)	Dec. 10, 2007 to Dec. 14, 2007

Camps Schedule (English)

Names of organisers	Location	Course	Date
Swati Jog Phone: 9820107317 And Prasad Dalvi Phone: 9820227104	Atmadarshan Andheri	Basic (Residential)	April 2008 (For confirmation of dates please contact the office or organisers)

In order to allow all participants to acquaint themselves with each other and work harmoniously towards the propagation of Brahma Vidya a grand annual gathering is conducted by the Sangh. All readers of 'Pradnya' are hereby welcomed to these annual gatherings.

Annual Gathering (Marathi)

Thane Advance Course	December 2, 2007	Shiv Samarth Vidyalaya
Borivali Basic and Children's Course	December 9, 2007	*Venue yet to be finalised
Thane Basic and Children's Course	December 16, 2007	Shiv Samarth Vidyalaya
Pune Basic Course	December 29, 2007	*Venue yet to be finalised
Pradeepak Course	January 6, 2008	Maharashtra Vidyalaya, Thane
Dombivali Children's Course	January 12, 2008	*Venue yet to be finalised
Pune Advance Course	January 19, 2008	*Venue yet to be finalised

* Please contact Brahma Vidya office for details



Practice Sessions

To allow students to maintain consistency and accuracy in the practice of Brahmavidya, after completion of 22 weeks of Basic Course and 104 weeks of Advance Course these sessions are conducted and are known to be highly beneficial at individual level.

Study Groups

Group study has its unique time-tested benefits and to realise those, Advance Course and Pradeepak (Teachers' training course) students are advised to form study groups. These groups help them master the theory as well as practice of the science. At times teacher's guidance for the same can also be sought. For details about 'Study Groups' contact Shalini Kulkarni on 25422768.

Office work

The office houses detailed information about the Brahmavidya Sadhak Sangh and its extensive work. The office manages the following:

- Attending to telephonic queries of all aspirants from all over the State
- Organising all the materials required for camps and annual gatherings
- Meeting the logistics of meetings organised in the office premises, as and when required
- Arranging for printing and distribution of lesson notes and handbills
- Meeting all the immediate requirements of teachers, volunteers and students from across all centres
- Above all, it efficiently manages disbursement of funds for the Sangh

Page donation

Page donation of Rs 500/- is accepted by the office and is raised to meet the costs involved in the printing and distribution of 'Pradnya.' The response to this scheme has been increasing every year and Brahmavidya Sadhak Sangh is grateful to all its page donors.



Long term membership scheme

Those aspirants who wish to receive couriered copies of 'Pradnya' annually have to pay Rs 250 as subscription fee for ten years. The present number of such long term members is 1091.

About 'Pradnya'

'Pradnya,' the title refers to the 'divine wisdom' inherent in all creations, and therefore, the name of this grand annual souvenir that is brought out since last nine years. It serves to be the guiding light and platform for all members of the Sangh to keep in touch with each other and publish their experience-based thoughts about the science. It is published in Marathi and English. It is unveiled at the annual gatherings conducted at various locations. It is distributed free of cost at all these gatherings. Extra copies of the magazine however are sold at a nominal price.

Kalindi Teredesai
(Data compilation)



Gathering of Pradeepak students



Joy, the partner for life

Joy is every human being's partner for life, though with most frowns seen around on human faces one can say that it isn't reflected as frequently as it should be, the present article authored by Swati Jog, traces the role of 'joy' from the perspective of Brahmavidya study



Let us all think together, honestly and candidly, in the following article, about a subject dear to all of us – JOY. Let us answer a few questions:

Q. Do you want to be happy?

A. Definitely, yes

Q. Have you experienced joy?

A. Oh! yes, on a number of occasions.

Q. Please, share some with us.

A. My son scored good marks. The weather is good. I had a delicious ice cream. I reached office in time. Boss appreciated my work.

Q. How do you feel when you are happy?

A. Great, it is a nice feeling.

Q. How do you feel when you are not happy?

A. Oh! I am not aware about it.

Q. Do you think everybody around you irrespective of their social, economic educational, professional background wants to be happy?

A. Yes, I think so. Each one of us knowingly or unknowingly wants to be happy. Joy is the ultimate aim of all our activities. Rightly said. Each one of us desires to be happy, as joy is hidden within us just like the fragrance of a rose is hidden in the rose. But we surround ourselves with disorder, negations and problems. We are deeply engrossed in our daily routine that we simply forget to express joy. Most of the time we are in a no-man's land - neither happy nor



unhappy. But this state of mind is not conducive for our progress. Is there a single man or woman who has not experienced the positive effects of joy? Joy illumines our whole being. It urges us to do better, to march ahead. The feeling of joy enhances our stamina, vigour and confidence. It leads to increased efficiency in work with fewer mistakes. The opposite of joy is worry, anxiety, and depression. Worry anxiety causes number of problems like fatigue, boredom, and headache and so on. In short, we cannot make best of our physical and mental abilities when we are unhappy. A biological fact states, that we use an average of 45 muscles for a frown, while a smile makes use of just 17 muscles. So isn't it easier to smile, than to frown? Yet, do introspect, the frequency of your smiles versus your frowns. The paradox will surely bring a smile on your lips.

Is it not utter idiocy for any man or woman not to be happy? The seed of joy is sown in each one of us, whatever may be the circumstances. As a seed it is passive. We have to water and nourish the seed. So we have to consciously cultivate joy. But we are ignorant about the method of cultivating joy.

Majority of the students, who enroll for basic course of Brahma Vidya suffer from tension, stress, work-pressure listlessness. Some students claim that they have forgotten to smile. They seek for a remedy outside as they are not aware that the remedy is within them. The practice of simple but effective breathing exercises and meditation activates the process of purifying the body and mind. The lessons lead the students on the right path. The student slowly gradually learns that joy should not be subject to outer conditions. I, as a teacher of Brahma Vidya have noticed the positive change in many students. They express more health more joy And. I feel grateful to Mother Brahma Vidya for showing us the path.



The science of self management

Shubhangi Shirgurkar, has rightly described Brahmavidya to be a science of 'self management.' This enlightening article brings forth various instances in which Brahmavidya the holistic science trains an individual in managing his or her 'self' better



Brahmavidya is an ancient system of yoga and philosophy. The word 'Brahma' is a Sanskrit word used for 'God' or the Supreme Being. Most religions teach us that there is a spark of Divine in every human being. Brahmavidya teaches us to tap into our divine intelligence and to use it to shape our life the way we want to. In today's age of networking and globalisation, efficient management is the foundation of every activity. Everything thrives and flourishes on good management. But how good are all of us at managing ourselves - our health, our family, priorities in life, etc?

For this we need to imbibe the skills methodically to become good 'self managers.' What if you were told that there is a technique, a specific system, tried and tested and practised over a long period of time that will teach you self-management? Everything you ever wanted to know about managing your life, not taught in any of the management courses.

Brahmavidya is this system. It guarantees us that on following this path we will be masters at managing all aspects of our life, not just manage them but also excel and succeed at everything we desire in life.

Can you imagine the impact this will have, when every individual in the society is an adept self-manager? Sound health, a positive attitude, a life free from all kinds of anxiety and stress. Just close your eyes for a moment and imagine within your family there is only love, happiness, peace and prosperity, no conflicts, no tensions, and now



extend this idea to include your neighbours, your locality and to the whole city. How do we achieve this?

