

Let  
there  
be  
light!

**PRADNYA**  
2013



॥ प्रार्थना ॥

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

PRAYER

Brahmavidyam namaskrutya matguroho charanau tatha  
Dyanpraptyartha prasthanam rajmarge karomyaham

Santushtoham krutadnyoham krutarthoham punha punha  
Pran nad tejotitam Brahmavidyam namamyaham

**Meaning:** Having paid my respects to Brahmavidya and my teacher, I begin my journey on the noble path to gain (self) knowledge. Again and again I feel that I am happy, I am grateful and I am blessed. Again and again I bow to Brahmavidya, Which is beyond breath, sound, and light.

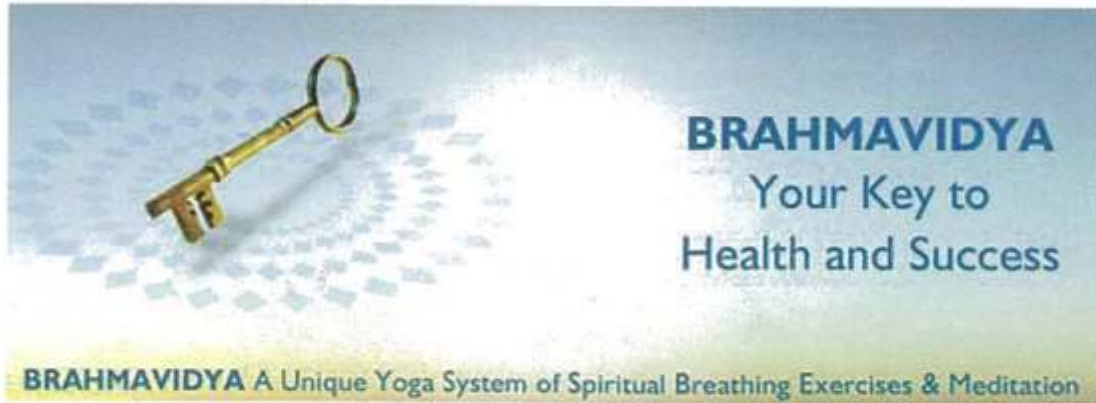
**VISION**

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

**MISSION**

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

## VISIT OUR WEBSITE



### An overwhelming response

Since the launch of the website in November 2004, response in terms of visitors to the site has been steadily rising. We thank all those who have visited the site. We also hope that all of these visitors are inspired to join the course. Currently, visits to the site are over 50,000 per month. These are from varied parts of the world. Many of those who have visited the site in the past have completed Brahmavidya courses, attended the residential camps and are enjoying the benefits of a physically, mentally and spiritually healthy living.

### To all Brahmavidya students

If you have not visited this website so far, we request you to have a look at it at the earliest and also recommend it to your friends and relatives in India and abroad. Facility of online registration for the correspondence course is available on the site.

Visit [www.brahmavidya.net](http://www.brahmavidya.net)

#### OFFICE ADDRESS

##### Thane

Ratneshwar Bhuvan 1<sup>ST</sup> Floor, Gokhale Road,  
Bh. Bank of Maharashtra, Naupada, Thane (W) 400602

Phone : 022-25339977, 25347788

Monday to Saturday, 10 am. to 6 pm.

##### Pune

1758, Sadashiv Peth, Garden View Apt., 1st floor,  
Near B. Maruti Temple, Pune 411030

Phone : 020-24454402, 9890304418, 9881474429

## TRUSTEES



Jayant Divekar



Savita Sule



Kalpana Railkar



Swati Jog



Sanjay Sathe



Jayant Gore



Ramesh Karandikar

## EXECUTIVE COMMITTEE

President : Sanjay Sathe      Secretary : Jayant Gore  
Treasurer : Purushottam Divekar

## PRADNYA EDITORIAL BOARD

Guidance : Jayant Divekar  
Advisors : Swati Jog, Rajaram Surve  
Editor : Sugandha Indulkar  
Editorial team : Yamini Chachad, Asha Indap  
Cover Page : Anil Date  
Distribution : Ramchandra Manohar

## OFFICE STAFF

Laxmikant Bhagare, Bhagwan Lonkar, Sugandha Gadre,  
Mangesh Jadhav, Madhukar Dolare & Anil Vinerkar

## DISCLAIMER

Thousands of students have reported improvement in their health by practising Brahmavidya methods of breathing exercises and meditation. Many have reported remarkable recovery from various ailments. In spite of this, Brahmavidya Sadhak Sangh advises students undergoing medical treatment that they should not discontinue their medication without consulting their doctors.