Brahma Vidya tells us to accomplish our goal in life, our body and mind both need to be fit and properly co-ordinate with each other. That means right health management. The physical - aspect of health is, the body should be active, flexible, energetic and managing the mind is clarity in thinking, alertness, taking the right decisions at the right time, control over our emotions, likes and dislikes.

For this body-mind management we need to eat right, exercise the body, have adequate rest and most important of all learn the right techniques of breathing and thinking.

The principles of Brahma Vidya are based on : breathing, which purifies the body and meditation, which purifies the mind.

Breathing is a vital process. If you don't breathe, you won't live, so everyone will agree that it is important. Through our breath, we receive oxygen and PRANA energy. 'Prana' is the vital link between mind and body, vital because energy is the very basis of life and vitality. Spiritual breathing exercises taught in Brahma Vidya coupled with corresponding affirmations activate energies and purify the body and mind. They serve to expand breath awareness and as we observe the way we breathe, various unconscious wrong breathing habits are identified and replaced with more beneficial ones. Regular practice of these exercises increase lung capacity resulting in tremendous improvement in the capacity of breathing. This automatically results in detoxifying the body and improving blood circulation.

Meditation techniques of Brahma Vidya clean and purify the mind from the internal pollution of negative thinking and negative emotions. Training your mind constructively is very important. Our thoughts form the base of our actions. Repeatedly thinking the same thoughts will result in same actions, which then become a habit.

Habit patterns play a very powerful role in our life. Just as you have unconsciously trained yourself in negativity, you can train your mind to be positive. Once you understand how to form good habit patterns, you can then understand the path of positive living.

Disciplining the mind through regular practice of meditation brings



inner equilibrium and poise. To cope up with the challenges of today's stressful life, the study and regular practice of Brahmavidya guides us to manage our breath and thoughts and establish a harmonious relationship between our body, mind and breath. The result is a fulfilling healthy and happy way of living.



Photo Gallery at Annual Gathering, Borivali



Love Divine



*All human beings know of the beautiful feeling called 'love,' but few know the difference between human love and divine love. **Rajaram Surve**, a senior teacher of Brahma Vidya highlights the power of divine love in the following article*

Love is a strong positive emotion. It is the foundation of our life. Life comes into existence and develops because of love. Guru Ding Le Mei in his book, 'My life in Tibet' defines 'Love as first quality. God is love and love is everything.' During study of Brahma Vidya we learn the methods to develop this positive emotion, which is a prerequisite of good and balanced health.

Great Guru Gautam Buddha used to visit many places to meet people along with his team of disciples. Because of frequent travel and change in climate some of his disciples used to fall sick. The disciples took the complaints of sickness to Guru Gautam Buddha. In order to avoid sickness and develop resisting power the Guru Gautam Buddha taught his disciples meditation of 'Love and Karuna,' which is known as 'Metta Bhavana.' In this meditation one has to develop love for the entire humanity as a mother loves her only child and fills one's heart and mind with compassion. Love is a great force of attraction, which binds all creations. In other words Love is a Great bond, which keeps all manifestations of the Supreme Being together. Take for instance, the true story of 'Hirkani' who climbed down a steep cliff off the fort Raigad to feed her child who was left alone in the house. Wasn't it sheer love, which gave her the strength to undertake this impossible task?

Love is definitely a great motivating force to enable one to perform a great and noble task. If you love your routine work you will not get bored of it. People in western countries often go for weekend holidays.



A sort of run away from daily work, if you love your work whatever it may be you will rarely find necessity for this weekend runaway, which often creates other hazards like the ‘Monday syndrome,’ also called ‘Monday blues.’

Love is always associated with faith, hope and self-confidence. A loving person never runs away from adverse situations in life, he conquers them come what may. The force of this strong emotion ensures that he succeeds in his mission.

Divine love is devoid of suspicion, possessiveness and such negative traits. In practical life, often wrong thinking of an individual lead one away from ‘divine love,’ which is above all material cravings and negation. It is therefore through meditation alone that one can know the difference between human love, which is often ridden with selfish interests and other such utilitarian aims, and divine love which binds man to man and man to God. With consistent practice of Brahmavidya as one’s body and mind get purified divine love springs forth and reflects in every thought, word and deed of an individual. And when this happens one’s life becomes a beautiful journey of success, happiness and peace.

All aspirants of Brahmavidya are requested to read thoroughly with great reverence the book ‘My life in Tibet’ written by Great Guru Ding Le Mei. Here is an excerpt from the book, which talks of ‘Love Divine’...

“What is sun is to earth, love is to man’s moral nature. Riches take wings, comforts vanish, hope withers, courage falters, but love stays for ever... then riches are eternal, comforts overwhelm, hope rises and we know that we are life. But my son love being of God- never reasons, but profoundly gives... the purity of its flame ennobles thy heart!”



Just Do It!



*With the winds of globalisation blowing hard across the expanse of the country the young and ambitious generation is finding itself at crossroads with anxiety, depression and various physical discomforts **Dr. Nitanta Shevade** explains how Brahma Vidya helps them*

Is Brahma Vidya, apt for the young, dynamic, technology smitten generation? Yes, it is. The modern young brigade is full of ambition, vigour, and enthusiasm. This ‘happening’ generation is running in the fast lane; be it in academics, business, profession, personal or social life. Everyone is striving hard to meet the ever growing competition, pressures of globalisation, ever-changing work culture, food habits and change in habitat. Various electronic gadgets are occupying centre-stage in our life.

Despite their rushed schedules, we see that the younger generation is being attracted to the study of Brahma Vidya. One such IT professional named Mrinal* did share her experiences with us. Long working hours got her neck pain and backache. The idea of suffering in her early twenties made her anxious and depressed. She came across a Brahma Vidya pamphlet and joined the course. She practised breathing exercises and meditation regularly and gradually healed herself fully at the physical and mental level. Now she can share this happiness with her peer group.

Vishvesh,* yet another management consultant could not handle the peer pressure and competition and suffered from sleepless nights. It affected his performance; he stopped socialising and mixing with friends and relatives; also suffered from acidity in the long run. His mother persuaded him to join Brahma Vidya and encouraged him to complete the course of 22 weeks. Everyday he invested time in practising these methods accurately and could come out of his problems



with flying colours. Now, he is radiating his benefits to others.

Both these instances are indeed inspiring to all aspirants. Practice Brahmavidya regularly and we all can achieve more efficiency physically and mentally; thus enrich our personal, professional and social life. As we invest time in correct breathing and thinking we can visualise healthy, successful and happy life with filled with contentment. Also as we practice the laws of life we develop a wider perspective towards life and extend our happiness to other fellow beings. Thus, we become good denizens of the universe.

So why wait, and suffer? Do not lose time. The time is right, now and here. Hurry up and just do it and fulfill your dreams.

*Names have been changed.



Dr. Nitanta Shevade conducting Basic Course



Brahma Vidya is truly 'divine'



*Brahma Vidya enhances the body-mind connection and is known to improve one's intuitive powers as well, feels 20-year old **Pradnya Mane***

Brahma Vidya is indeed a divine science and has beneficial effects on one's body and mind. Though this truth dawned upon me after much persuasion to join the Basic Course of Brahma Vidya by my grand mother. I joined the course along with my mother and sister. Initially, I was not regular in my practice of breathing exercises and meditation. Later, with my mother's consistent urging I did begin practicing regularly. To much of my surprise, after a few weeks of regular practice I started feeling better in body and mind. Most of my negative thinking was replaced by a strong optimism and I started taking everything in a positive spirit. The practice also helped develop my self-confidence. There is some kind of a divine feeling that I experience within myself, all because of Brahma Vidya. I have observed, often my thoughts have started becoming a reality, all these are the blessings of the divine power 'Brahma Vidya.'



Turn a new leaf...

*Teenage is plagued with wrong notions and ill temper. Here is a wonderful experience of **Tanvi Mane** who could overcome her negation with the practice of Brahmavidya*



Anger management is a challenge to every short-tempered individual, more so for me. I am 19 years old and I am doing my SY BMS. It has been six months that I am practising Brahmavidya.

My mind used to be filled with sarcasm and without thinking I used to blurt out whatever I felt like, when in a fit of rage. Many of my friends and members from the family tried to explain to me the ill effects of my temper and wrong attitude, though, in vain. When I started practising Brahmavidya a miraculous effect came over me. I began accepting things in a positive light and with a more tolerant attitude. These effects surprised me too, and I am thankful to the practice of Brahmavidya, which has renewed me totally. To begin and remain consistent with the practice is somewhat difficult, but once one manages it, Brahmavidya becomes a habit and right thinking and correct analysis comes of its own.

I would also like to inform the readers that due to the positive effects of Brahmavidya I could secure a distinction in my examination despite the fact that I underwent an operation a few days before my exams. I am sure that most individuals who are bogged down by certain pressures in life should start practising Brahmavidya and realise its beautiful effects in their lives too. If it has benefited me, it will benefit you too.



Brahma Vidya, a lifesaver



*Brahma Vidya is a healing science, feels **Sundar Iyer** who has had wonderful experiences with his practice*

On January 9, 2007 when I first attended the Brahma Vidya classes at Thakur Complex, in Kandivili, I was actually on bed-rest as I was suffering from very high blood pressure. From end of December 2006, I was unwell and was under treatment. I had heard about Brahma Vidya through a friend of mine and when a circular came to my residence about starting of Brahma Vidya classes in Thakur Complex, I had decided to do the course. Thereafter, I have been sincerely pursuing the course and practising it to the best of my ability. I have been feeling very well; my blood pressure is now quite normal, my medicine dosages are now significantly reduced and I feel confident and energetic to go about my work as before.

The course was indeed interesting, educative and effective. I really thank Brahma Vidya Sadhak Sangh for having started the class in Thakur Complex. I also appreciate their way of teaching through printed lessons and audio CDs. I feel every individual in Mumbai should undergo this course for his own good.



Brahmavidya, the latest panacea

*Doctors are known to have odd working hours and a really stressful job profile, **Dr. Rashmi Fadnavis**, a consulting Gynecologist and Obstetrician explains how with her regular practice of Brahmavidya she has been able to regain good health*

Relaxation is the term used not only for physical activity but also for mental activity. What is relaxation? You imagine yourself nobody for a moment still you are identified and you go into the phase of no thoughts. I was driven to Brahmavidya class by an anaesthetical colleague Dr S K Patil who was greatly benefited by its practice.

In spite of my busy schedule, I have allotted 45 minutes for practice of Brahmavidya. I used to experience mental as well as physical fatigue everyday, which was evident from the eyestrain I experienced at the end of the day. I am borderline diabetic. If I do exercise and follow a good diet my blood sugar remains normal. This straining of eyes compelled me to consume a pain killer daily at night. I became addict to this tablet, without which I found it difficult to begin my next day smoothly. Despite knowing the side effects of the drug I could not stop myself from consuming it.

Before the close of the first week of my joining the Brahmavidya class, I could bring down the dosage of the pain killer to ½ a tablet and today I don't need to take it at all. I experience no headache. I practice breathing exercises daily along with meditation. It helps me maintain a healthy body and peaceful mind. Everyone should take up the practice of Brahmavidya to experience real youth, happiness, satisfaction, joy, unparalleled health and a renewed meaning of love, which resides in everybody's heart.



A life-changing science



*Septuagenarian **Hansa Mehta** shares her experiences, gained after regular practice of Brahma Vidya...*

I have now successfully completed the Basic Course and needless to say that breathing exercises together with right meditation taught to us and their implementation with a lot of resolution – has brought about a sea change in my entire outlook towards life. I am able to think more positively thereby getting lots of mental and physical strength. I always feel happy and this happiness affects even those people who come into my contact.

I am a young lady of 71 years, full of energy and zest for living. My temper is very much under control and I am able to keep my cool even during trying times. I feel closer to the CREATOR. This being so, I have all the strength, power, ability and confidence to achieve whatever I desire to and I have started believing that negative ideas are nothing but mental conceptions.

Having said all this, I must say that I have benefited physically as well. I had a slight problem while bending my left hand backwards. I used to feel the pain and I had almost stopped bending my left hand. However, by practising breathing exercises along with meditation on a regular basis, I have got rid of the pain and I am able to bend my hand as before.



Brahmavidya, a positive step

Jitendra Kalyankar, a student of Brahmavidya narrates how Brahmavidya changed his life for the better

I enrolled for the Basic Course of Brahmavidya at Kalyan, however due to a new job that I had to accept, I had to leave the course half way and move to Bahrain. This was the first time that I was living away from my family. It was a big decision for me and usually would have caused a great emotional strain. But with regular practice of Brahmavidya I have been able to keep my mind free of all tensions and peaceful at all times.

In fact, ever since my school days I have been highly susceptible to cold and cough and despite trying various medicines I could not get rid of these ailments. These regular bouts started hampering my work. Especially due to prolonged hours spent in an air-conditioned place, the ailments worsened. Though after regular practice of Brahmavidya breathing exercises I started feeling a lot better. With continual practice of the very first breathing exercise I could get rid of all the phlegm and my health started improving. I experienced some joint pain in the legs, which used to occur after standing for a long time that too vanished completely.

Brahmavidya has imbibed in me a consistent positive outlook towards life and despite being in a foreign land amidst a different culture I do not feel all that lonely as I can see God's manifestation in every being. My confidence levels increased as I started believing in the divine force within me. I could make all the major career decisions due to this increased confidence. Brahmavidya has bestowed me with good health and a strong will.



Break of a new dawn...



*Some of the tenets of Brahma Vidya are indeed mystic yet totally true and time-tested. To a beginner they seem 'different' yet as one grows in practice one starts realising the truth of every word documented in the lessons, **Dr. D. N. Upasani** highlights some such truths...*

I am a senior citizen and wanted to learn and practice meditation and 'Pranayam' since long. I, however, could not understand the correct technique of either of them and hence never succeeded. I received a pamphlet along with my newspaper informing that a residential course is going to be conducted by Brahma Vidya Sadhak Sangh, and applied for the same. I got admission in the residential course conducted at Atma Darshan during April 2007. The silent ambience of the centre was very conducive to enhance peace of mind. The course was conducted in a cordial and yet scientific manner. The teachers vividly explained the principles and also demonstrated the practice of various exercises and practice of meditation. The course being a residential one, a small group of 16 of us could stay in the atmosphere of Brahma Vidya all 24 hours. The arrangements were excellent and the time spent was indeed a memorable one.