## Teachers' Introduction



**Yamini Chachad**  
Conducts Basic Course  
in Vashi  
☎ 9820680689



**Asha Indap**  
Conducts Basic Course  
in South Mumbai  
☎ 9967974058



**Hemant Moghe**  
Conducts Basic Course  
in Andheri  
☎ 9892008740



**Pradeep Patne**  
Conducts Basic Course  
in Kandivali  
☎ 9820923316



**Uday Parkhi**  
Conducts Basic Course  
in Borivali  
☎ 9833145995

---



**Brahma Vidya Sadhak Sangh**



Participants practising breathing exercises at Mahabaleshwar Camp



Participants demonstrate spiritual breathing exercises at Mahabaleshwar camp



## Proposed Ashram of Brahmavidya Sadhak Sangh

We are pleased to inform you that Brahmavidya Sadhak Sangh is now embarking upon an ambitious project of Rs. 6 crores to build its own Ashram.

In July 2010, during the Guru Poornima programme for Teachers of Brahmavidya, all teachers had shown keen interest in building our own residential complex - Ashram. It was decided to search for a plot of land between Mumbai and Pune, having reasonably large area, keeping in mind future expansion. Accordingly many plots were surveyed; out of which a plot of land near Kamshet (14 kms from Kamshet) admeasuring about 18 acres was found suitable and has been purchased at a cost of Rs. 3 crores. Projected cost of proposed buildings is about Rs. 3 crores. The name 'AROHAN' meaning ascension has been finalised for the ashram.

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

To start with, we are planning to build an infrastructure that can accommodate 100 students (offering facilities of lodging and boarding for Residential Camps), so that all Residential Camps can be conducted in our Ashram. In addition, students interested in staying here for Practice and Study of Brahmavidya can avail of this facility at a reasonable cost.

We are taking up this ambitious project requiring about Rs. 6 crores solely on the basis of our trust in all Brahmavidya students. Out of donations received from students we have already purchased the plot and now we need to raise the balance sum of Rs. 3 crores as early as possible, so that the construction work can start and the project is completed in about one and half years.

---



## **Brahma Vidya Sadhak Sangh**

Now success of this project solely depends on your contribution. Even if each student contributes a small amount of Rs. 1000, the required sum can easily be raised. But as we know that life is not arithmetic and there is no guarantee that things would happen as per these averages. So it is our humble appeal that don't limit to Rs.1000 and contribute as much as possible. The contribution can be given in cash or cheque (in favour of Brahma Vidya Sadhak Charitable Trust.

Above all, give your contribution with JOY so that what we create out of it would be a symbol of our JOY.

### **Note :**

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





## Editorial

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



Sugandha Indulkar

Greetings!

It has been an eventful year for all those in Brahmavidya. The Sadhak Sangh is steadily taking steps towards completion of its Ashram Project, half the battle is won, the victory march towards the next half is on, come join in! I hereby request all sincere followers to do their bit for this Ashram Project, it is OUR Ashram, a center for contentment, gratitude and reverence and leading each one who comes here onto the next level of light, joy and love. Let us all extend our support to this noble cause by donating generously.

Brahmavidya Sadhak Sangh needs torchbearers for its future strides. It is here that we all can play an important role — perfecting what we have learnt in Brahmavidya by living it successfully and leading many others onto the noble path of success, happiness and peace. The world needs more of our kind. We need to take the initiative under the guidance of our able teachers to spread the light. We all need to dedicate ourselves totally to this cause and allow the science to work, through us and with us for this noble cause.

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 difficulties in their lives through regular practice and some who have discussed important aspects of Brahmavidya through their contemplation.

'Pradnya' as its title describes is that *divine intelligence*, which leads each one of us towards our own real purpose in life, which is in

---



**Brahma Vidya Sadhak Sangh**

unison with the highest good in the Universe.

Here we give thanks to all those who were directly or indirectly responsible for publishing this annual souvenir of Brahma Vidya Sadhak Sangh – all those who contributed their articles, helped us with typing, page making and printing of this edition. I am thankful to Mouj Prakashan: Shri Madhav and Sanjay Bhagwat, and their office staff who have been helping us with the printing of this souvenir every year.

Let us all join forces and vow to do our best to spread the light of Brahma Vidya. We are established in this beautiful light, in total gratitude and reverence towards the great gurus of the present and the past, whose relentless efforts have brought to us this great spiritual science.

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

## **Homage**

Shri Vikas Phadke, senior teacher and trustee of Brahma Vidya Sadhak Sangh and in-charge of Bandra-Goregaon area left his mortal body on September 7, 2012.

We also have fond memories of Smt Kalindi Teredesai who was an active member of 'Pradnya' Marathi editorial team, she left her mortal body on January 11, 2012.

Shri Mohan Khare from Borivali, teacher of Basic Course and Children's Course left his mortal body on October 24, 2011.