I used to be boastful in saying that death is the only certainty in life and is an unavoidable part of life. So I used to convince others that one must prepare for the inevitable and gracefully accept the changes in our body and mind, which are the result of old age. I was, however, greatly amazed at certain strikingly contrasting teachings which were part of the Basic Course and a new truth dawned on me. I feel it was my good luck that I came across the information about the course and could join it and get benefited.



A heartfelt Thanksgiving

*The following was a small speech made by **Shirish Marathe** at the farewell of the residential camp held at Atmadarshan, Andheri. It touches a chord in the hearts of every reader and exemplifies the impact of the camp*

I have attended a number of workshops and for the first time I have experienced instructors so deeply immersed in their chosen activity. Among the instructors I also include those who have assisted us in the last five days. Their devotion to Brahmavidya and dedication to spreading its message and benefits is highly visible and commendable.

I am very glad I made the decision to attend this workshop first rather than the six month long week by week program. I have benefited from this workshop since I have been shown the full scope of the Basic Course and the teachers have convincingly woven all the lessons, breaths and meditation practices into a complete picture.

My teachers, the conviction, mastery and joy that you project is so genuine that it is apparent that you are all true practitioners. It is always such a pleasure to learn from a practitioner who speaks from experience rather than from an academician who teaches from books. My heartfelt thanks and appreciation are offered to you for all the pains you have taken for us. May you continue in this labour of love with even more zeal.

My fellow aspiring *sadhaks* who have come to the residential camp with a genuine inquiring and open mind, I feel very happy to have met you all. Rarely have I met a group as diverse as this which has harmonised so well. I thoroughly enjoyed your company and your smiling faces. I have made new friends and hopefully, lasting friendships.



Towards a newer YOU...

*Regular practice of Brahma Vidya renews an individual totally, feels **S. R. Morab**, student of Basic Course of Brahma Vidya*

Man retires at the age of sixty years and he enters into ‘Sanyas’— a race thought. I too was a victim of this line of thinking. But from the day I joined Brahma Vidya the earlier concept about old age, ill health and death started fading, paving the way for a new outlook and concept of vibrant, strong, healthy and ever youthful life.

Brahma Vidya is a panorama full of science-based ideas, teaching us how we should maintain both physical and mental levels at a height through exercises and meditation. I was earlier suffering from high blood pressure and weakness. Now with Pranayam, physical exercises and meditation followed by affirmations and denials the diseases are thrown out fully from mental level and also from physical level.

With the practice of Brahma Vidya life has become purposeful, full of energy and dynamism. Life is now filled with green pastures and the world around looks beautiful.

The GOD in Me is in You. Oh! What a meaningful thought ushering in an era of “VASUDEV KUTUMBAKAM.” I am heartily thankful to Brahma Vidya Sadhak Sangh for all these positive changes brought in me and I pray to GOD that their incessant efforts bear the fruits and make this world a better place to live in.



Small realisations make a ‘big’ difference

*In the present article, **Vikram Gokhale**, a student of Brahmavidya Advance Course reaffirms his faith in this holistic science and brings forth some beautiful truths which he realised during his practice*



Presently I am working as Manager (Training) for Wallem Ship Management. Brahmavidya has contributed to many changes in me and I would like to share them with you. On the physical side, the practice of correct breathing has cured me of persistent cough and cold, besides improving vitality and reducing the feeling of breathlessness, that I periodically suffered from earlier. The other benefits, that arose from practising the Advance Course of Brahmavidya, were much more significant. I have tried to summarise them, in the following points :

- A change in attitude. Instead of cursing things that cannot be helped, I started appreciating things that have improved. I stopped blaming everybody for all my problems. I am now trying to avoid using stupid catch-phrases like: Why isn't something being done about corruption, taxes, over-crowding etc
- I asked myself: What have you done, to solve even one little problem? Then I started doing that. Whether it is a small pool or a large pool, it still needs to be filled drop-by-drop. Every bit, that you can contribute, will help to make the world a better place for everyone, including yourself.
- Whenever I found myself stuck with a problem, I used to start blaming everyone that I (often mistakenly) assumed must be responsible, everyone but myself. Now I realised, that it is far better to look for the solution. Every problem has a solution, no matter



how hopeless the situation appears to be - all it needs is a correct solution.

- I also realised that every problem is also a stepping-stone to success. It is only after overcoming problems, that you can reach success. The more problems you solve, the faster your progress. As someone put it very nicely : Success is not the absence of problems, it is the overcoming of problems.
- I try to spend more time listening and less time talking. That way, I benefit more, by increasing my knowledge. I also try to stick to facts.
- Earlier, I used to mistakenly think, that I was impressing people, by exaggerating. When you state only the facts, they are indisputable and you have made your point most effectively. When you try to 'dress up' the facts with your own guess work, you invite ridicule and arguments.
- I also realised that one of the most useless things to do, is to get involved in an argument and you know that neither side is listening. Both parties are only interested in forcing their own version of the story onto the other! Only when you logically analyse this, do you realise the foolishness of propagating an argument. The net result of an argument is, that neither side is convinced and both parties are only wasting their own time and breath!
- I used to assume that life is a perpetual struggle, that unless you stay vigilant and one step ahead of the 'opposition,' they will get you! These wrong beliefs have a tendency to push people into the 'survival of the fittest' mentality, where we become selfish and egoistical - both are negative qualities. Right Understanding can change these wrong beliefs, when we discover the numerous benefits that arise from teamwork and coordinated efforts, essential for harmonious living.
- I found that Positive Thinking is a habit. A discipline. Going one step ahead, I would like to call it Positive Believing, where you need to do it, not just think about it! Just like dieting or exercise. You need to work at it, to keep it going. And the best tool, I found,



was to use affirmations. Affirmations act as a wonderful source of inspiration and self-motivation. They boost your confidence levels and put that extra zest into your life!

- For positive affirmations to work, I needed to convince myself that I could eliminate the negativity around me. You must first believe, that only you can control your destiny. It must be a positive, powerful belief, and not just a 'maybe,' 'I will try and see, if this works.' Affirmations, used together with meditation and visualisation enable you to create the quality of life that you want for yourself.
- I try to be silent, for at least half an hour every day. Since my window is facing a garden, with a lot of trees and greenery. I spend that time hearing the birds chirping, feeling the refreshing coolness of the breeze on my face, just appreciating nature, instead of boring my immediate neighbours, with endless problems or gossip. I realised that nobody is interested in your problems; they couldn't care less about your problems. Some of your listeners may even be glad, that you have problems. They have enough of their own, without having to listen to yours!



The healthy way...



*Brahma Vidya is truly a holistic science, which helps enhance health and aides the curing process. The present article brings forth how **Prakash Vaidya**, a chronic asthma patient could overcome his illness and reduce consumption of medicines*

I had the first asthma attack in 1970, when I was six years old. I was given different types of treatments over the years. Some of these treatments, particularly swimming and yoga gave me some relief. But they had some other problems. The swimming pool where I had membership had high chlorine levels in the water. Swimming took care of my asthma but I suffered from burning eyes and skin irritation. The swimming pool used to be shut down frequently for repairs. Yoga did not have any side effects on me, but still I had to take medicines every now and then.

After some years, I accepted asthma as an integral part of myself. The condition worsened since the past seven years or so. I used to take around six tablets and used to have inhaler twice a day. Then somebody suggested me about Art of Living. For the first time my asthma was under control. My medication was reduced drastically. Now I had to use the inhaler once in a month. Tablets were totally stopped. But still, I had to use inhaler during travelling or whenever there was change of season.

Then last year one of my friends insisted that I join the Basic Course of Brahma Vidya. I joined the course without any expectation as I was not aware what Brahma Vidya is. But in just two months I started seeing its wondrous results. I joined the course in September 2006. The last time I used an asthma inhaler on November 8, 2006. This August, I travelled to Kolkata, Gangtok and Darjeeling. During our stay at Gangtok we also enjoyed snowfall. But I did not require the inhaler



during the entire trip. It was difficult for me to believe this. But now I know, I can live without my medicines.

I got reprieve not only from asthma but also from other ailments like mouth ulcer, fever etc. During last six-seven months I have used mouth ulcer tablets only thrice, that too in less quantity (earlier, I had to take medicines every month). I have also hardly used paracetamol tablets during this time.

Each year we execute a sensitive software project. The project is executed in different phases (normally 4 phases). We face a lot of problems in this project. But this year the execution of the first phase was smooth. In the second phase, we experienced some problems. But before we could understand the problems, we could also see the solutions. And all the problems were solved within 2-3 days. I am sure in future also I will be healthy and able to perform my work better. Thanks to Brahmavidya.



Participants practising breathing exercise at Khandala Camp



Success, happiness and peace rules...

*In this short and sweet revelation by **Samir Momin**, one comes across the fundamentals of the science, which are indeed life changing*

I joined the Basic Course of Brahma Vidya on my friends recommendation. During the course I was introduced to the Laws of Life. It is indeed surprising that these laws, which existed since the origin of the Universe were not taught to me by anyone before – neither my parents or teachers! Maybe, Providence wanted me to learn it by enrolling myself in the Basic Course of Brahma Vidya. It was during the course that I learnt to respect my body.

I learned that it was my thinking, which is responsible for my decisions leading to my actions and nobody else is to be blamed for the happenings in my life. I learned to plant good thoughts in my mind, which lead to good decisions which guide me to fruitful actions in life. I am grateful to Brahma Vidya Sadhak Sangh and my teacher for guiding me and showing me the path on which I am finding all the Success, Happiness and Peace. Looking back, I only feel that had I found Brahma Vidya earlier, my life would have been much more enriched and satisfying. I am looking forward to follow the path of Brahma Vidya all my life.



‘I rediscovered myself’

*Brahmavidya is a wonderful science, which elevates each aspirant at all three levels of existence: physical, mental and spiritual, **Shanti Joshi**, highlights some nuances of the science, which made an impact on her*



When a friend of mine told me to join Basic Course of Brahmavidya, I was not at all aware about its activities. I thought, there would be some breathing exercises and chanting of mantras or some kind of meditation and was fairly surprised when I joined the course as it was totally different from what I had perceived. Since long, I was in search of such an avenue through which I could get complete solace. I had never thought that one day, I would get the opportunity to attend such a wonderful course, which was beyond my imagination. I used to read spiritual articles mentioning the words omnipresent, omniscient and omnipotent. I had come across these words umpteen times but never pondered over them or to be honest, understood their meaning in the real sense. In the Basic Course, it is explained in a very simple and effective manner.

Our Sir gave practical examples while teaching and this compelled me to think over what was taught and follow it in practice. I had never come across such an abundance of intelligence in any spiritual science before. Though the emphasis is on two main things-correct breathing and correct thoughts but after every lesson, whatever the topic be, it ultimately relates to meditation, telling how and why we should meditate which subtly makes a dent in our minds. The breathing exercises and meditation have helped me in focusing my energies and this further encourages me to practice it with more vigour. It was thrilling when it was explained so beautifully, how our mind is sacrosanct with subconscious and conscious actions. What we feed



into our sub-conscious mind ultimately influences our physical, mental and emotional wellbeing. Affirmations are so wonderfully written that it makes one feel great and blissful.

Before joining the Basic Course, I was ignorant about the wonderful system, the divine laws and the harmony between all the organs, performing entirely different functions in our body. The affirmations have totally altered my viewpoint.

I had not joined the classes for curing my ailments. Truly speaking, I could not imagine that meditation can cure diseases. Surprisingly, I have noticed that my arthritis is being cured, and I am now confident that my other health problems will also be cured one day.

I offer my regards and gratitude to our Sir and all those who are at the helm of carrying out the great work of creating awareness. I owe gratitude to all who have written wonderful words through affirmations and prayers, particularly the voice lent to the affirmations in the cassettes and CDs, makes the meditation, even for the beginners, a wonderful experience and truly makes us feel happy and blessed. I am truly grateful to Brahma Vidya.



Jayant Gore Sir (centre) at Hari Om study group at Borivali



All about being positive

*Brahmavidya is known to instill 'positivity' among all those who sincerely practice it. The present article written by **Tanmayi Gadre** on behalf of her father G. M. Gadre, who has completed the Basic Course is enlightening...*

Baba enrolled for the Brahmavidya Basic Course about six months back. When he told me about it, I had a mixed reaction. On one hand I was pleasantly surprised that Baba wanted to learn something new after a long lull of inactivity as far as learning goes and that too, a spiritual science. On the other hand, I was skeptical; 22 weeks seemed a too long. But I am very glad that he proved me wrong and attended this course religiously. He must be amongst the most regular students in the class every Thursday. He used to give me a quick summary of all that was taught in the class and I was very impressed with the logic and clarity of the propositions. There is a noticeable difference in his ability to control his temper. He surprises us all by maintaining his cool in provoking situations too. Moreover, he now refrains from taking medicines. I am sure this is a result of the positivity that this course has infused in his thinking regarding his mental and physical health. I hope Baba resumes the advanced level. It would help him a lot more if he practises the exercises taught on a daily basis.



Brahma Vidya my 'compass' of life



The following article authored by O. P. Harshwal bears testimony of the fact the Brahma Vidya indeed is a holistic science and cure-all for one and all, irrespective of age, gender, caste, creed, race, whatsoever

Before I had learnt Brahma Vidya I felt that I was in a ship in mid-sea with no direction and was surrounded with dark and gloomy clouds. I was at a stage of mid-life crises. I felt that I had passed my prime age and was entering old age, which is bound to give me pains and sufferings leading to the eventual death. I also passed through a patch of bad health leading to pain and suffering which confirmed my belief that old age will certainly lead to pain and suffering. Hence, I developed a pessimistic outlook towards life and always expected negatives to happen.

It was at this stage, that I got the privilege of learning Brahma Vidya, the knowledge which changed my destiny. Again life is looking bright and youthful. Now although I am in the ship in the same mid-sea but there are no clouds and the sky is bright and shining! I feel calm and confident and of course, youthful.

The knowledge of Brahma Vidya has done all this for me. Brahma Vidya has guided me like a compass guides a ship. The compass always shows you North i.e. the magnetic pull of the earth, similarly Brahma Vidya has shown us life's pull towards God ...the God within you, God who is present everywhere, who knows all, who does all and who controls all.

I bow before this knowledge and express my gratitude to Brahma Vidya Sadhak Sangh, to have guided me like a compass and revealed to me this greatest truth that, 'I am the Temple of this living God.'