*We express our gratitude towards them.*



## Contents

### Q & A

Towards better living... ..... 1

### Guru Speak

Modern life and Spiritualism

• Shri Jayant Divekar ..... 7

### Yearly Review

A silent revolution • Shalini Kulkarni ..... 9

### Contemplation

Discovering the miracle called FAITH • Sugandha Indulkar ..... 12

Balance – The Secret of Life • Prasad Dalvi ..... 14

Importance of Prayer • Vikas Pandit ..... 16

The Art of Giving • Ramesh Karandikar ..... 18

### Experience

Fear management! • Sukumar ..... 20

The Miracle of my life • Bharati Kumar Trivedi ..... 22

My experience with Brahmavidya • Anagha Hunnurkar ..... 23

Brahmavidya for all • Kaushik Shethna ..... 25

Brahmavidya ushers positivity in life • P B Desai ..... 25

Creation – The law of life • Dr Rujuta Mehta ..... 26

Meditation: Key to everlasting peace • Manoj Rajguru ..... 27

Brahmavidya, for leading a healthy life • Sandhya Devadiga ..... 28

Brahmavidya and the concept of eternal youth

• Jogendra Dasani ..... 29

Brahmavidya: Key to healthy body and mind

• Dr Shubhada Deshpande ..... 30

Brahmavidya: Key to imperishable health! • Bhanu Challa ..... 30

---



## Brahma Vidya Sadhak Sangh

Brahma Vidya for body-mind balance • Rita Nayak .....	31
Brahma Vidya: An effective therapy • Preetha Kurup .....	31
Brahma Vidya is magical! • Dr. Jigna Batoria .....	32
Brahma Vidya: A way of life! • Aparna Prabhu .....	33
Brahma Vidya: Key to successful and prosperous life! • Rhea Sequeira .....	34
My Experience with Brahma Vidya • Sahil Desai .....	34
Brahma Vidya : The ultimate knowledge • Anil Patel .....	35
Brahma Vidya for all • A J Thekkel .....	36
Brahma Vidya, for overall wellbeing • Neha Ghatkar .....	36
Brahma Vidya for overall progress • Purva Patne .....	37
Brahma Vidya: Golden key to good health • Sushma Dhope .....	38
Brahma Vidya for a better life • Sunita Menon .....	38
Brahma's Breathing Vidya and Me • Prakash Joshi .....	39
My Tryst with Brahma Vidya • Purvi Dalal .....	40

### **Brahma Vidya for children**

Importance of Brahma Vidya for Children • Yamini Chachad .....	41
Brahma Vidya camp for children: A report • Surekha Padwekar ...	42
Brahma Vidya improves concentration • Aditi Shendurnikar .....	44
Brahma Vidya: A life altering science • Nagesh .....	44
Brahma Vidya for improvement • Abhishek Pakhure .....	44
Brahma Vidya for better grades! • Niket Nitin Nigde .....	45
Brahma Vidya enhances memory • Saad Shaikh .....	45
Brahma Vidya reinforces energy level • Shauryaraj Jilkar .....	46
Brahma Vidya: The magic wand! • Shambhavi Jilkar .....	46
Brahma Vidya: A step towards holistic success • Dhruv Mahesh ...	46
Brahma Vidya builds confidence • Aditya Bhave .....	47
Brahma Vidya for better living • Akshath .....	48
Brahma Vidya for good health • Eeshan Dhanawade .....	48
Brahma Vidya for better results • Janhavi Krishna Patil .....	49
Brahma Vidya: A must for school students • Rutuja Dhanawade ...	49
Brahma Vidya teachings useful to all • Varun Sathisan .....	50
Brahma Vidya sows goodness • Riddhi Pednekar .....	50

---



## Towards better living...

*Brahmavidya is a unique science of yoga and philosophy that is integral to one's understanding of life and aims to help every individual live a happier, better and more fulfilled life. Here's all you need to know about this unique science, which aims to usher true wellbeing into one's life*



Do you find your inner voice asking the following questions at some point of time or the other?

- Am I happy?
- Am I doing the right thing?
- Am I in the right place?
- What is life?
- Does God exist?
- Am I here for a reason? What is the purpose of my life?

There are a lot of things that bind human beings together... people of all races, religions and nationalities. Be it accountants, peons, bus drivers or CEOs; things like love, emotions, growth and change affect one and all. People may have a different way of life, culture or customs, but they all need air, water and all of them strive for perfection, happiness, peace of mind, health and wealth.

The point then is, if we all need the same thing, may be, instead of each one experimenting on a different path, and trying permutations and combinations of various methods, we must seek into the depths of life one such path which will take us to our goal. Since man has existed from time immemorial, there must be tried and tested methods teaching us the right way of life. Here's a teaching that helps and it's called: Brahmavidya.

### **What is Brahmavidya and what does it do?**

Brahmavidya is the science of breath and thought. Every person is



breathing since the time he was an infant. So is the case with thought. The thought process is ingrained in every brain cell of ours. It is indeed difficult to think of a moment when mind is totally thoughtless and body is totally without breath. It may happen for very brief moments. Therefore we need to devise a system by which these two most essential processes are controlled and modified in such a way as to increase the efficiency of both mind and body. And when the body and mind function in true harmony the spirit within also rejoices. It becomes extremely happy and it too merges in this harmony. This harmony within, unites with the harmony without and new waves of peace, love and universal harmony begin to rule our lives and the world around us.

The technique is simple and is revealed in the Brahmavidya Basic course. It comprises of eight spiritual breathing exercises and meditation. Meditation purifies the mind and breathing exercises purify the body. Therefore both breathing exercises and mediation go hand in hand in creating a holistic effect on mind and body.

Brahmavidya therefore is a science, which acts at every level of human existence: body, mind and soul. Its effects are all encompassing and strive to bring any one who practises it regularly in tune with the creative spirit within. It eliminates unevenness on every front and brings divine order and peace in one's life.

### **History of Brahmavidya**

It is an ancient science. 1,200 years ago Brahmavidya originated in India. Guru Padmasambhava a great guru from Nalanda University began teaching it to his followers. Later, he migrated to Tibet and from there he taught the science to selected disciples (by word of mouth). Edwin John Dingle, an Englishman and journalist by profession was mysteriously drawn to Tibet and he acquired the knowledge from a great Tibetan Master. Guru Jyotirmayananda was perhaps the first Indian to have learnt it by correspondence from Guru Ding Le Mei (As Mr. Dingle later came to be known). It was from Guru Jyotirmayananda the founder and Chief Trustee of Brahmavidya Sadhak Sangh, Jayant Divekar came to learn the science and having



established the Trust he began teaching it to many others. So the science is indeed ancient and has been handed down to us by men of great worth and intelligence, for they have tested it time and again and it has proven to be very effective.

### **The technique and theory**

Brahmavidya Basic course for people above the age of 18 years comprises of 22 weekly sessions, covering 22 lessons on the philosophy of the science and eight spiritual breathing exercises and meditation. All those who enroll for the Basic Course are gradually led through this whole curriculum, which is aimed at making one fit at the body and mind level, thereby laying a strong foundation for spiritual progress, which happens during the advanced course. This course goes on for about two years after which one can enroll for the teacher's training course with permission from one's teacher. The technique and theory both are unique and complement each other thoroughly. They have been formulated by great gurus of the past, whose knowledge of ancient spiritual techniques and experience has been of the highest order. These teachings therefore do not clash with any religion and enhance one's understanding of life.

### **How did your tryst with Brahmavidya begin?**

Even before I joined Brahmavidya, I was spiritually inclined. There was a Brahmavidya class to be conducted near our house, I got to know of it and joined it. Guru Jyotirmayananda conducted this course. I enrolled for it in 1983 and developed interest in it gradually. Before joining Brahmavidya I had read the Gita and various commentaries on it and I had formulated many ideas of my own, about God and religion. When I did the Basic Course I came across some absolutely new truths quite different from the ones I had read and understood from my previous readings. Though I was not fully convinced, I practiced Brahmavidya sincerely. In the year 1985, I got to know of an advanced course which was to begin and I joined this class. In this advanced course, I felt that this is the only way for spiritual progress and that it is indeed the most supreme technique for spiritual growth accessible



to man. In those days, in our advanced course hardly six people were there and our guruji conducted the class for two years and taught us most diligently all nuances of this science.

Since the medium of instruction in those days was only English, I realised that the masses could not follow it. It was then that I thought that this science should be made available in Marathi for the masses to understand its essence and follow it. I started the translation work. It took me ten years to complete translation of over 1500 pages of literature because I was doing it along with my family and professional responsibilities.

### **What inspired you to teach this science?**

Anybody who has had some true spiritual experience would like to share it. It is not something that can be kept to oneself. As the spiritual experience overflows, one is bound to share it with other spiritual aspirants and deserving individuals. One cannot throw pearls before swines. Therefore the student too has to be good and sincere to learn these teachings. Thus I started teaching Brahmavidya in 1989. Later, in 1997, we founded Brahmavidya Sadhak Sangh, which primarily conducted Brahmavidya classes in Marathi.