Let there be light

*Practice of Brahmavidya surely and subtly leads each one who sincerely practices this divine science into the light of divine wisdom and enriches each sadhaka's life with innumerable benefits at every level, opines **Sopan Kamble***



I was always attracted towards yoga and spiritual *sadhana*. I was practising it whenever I had time. But, the feeling persisted that I am not getting desired results from my practice.

And then I joined Basic Course of Brahmavidya at Chembur along with a friend. After listening to the first lecture, I decided that I will definitely complete it. Slowly I started doing pranayam and other breathing exercises. I also came to know about the endocrine glands. Brahmavidya taught me meditation and for the first time I realised what correct meditation was.

Prior to Brahmavidya class, I was suffering from severe pain in my right leg. I was having difficulty in walking and climbing stairs. Due to blessings of Mother Brahmavidya and the practice, the pain has reduced considerably.

In Advance Course I was guided scientifically and explained in simple terms the finer things of spiritual practice. It helped me in practising the breathing exercises without any strain. I felt the deep inner 'peace' an absolute 'no-thought state'. I started feeling light and internal vibrations. All this has helped me in strengthening the foundation of my spiritual practice. I have realised what is life and how to live rightly. With Brahmavidya practice a student learns to think rightly; or better he himself becomes a right thought.

We can experience that the difficulties and pains in life are reduced by following the guidance of the teachings in our lessons. Truly, what I was, how I was, how incorrect were the ways of my life, before I



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came into Brahma Vidya! But now I am on the Right Path! If every human being practices Brahma Vidya teachings, this earth would become heaven. I have found the right path to 'light,' the correct method of spiritual practice in Brahma Vidya. I have just begun my journey on the Path and wish to learn it completely.

Brahma Vidya is spreading all over the world. Brahma Vidya is helping everyone and bringing light to this troubled world. I give thanks to Brahma Vidya.



Teachers conducting theory class at Khandala Camp



A doting Mother...

Brahmavidya is not a mere spiritual science, like a doting mother it cares for its followers and inspires each one to evolve in life from whatever be his or her previous level, feels Arun Bhandarkar

To attain physical and mental health, man slogs and slogs along. We see many health conscious people around us doing various things to attain perfection. Some prefer jogging, some go to the gym, some do yoga, some Reiki, and whatever they feel is best according to their choice. Some years back, I also was one amongst them. Around 1998, I caught some allergy because of which I would start sneezing continuously as soon as I washed my face in the morning. I tried various remedies. I would get temporary relief but none could cure completely. I also tried Reiki, jogging, yoga, but there was no relief.

In 2004, accepting the advice of one of my friends, I joined Brahmavidya. I started practising spiritual breathing exercises regularly, but was not so regular with meditation. Hence I did not get complete benefit as was expected. Yet, I was convinced that Mother Brahmavidya had the solution and it was I who was not practising properly.

Out of keenness to know more about the spiritual practice of Brahmavidya, I joined the Advance Course. While practising, suddenly I realised that the reason of my allergy was not physical, but mental, for on observing myself closely I found that at times if any office stress would disturb my mental peace, it would reappear. I then started meditation regularly and what a miracle! My allergy vanished! Because of meditation, I started enjoying mental peace as well.

In Brahmavidya, we learn that mind and body are connected. Yes, this is what my experience reiterates. Happiness leads to health and



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health is necessary for happiness and vigour. Here again practice of the first triangle of Brahma Vidya becomes a necessity - Joy, Gratitude, Reverence. Today, when science is progressing in specialisation in each and every part of human body, in Brahma Vidya, we rely and rest, for head to toe health. Not only that Brahma Vidya cares for our mental wellbeing but leads to spiritual upliftment as well. Who can be so caring for her children other than a mother? Let us all spread the light of Mother Brahma Vidya and bring more and more children under her care.



Participants relishing a meal at Khandala Camp



The mind and body healer...

*Brahmavidya is known to bring relief to most people suffering from different respiratory illnesses, **Manish Panchal** shares his experience of how he could get rid of chronic asthma*



Now, I can say confidently that “I ‘was’ an asthma patient”. Since 1993, had suffered regular, breathlessness attacks, sometimes severe ones. I had tried various treatments, but in vain.

While joining Brahmavidya, from day one, was determined to learn correctly and practice regularly. And surprisingly, having done it I saw its benefits almost instantaneously. From almost 1.1.2006, till today. I have not gone to any doctor for treatment of breathlessness as I did not suffer from those attacks. I am feeling really relieved.

Other side benefits were observed, I am able to maintain better emotional balance while dealing with tough people in our profession. Before doing Brahmavidya, I used to face some tension in dealing with certain people on my professional front. But with regular practice of Brahmavidya I do not feel any tension in dealing with these people. And I am very much thankful to my teacher and the organisation.



The holistic science...



*Practice of Brahma Vidya showers joy and well-being on the aspirant from all quarters, says **Pramod Bijur**, who on the completion of his Basic Course itself started encountering the benevolent effects of his practice, here are some of the important ones*

Out of curiosity, I joined the Basic Course. In the first lecture itself I realised it to be a great science. I was highly impressed by the teacher. His simplicity, sincerity and devotion towards the subject touched a chord in me. All the teachers are doing an honorary job in the spirit of service. This further impressed me. I always imagined God to be an ocean of love. In Brahma Vidya I learnt the same, therefore I felt at home with my belief.

A couplet was often quoted in the class, “A man seeks God when in pain. Remember him always and the pain dare not come near.” The idea made a deep impression on me.

Slowly my vision started widening. In fact, the entire paradigm of looking at the life started shifting like the ocean called ‘God’ has always been there. We are now making an attempt to reach it.

For instance, before the cable television era, each TV set was accompanied by an antenna on the roof top. The condition was, no matter what, the antenna has to remain fixed for ever in the direction of the television tower once this condition is fulfilled, all the channels would be projected on the screen automatically. In the same way, if we, through the teaching of Brahma Vidya focus our mind on the Almighty, then all the positive things in life will flow to us unconditionally. One’s life will be replete with health, wealth, success, happiness, improvement in relations and more. Spirituality does not expect a person to renounce anything. In fact, it teaches us to achieve whatever we wish for with the guidance and blessings of God.



While doing the Basic Course itself, slowly I started noticing changes in me. By doing the breathing exercises regularly, there was renewed strength in my knees as if I have become fifteen years younger. There was bounce in my walk. I started feeling light and agile. My chronic diabetes was well in control. My gait improved and so did my confidence. While still in my advance course the blessings were immense. The course did wonders for my working style. I could foresee openings not until thought of. Things started falling in place to my advantage. I could maintain a more cheerful frame of mind throughout the day. With a sense of contentment, I firmly started moving towards my goals with renewed vigour. A new surge of confidence enveloped me. I developed the required persistence to complete the toughest of the assignments.

Most of all nowadays, I never feel alone God and me are partners, always together. All my shortcomings are overcome by his support. He leads the way, I follow. Slowly I have started developing the faith that nothing is impossible when He is with you. I believe in course and effect thereby.

By joining Brahmavidya, I feel I have laid my hands on 'Alladin's Magic Lamp.' This lamp is continuously spreading the rays of blessings and happiness in my life. All these things were only possible because of 'Mother Brahmavidya.'