I had joined Brahmavidya only from the spiritual perspective. I did not have any concerns other than the quest for spiritual knowledge. Today, we have many people who try to find solutions to their physical and/or mental ills or are looking for success in life and therefore enroll for Brahmavidya classes. There's nothing wrong with their intention, because Brahmavidya does help achieve all of that, and above all it leads one to spiritual growth. It does not neglect material progress. The courses are designed in such a way that the initial courses will take care of physical and mental wellbeing and later ones lead the aspirant towards spiritual progress.

### **Is there any parity between science and spirituality?**

Spirit is a mystery. Science and spirituality are diametrically opposite. One cannot debate between the two. Both are endeavours of man to find out the truth. Science is a study of matter, which studies the exterior,





whereas spirituality is an inward journey, which leads an individual to study his own mind and soul. Brahmavidya helps in discovering the inner you. Both science and spirituality are searching for truth, but their ways are different. Science is always concerned with matter. Spirituality on the other hand deals with spirit and its expressions. Science does not believe in the existence of the spirit and therefore there is no parity between science and spirituality.

Superstition is different from spirituality. Superstition often arises out of fear and insecurity. Spirituality believes in the fact that one creative spirit exists in all life forms and the world around us is an expression of that one creative principle (or God). If one believes in this totally, there is no scope for fear and therefore no ground for superstitious thought.

### **India is considered to be the spiritual capital of the world.**

It is true that in India few people have reached highest spiritual summits, but as far as great majority of people are concerned, we are only high in talking. Being one of the most ancient civilizations we have a long history of spiritual giants. These great men of the past experienced highest spiritual truths and they lovingly shared it, mostly by word of mouth. Later these teachings were written down and thus these became available to many people. Today in India we have abundance of spiritual literature expounding many philosophies and methods. Over long period of time these spiritual teachings have become an integral part of our culture, language etc. Hence we talk about these things in our day to day conversation, but do not live them so that we can really experience these spiritual truths. That is the reason why we see so many miserable people around us. Only when you experience, you know and begin your journey to transcend all misery.

### **How does one inspire a common man to lead a spiritual life?**

The inspiration for seeking the spirit comes from within. No amount of external coaxing will work. One may attend a class and practice for some months because of external pressure, but one continues along the path only when one gets some real experience of the spirit or



derives some benefits from his or her practice. The seed for spiritual quest is there in every human being. Humans are known to feel inner urge to seek oneness with the spirit within.

Brahma Vidya helps an aspirant to gain this oneness. It's a gradual process. One thing leads to another progressively, physical and mental perfection will steadily lead the seeker to explore the realms of the spirit. It is a proven, time-tested technique and it has worked for thousands of people.

### **Is spiritual and material life distinct?**

This distinction is made by human mind. In fact, life arises from the one creative principle, irrespective of the fact whether it is material or spiritual in nature. Most people however, are more engrossed with material pursuits, because its need is felt to be more urgent and the need for spiritual pursuit is latent. And that's why many people tend to ignore spiritual pursuit. In reality, both are equally essential and there is no actual difference between the two. They complement each other quite well. Spirit expresses through matter. In Nature, there is no conflict between spirit and matter, because both arise from one source. In human mind however, there's a difference between the spiritual and material.

*(Guruji Shri Jayant Divekar, chief Trustee Brahma Vidya Sadhak Sangh was interviewed by 'Wellbeing' magazine and given above are excerpts from it)*



## Modern life and Spiritualism

*Modern life with all the solutions that it offers to man, brings along many complexities. Guru **Shri Jayant Divekar**, chief trustee, Brahmavidya Sadhak Sangh explains in simple words importance of spiritualism in life*



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

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

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

Now what is the solution to this? We cannot change the atmosphere of competition. Whether we like it or not we are a part of it and we have to participate in it. Therefore instead of blaming the situation let us pay more attention to making ourselves stronger and efficient. Let



us learn how to keep our body-mind instrument in good order because of which we can take part in the race, win the race and enjoy life.

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

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

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

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

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



## A Silent Revolution

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



Shalini Kulkarni

Classes of Brahmavidya are being conducted under the aegis of Brahmavidya Sadhak Sangh. Over the years, number of students enrolling for these classes is on a steady rise. The credit of this progress primarily goes to the able guidance provided by Shri Jayant Divekar and trustees of the Sangh and the relent efforts taken by all teachers and volunteers. Each year Brahmavidya Sadhak Sangh undertakes many new initiatives.

Basic Course of Brahmavidya lasts for six months, consisting of weekly sessions of one and half hour each. After successful completion of Basic Course students can enroll for Advance Course, which lasts for two and half years. Classes are conducted once in a week and duration of each session is one and half hour. After this course, with consent of the teacher a student is granted admission to the Pradeepak or Teachers' Training Course of Brahmavidya, which is a two and half years intensive course which prepares the student for teaching Brahmavidya. Every dedicated student aims towards successful completion of this course, as a result of which the Sangh sees many new teachers taking up the task of teaching Brahmavidya voluntarily.