To attend a class of Brahmavidya is a great 'Satsang.' It is never too late to join this course. It is a belief that, a man reaches heaven at the end of his life. Mother Brahmavidya can bring heaven to you, while you are still in the prime of your life. I assure you that after completing this course you will surely feel, 'Why didn't I do it earlier?'



How does Brahma Vidya work in children?

*The forthcoming article is written by **Sugandha Indulkar**, who has been conducting children's course for the last five years. It strives to answer a basic question - Why is Brahma Vidya important for children and how exactly does it help them?*

"Parents can only give good advice or put them on the right paths, but the final forming of a person's character lies in their own hands," wrote Anne Frank, the Jewish teenaged girl whose diary narrating the tale of her family caught in World War II has sold millions of copies around the world.

"Children are like wet cement. Whatever falls on them makes an impression," said Dr. Haim Ginott an Israeli parenting expert.

If one were to analyse both the above quotations, one would realise that children possess the power to utilise the benefits showered on them by their teachers, parents, society, etc. The creative power to make use of their circumstances and opportunities is inherent in every child. Brahma Vidya simply allows this creative power to shine and grow in every respect.

This process takes place at three basic levels: the body, mind and spirit of the child. Of the two primary levels one can discuss at length and try and explain with examples how this happens and has happened in the various Brahma Vidya classes for children conducted all over Maharashtra.

For instance, the breathing exercises infuse their body with high amounts of prana energy, which purifies their whole body and improves its functioning. They feel energetic, their immunity is built, respiration improves and so do the other bodily functions.

As far as their mind power is concerned, children are basically malleable by nature, they are programmed to learn, grow and evolve



in life. How they do it, determines their success in future life. Brahmavidya helps in improving their concentration, retention and grasping.

The course for children comprises of eight spiritual breathing exercises and prayers. The course is short and sweet of two months. During which they are acquainted with the basics of Brahmavidya theory, its origin and historic significance. The curriculum does not bore them with 'heavy doses' of highly spiritual discourse or do's and don'ts or ethics and morality. The entire curriculum stirs in them the power to think independently, respect elders and the Laws of Life and acquaints them with the omnipresence, omnipotence and omniscience of the Almighty.

"I had not known what God was, till I completed Brahmavidya course. I used to pray simply because elders in my family asked me to and I too felt better after praying. But I did not know to what power I was addressing in my prayers. But today I know much more about this supreme power and my relation with it," gushed Akshata* a teenaged girl on the completion of the children's course.

In yet another beautiful description after doing the breathing exercises, Aditya,* a school going boy said, "I truly feel a power purifying me completely from within. I can feel the light, the warmth and there is some water flowing out of my eyes, which makes me feel totally relaxed, I have never felt anything like this before."

In both of the above instances, one can see in how many different ways Brahmavidya works and how deeply it affects the mind and body of a child. Towards the end of every class, all children invariably feel that the class was indeed short and should have been extended further. They express a desire to be associated with Brahmavidya throughout their lives.

*Names have been changed.



I started scoring well



*Brahma Vidya helps one concentrate better and learn faster, feels **Raveena Gathe**, a student of Holy Cross Convent School. Read on to know why she feels so...*

When I started with Brahma Vidya, I had no idea about what will be taught in the class. But when I learned all the breathing exercises I felt the difference in my body, mind and soul. Before studying I started doing breathing exercises and I realised that my memory power is growing. My stamina improved, I could study better and perform well in the examinations and also overcome examination stress.

I used to find the subject Mathematics difficult and initially disliked studying it. But with practice of Brahma Vidya I could cultivate a love for it and now I find it very interesting and score well in it too.

Practice of Brahma Vidya has brought about a radical change in my outlook and behaviour. My curiosity about Brahma Vidya is growing. Day by day I look forward to learn something new. Brahma Vidya really enhances life. We can see the change in ourselves.



Lessons of value

*When **Shruti Wardhan** a bright school-going girl felt frustrated with studies and nothing seemed to be going right, practice of Brahmavidya helped her. Read on to find out how...*

My life was not going too good. I was not at all interested in studies and more so Maths. I never used to study the subject. As a result, I used to score below 70 percent. Due to which my mother used to scold me a lot. I was feeling too frustrated, it was just then that a friend told about Brahmavidya and how it has helped her and many people whom she knew. When I went to Brahmavidya classes, I used to feel that this is the thing, which I needed the most. When I started doing the exercises I began taking interest in studies. As exams approached I did get tensed, but as I did the exercises taught in Brahmavidya, my tension disappeared. I solved my papers without any tension. The results were just unbelievable. I secured 80 percent in my examination. Without Brahmavidya this would not have been possible at all.



Regular practice can work wonders

*Brahma Vidya helps gain good physical and mental health and **Payal Salvi** feels it helped her score better in the board examination as well...*

Once while coming back from school, I met Mrs. Patil a Brahma Vidya teacher. On being asked, she explained me the benefits and positive aspect of what is called as 'Brahma Vidya'. With great enthusiasm she explained me everything regarding this and advised me to join the course without further delay. I too decided to abide by her saying and joined the course.

It gave me great pleasure and relaxed my mind to a great extent. It helped me realise that few minutes of prayer and breathing exercises can take away our lethargy and depression. It also helped me concentrate on my studies and thereby I could come out with flying colours by scoring 92 percent in class X board examination. This course helped me overcome my incapacities and to keep my mind cool during difficult situations.

Moreover, it showed me an optimistic approach towards life. It helped me to control my thoughts, brain and body parts in an orderly manner. Regular practice truly works wonders and I am grateful to the efforts of Brahma Vidya Sadhak Sangh to propagate this beautiful science among the masses.



‘A highly spiritual science’

*IIT JEE preparation is a trying time for one and all, **Tejal Bhamre**, who now studies in IIT Powai, began studying Brahmavidya while in class XII and shares her experiences with science*



The day, when an acquaintance suggested Brahmavidya to me, my life changed for the better. The year 2006-07 was very crucial for me, as I was to appear for my class XII exam as well as IIT JEE. Both the exams are significant as they leave an everlasting effect on one’s career. I was really in need of something that could reduce my stress, increase stamina and instill huge amount of confidence in me. IIT JEE, especially, has a very high level of competition. One is not only required to have alertness and sharpness at the time of the examination, but also a good stamina throughout the duration of preparation.

Everyone who undergoes such a crucial examination has to rely upon some kind of physical as well as mental exercises. Brahmavidya encompasses both in the right proportion. It is neither time consuming nor tiring. Hence, even people who have a busy schedule can easily incorporate it into their schedule. Pranayam increases alertness and sharpness. There are other exercise for inspiration, boosting confidence, and proper respiration. A special note for all atheists — Brahmavidya doesn’t include any ‘religious exercises’ rather it invokes spirituality...free from blind faith.

Within days, I could feel a tremendous change in my stamina. My confidence level also started rising. Moreover Brahmavidya is a refreshing break from the daily monotone of studying. I would strongly recommend it to all, especially to students.



Brahma Vidya Quiz

Answer the following questions. Tick correct answer. If the tick mark enters into another answer box then it is not valid answer. Make a note.