So in all, every Brahmavidya teacher has successfully completed six months of Basic Course, two and half years of Advance Course, and two and half years of Pradeepak or the Teacher's Training Course. Each of these courses are progressive in nature and content and therefore train the would-be teacher on the physical, mental and spiritual



plane of existence. A sadhak allowed to teach Brahma Vidya only on successful completion of all these courses. Apart from these courses, teachers of all Brahma Vidya courses: Basic or Children's Courses are required to attend regular workshops, which help evaluate their progress in Brahma Vidya and allows them to revise and update their knowledge and teaching techniques. This meticulousness allows for accuracy and uniformity in the teachings of all teachers of the Sangh.

**Details of Brahma Vidya classes, teachers and students from  
1.1.2012 to 1.10.2012**

Particulars	Children's Course	Basic Course	Advance Course	Hindi Classes	English Classes	Teacher's training course
No. of teachers	82	124	23	9	18	1
No. of classes	200	150	43	12	29	3
No. of students	2226	8118	1930	229	676	302

**Study groups :** During the 104 weeks of Advance Course and 96 weeks of teacher's training course, in order to revise their lessons and and bring in more accuracy in practice of spiritual breathing exercises and meditation, small study groups are formed by students. These weekly sessions are conducted by students for their own progress in the study of Brahma Vidya. Sometimes a teacher also participates in this study group to guide students.

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



and many other places. During the past year, a full-fledged Basic Course and Advance Course were conducted at Nashik. Basic Course has begun at Satara.

**Revision classes:** Every follower feels that even after 22 weeks of learning Brahmavidya he or she should hone his actual practice of Brahmavidya to perfection. And therefore, revision camps of Brahmavidya are organized. Many students enroll for this class and bring perfection in their practice. Contact Shri Jayant Gore for these Marathi classes on 022-21636301.

**Brahmavidya Office :** This is the one-point source for detailed information about classes, workshops, camps and all initiatives of Brahmavidya Sadhak Sangh. The office is open from Monday to Saturday from 10 am to 6 pm and is closed on public holidays. Office staff supports all teachers by providing lessons and other teaching material, etc. The office looks after accounts and database management of all students. Before publishing 'Pradnya' a lot of information is sought from the office. Two more offices have been opened, one in Pune and another one in Borivali.

**Borivali Office:** 21/Meghalaya, 5th floor, Chandavarkar Road, Vazira Naka, Borivali (W). Phone : 022- 28072754

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

**Pradnya :** You can become a life member of *Pradnya* (Marathi) by paying Rs 250/- only. The annual souvenir *Pradnya* will be couriered to life members for ten consecutive years, who may have to update the office in case of a change of address.

*Pradnya* is published every year in Marathi and English and is distributed to all sadhakas. *Pradnya* is released every year in the annual gathering of Advance Course students by honorable Shri Jayant Divekar. All contributors of *Pradnya*, writers, page donors, etc get a complimentary copy of that particular *Pradnya*.



## Discovering the miracle called FAITH



Sugandha Indulkar

*What is faith? Is faith absence of rational thought? Why is it important? Questions of this sort are bound to rise in the mind of every student, directly in proportion to their educational and intellectual quotient. In this article **Sugandha Indulkar**, teacher Brahma Vidya Children's Course strives to decode FAITH...*

*Faith is not belief without proof, but trust without reservation  
~ Gautam Buddha*

What the Enlightened One said about faith is indeed an eye-opener. Brahma Vidya, an ancient spiritual science of yoga and philosophy too is about having faith only after you experience the truths documented in its teachings. It is arguably the most effective spiritual technique which leads each one undoubtedly to realization of some of the most sublime elements of human existence and its role in the universal plan.

In this day and age of a thousand beliefs, numerous religions, sects and practices, each one promising with immense solemnity 'true enlightenment.' All of those people, who have already been tried and tested in the battle of life will find some solace along all these paths. But which one do we trust? Which one truly holds the promise of true enlightenment and leads every seeker into the light? This is something, which cannot be proven through an experiment or through some pages of statistics alone. It needs patience; sincere practice and each one through right experience will build that kind of faith.

With continuous practice, having discovered some eternal truths, dwell in its everlasting joy and peace. Observe closely the concepts highlighted in the Brahma Vidya lessons, live them with as much integrity as possible and find out for yourself. That is why Brahma Vidya is different from many other spiritual streams. It is a foolproof system, a technique that guides each one, without the slightest scope for doubt, non-scientific or superstitious beliefs. Having said this, it still asks of





only one thing of the beginner – faith in one’s practice of Brahmavidya.

Why is faith so important in life? What happens if someone chooses to live life without faith? For all those super-rationalists who live life fully based on reason and without any faith -- one can only say, they are ignorant of their faith. They too have faith in life, in the large and small events that govern their life and that of their loved ones. They however, are not aware of their faith. They are more aware of their rationality and take pride in living with it. There’s nothing wrong with it, but it unknowingly causes a lot of complexity in their life. Such undue reliance on one’s reasoning brings in a lot of stress in life. Faith is relaxing. We and our loved ones are being looked after and taken care of. Faith empowers us like nothing else does. It is something that one needs to feel and begin to acknowledge in order to manifest its total power.

While all of this is totally true, faith like all other positives has to be implemented with a lot of wisdom. Ignorance has no say here. Faith, more than all rationality in the world has to be exercised intelligently. One cannot let ignorance or a ‘herd’ mentality rule one’s decisions when basing them on faith. Usually, it is here that ‘faith’ loses ground to rationality. Soundness of mind, acute awareness of one’s thoughts, feelings should be the guiding light for one’s faith. In Brahmavidya too, have faith wisely! Lack of discerning wisdom, due to any reason whatsoever, cannot be overlooked and will bring with it pain and/or anxiety. Human intelligence is endowed with a lot of abilities, which empower us to rise above all other living beings and also above one’s own benchmarks. That is why one has to use one’s own discernment throughout one’s decision making processes.

In Brahmavidya, the student’s willingness to dispel the webs of wrong thought, misleading beliefs and ignorance will determine his/her progress. Sincere practice is the only way ahead. Faith is our guiding light. It keeps us going, especially when the tunnel is long and dark. It is through innate faith that one overcomes one’s limitations and establishes oneself in limitless light! So let us all... allow the flame of faith to burn bright in our hearts, keeping us together on this path of Brahmavidya.



## Balance – The Secret of Life



*Brahma Vidya helps restore balance in one's life  
feels Prasad Dalvi, teacher Brahma Vidya Sadhak  
Sangh*

Ramesh was coming down the stairs. He missed the step, fell down and was injured badly. He spent a lot on medical expenses, had to take leave from his office and was disturbed mentally. Some months back a pillar in a building in Borivali was damaged by one occupant, resulting in the collapse of the building. Many were injured and their lives were disrupted. Sita was habituated to thinking negatively all the time. She was constantly suffering from acidity, hypertension and sleepless nights. Now she is being treated by a psychiatrist for nervous breakdown. Why do these things happen? Like the famous story of Birbal the Great, one common cause for all – loss of balance.

Balance or equilibrium is present everywhere in the universe, from an atom to the sun, from amoeba to man. Whatever is in equilibrium is balanced. Whatever is in balance is orderly. Disorder is a result of result of loss of balance in any natural phenomena or individual health. Everything seeks balance. Whenever we suffer from any disease, immune system in our body fights the disease germs to restore balance. Medicines also help us in doing so to certain extent.

Let us see how balance is maintained in the universe. Inside the atom of any element, atomic particles – protons, neutrons, electrons etc. are held together intact due to balanced intra atomic gravitational forces. Only due to this balance, all elements – gases, liquids metals and non-metals are exhibiting their peculiar characteristics for millions of years. Similarly all planets in our solar system move around the sun in their individual orbits as they are held in balance due to the inter-planetary gravitational forces. It is because of this balance that their



movements can be predicted accurately. Prediction of solar and lunar eclipses is the result of this balance.

Rhythm arises out of balance, which is seen in many natural phenomena like: the high and low tide, changes in climatic conditions, migration of birds from one place to other, rotation of earth around its axis, appearance of black spots on the sun, etc. Even our body functions are rhythmic based on its bio clock. Discomfort caused by jet lag is due to disruption of this bio clock. Balance is the basis of the universe. We do not feel the pressure of atmosphere around us because it is balanced by the pressure within our bodies. Both are necessary for our existence. If there was no atmospheric pressure, human body would have burst like the balloon. Similarly in the absence of internal body pressure our body would collapse. That is why astronauts and scuba divers take adequate measures in their expeditions.

Balance is also maintained within our body in many ways. All of us have experienced some pathological test in our life. These tests show upper and lower limits of a certain parameter being investigated. Blood pressure, sugar level in our blood, cholesterol, hormone levels are some such examples. If any parameter crosses the upper or lower limit, it results in disorder in our health. A person with balanced personality can succeed in life, whereas those with emotional imbalance cannot face the challenges either in personal or professional life.

All this shows us that if we want to remain healthy, if we want overcome any disorder at physical or mental level, we have to restore the balance. As long as we are living a balanced life in all aspects – sleep, diet, exercises, thoughts and emotions we remain healthy. One who is healthy can achieve success in life and become happy.