1. Who was the head of Yoga & Philosophy Department in Nalanda University?
1) Guru Padmanabhan 2) Guru Ding Le Mei 3) Great Tibetan Guru 4) Guru Padmasambhav
2. Brahma Vidya Mission was established on
1) 10th May 1980 2) 11th May 1984 3) 11 May 1985 4) 9th May 1982
3. Brahma Vidya Sadhak Charitable Trust was established in
1) 1977 2) 1988 3) 1990 4) 1997
4. Original name of Guru Ding Le Mei was _____
1) John Peter 2) Justin Arora 3) Robert Parera 4) Edwin John Dingle
5. In Bombay, classes of Brahma Vidya started in
1) 1975 2) 1972 3) 1977 4) 1970
6. Who started classes of Brahma Vidya in Bombay?
1) S.K.Subramanian 2) R.S.Krishnamurthy 3) Jayant Divekar 4) K.S.Ramnathan
7. Where was Institute of Mental Physics established by Guru Ding Le Mei?
1) London 2) Japan 3) Singapore 4) Yucca Valley (California)
8. What are the fundamental aspects of life?
1) Thought – Right Thought 2) Rest–Relaxed 3) Inhale – Exhale 4) Breath & thought



9. Purification of body takes place due to ____
1) Simple living 2) use of cosmetics 3) Dressing up well
4) Brahmavidya Spiritual Exercises
10. Existence of life depends upon ____
1) Strength 2) Electricity 3) Magnetic Power 4) Life force (Prana energy)
11. We have to spread Brahmavidya in Maharashtra upto ____
1) 2011 2) 2015 3) 2010 4) 2020
12. ____ is the process of purification of our mind.
1) Speech 2) Study 3) Meditation 4) Action
13. Which is the best art of living?
1) Dancing 2) Singing 3) Art of Rangoli 4) Art of Living – Brahmavidya
14. In which breath there is no retention
1) Revitalising 2) Grand rejuvenation Breath 3) Your own spiritual 4) Memory Developing Breath
15. ____ is called the chemical fire.
1) Prana Energy 2) Hydrogen 3) Carbon Di Oxide
4) Oxygen
16. Which is the Key to imperishable Health
1) Pranayam 2) Breathing Exercise 3) Meditation
4) Brahmavidya
17. Which was the famous university 1200 years ago?
1) Bombay 2) Aurangabad 3) Nalanda 4) Nagpur
18. Object of Brahmavidya Sadhak Sangh
1) My Development 2) Development of family 3) Social Development
4) Physical, Mental, Spiritual development of entire human race

Answers : 1-4, 2-3, 3-4, 4-4, 5-3, 6-4, 7-4, 8-4, 9-4, 10-4, 11-3, 12-3, 13-4, 14-4, 15-4, 16-4, 17-3, 18-4



Basic Course Schedule

Airoli, Navi Mumbai	Maharashtra Seva Sangh, Sector 17, Navi Mumbai.	Morning 9.00 to 10.30	Sunday 16.03.08	Shri. Surve 25446630
Andheri (W)	Rajrani Malhotra School, New Link Road Extension, Near Shantivan Society.	Evening 6.30 to 8.00	Friday 14.03.08	Mrs. Koppar 26333694
Bandra (W)	MMK College of Comm. & Eco; 32 nd Road, TPS III, Behind National College	Evening 6.45 to 8.15	Friday 14.03.08	Dr. Shevade 26148245
Borivali (W)	Sailee International School, Gorai Road	Evening 7.00 to 8.30	Wednesday 19.03.08	Mr. Karandikar 9869264623
Chembur	Chembur Education Soc., Ramkrishna Chemburkar (RC) Marg, Chembur Naka	Morning 9.00 to 10.30	Sunday 30.03.08	(Dr.) Mrs. Bhelose 27550021
Churchgate	PVDT College of Edn; 3 rd Flr SNDT College, Nr. Station	Evening 6.30 to 8.00	Tuesday 11.03.08	Shri Divekar 9324294314
Dadar (W)	Chhabildas High School, Room No. 12, Opp. Vammali Hall.	Evening 7.00 to 8.30	Thursday 13.03.08	Shri Dalvi 9820227104
Dombivali (E)	Tilaknagar Vidyamandir, Tilaknagar, Dombivali (E)	Evening 7.00 to 8.30	Saturday 15.03.08	Shri Sathe 9833458597
Malad (W)	Sukrutya Trust Axim Estate, Rambaug, S. V. Road	Evening 7.30 to 9.00	Saturday 15.03.08	Mrs. Dalvi 9820227104
Mulund (W)	Mulund College of Commerce Nr. Mulund Railway Station.	Evening 7.00 to 8.30	Saturday 15.03.08	Mrs. Jog 25476818
Santaacruz (E)	Western Regional Instrumentation Centre, University of Mumbai, Vidyanageri, Kalina.	Evening 6.45 to 8.15	Tuesday 11.03.08	Dr. Shevade 9324294314
Thane (W)	1) Shreerang Society Shreerang Vidyalaya 2) Vasant Vihar, Pokhran Road No. 2	Evening 7.00 to 8.30 Morning 8.45 to 10.15	Saturday 15.03.08 Sunday 16.03.08	Mrs. Kulkarni 25422768 Shri Wakankar 25403310
Vashi, Navi Mumbai	Indian Education Society, Secondary High School, Sector 2.	Morning 11.15 to 12.45	Sunday 30.03.08	(Dr.) Mrs. Bhelose 27550021
Vile Parle (W)	Bhagini Seva Mandir, Kumarika Stre Mandal, Sarojini Road, Near McDonalds.	Morning 9.00 to 10.30	Sunday 16.03.08	Dr. Shevade 9324294314



Feedback

Dear Sadhaka/Reader,
Greetings!

Now that you have read 'Pradnya'. We are eagerly awaiting your views about the overall form and content of 'Pradnya'. Your creative suggestions will surely be incorporated in our forthcoming issues. They will enable the next 'Pradnya' to be more accurate and comprehensive. Please fill in the following questionnaire and send it to the Trust's office.

Editor

1. Were you informed of the Trust's different programmes and plans appropriately?
2. Were you encouraged to learn Brahmavidya by reading the experiences of our Sadhakas?
3. What are your opinions about experiences of Brahmavidya followers?
4. What are your views about children's Brahmavidya classes?
5. Which article did you like the most?
6. What do you think of the design, cover and layout of 'Pradnya'?
7. Your views about the general standard of 'Pradnya'?
8. Other observations and suggestions.

Name :

Address :

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Telephone :

Class attended :

Note : You may attach a separate sheet for detailed feedback about 'Pradnya'.





Brahma Vidya Sadhak Sangh

To,
Brahma Vidya Sadhak Charitable Trust
Ratneshwar Bhuvan 1ST Floor,
Gokhale Road Behind Bank of Maharashtra,
Naupada, Thane (West) 400602

From :.....
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.....
.....



(Centre) Shri Jayant Divekar releasing 'Pradnya' English & Marathi at Borivali Annual Gathering 2006



Trustees of Brahmanvidya Sadhak Sangh, (L-R): Vikas Phadke, Jayant Gore, Sanjay Sathe, Shri Jayant Divekar, Savita Sule, Kalpana Railkar, Swati Jog at Vile Parle Annual Gathering



Brahmavidya teaches definite methods
by which a person can overcome all of his
physical and mental problems and
lead a better, happier life.

Brahmavidya Sadhak Charitable Trust's
Brahmavidya Sadhak Sangh

Brahmavidya Sadhak Charitable Trust: Registration No. E-1995

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