How can we achieve balance in our life? How can we remove the disorder in our physical and mental health? Brahmavidya is the answer to this. Simple and easy to practice, its effective techniques help us restore the balance of our breath and thought. Breath and thought are two flywheels of our life. As breath and thought gets balanced, one experiences improvement in life at all levels. One enjoys health of the body and peace of the mind.

Learn Brahmavidya! Restore the balance! Have a healthy and successful life!



## Importance of Prayer



*Vikas Pandit, teacher of Brahma Vidya explains the importance of prayer in the following article*

The most powerful form of meditation is 'Prayer.' Almost 90 percent of people pray to God for betterment of their lives and their near and dear ones.

If we wish to have the love and blessings of the Almighty; then our approach towards the prayer should change from "I" to "We". Thus we should always pray for the benefit of the entire human race.

It is also a known fact that everything in this universe is governed by the law of circular motion (as we give it comes back to us) and hence our good wishes are returned to us.

It is said by Dr. Alex Carlo that, "Prayer is the most powerful form of energy one can generate. Prayer and peace go hand in hand. We should pray wholeheartedly with a deep reverential attitude of mind.

Prayer reduces tensions drastically and at the same time it gives us profound happiness and mental peace. In Brahma Vidya Children's as well as Basic Course we teach how to pray methodically. With sincere practice of these methods the negative thoughts are reduced and the student enjoys physical and mental health. Thus, in this manner we try to see the omnipresence of the creator in each and every form of life. We therefore, should pray to God with a heart full of gratitude, peace and profoundest harmony and happiness. Indeed when our prayers are answered, the blessings start pouring on us.



## A Transformation

My introduction to Brahmavidya in life,  
 Came fatefully thru a cousin of my wife,  
 When I was going thru a very bad phase,  
 As the Lumbo-sacral pain, even showed on my face.  
 Why don't you give a try , Mani suggested,  
 Desperate that I was, 'yes', I said.

Thought and breath were the fundamentals,  
 Taught to us, during the early lessons.  
 Could the answer, lie in such a principle?,  
 At the start, seemed, a solution , far too simple.

Pure theory will only make you an intellectual,  
 Perform exercises every day and be practical,  
 Was the unfailing advise by our revered teacher,  
 Who led by example and was not a mere preacher.

Weeks soon passed to months and completion,  
 Of the basic course to our satisfaction.  
 We were inspired to take the refresher,  
 And re inforce our faith in the creator.

Higher was the motivation to join the advanced course,  
 Excited and looking forward with inner force,  
 Now that we are reaching the last few weeks,  
 Our joy, gratitude and reverence is reaching new peaks.

To sum up, Change they say is the law of life,  
 We have to accept it without any strife.  
 I accepted several changes, even if they were tough,  
 Yet, finally, found that even that was not enough.  
 Change certainly has some limitation,  
 As it sometime tends to revert to old situation.  
 What then can give me true liberation?  
 It can only be Brahmavidya—the process of Transformation!

—T S Murali



## The Art of Giving



*Brahma Vidya teacher and trustee of Brahma Vidya Sadhak Sangh, Shri Ramesh Karandikar highlights a simple yet profound truth that Brahma Vidya teaches...*

The Golden rule of Life, whatever you want to have in your life; first you must give it or you possess only that what you give. Strange! You must be surprised, but that is what exactly we experience in the life. Let's try to understand how this law works in life. If we look at our process of living, we will be able to see that life is nothing but 'exchange'. When we say 'I am living' all the time we are engaged in this exchange of all things associated with living.

First and foremost of it is exchange of breaths. Right since our birth we have started breathing, and breathing is inhalation and exhalation. That is taking in the air and giving out the air. (Though, breath is not only exchange of air as we know now). We can see that one's exhalation becomes other's inhalation and so on. Most wonderful thing here is, we cannot keep on holding our breath for long and to get new breath, we have to exhale first. That means to get fresh air, we must give out what we have within.

Now we can see that in this exchange, we must first give what we want to received. This simple law has to be learned and practised if we desire to have things in our life. This giving can be in the form of money (easiest thing to give) material, labour, knowledge, love or anything else. To get the rich harvest the farmer must sow the seed, that means he has to give first and when given, nature offers manifold returns.

Many people believe that they can get many things in their life without giving. They feel that they can deceive the law, but in return they get robbed of so many things they are unaware of. If we get



anything, without giving something, it cannot remain with us permanently.

Giving back to the universal store house (all of what belongs to us, comes from the universe only) means establishing order in our life. But for this we must learn and practice 'The Art of Giving'. Many a times we believe, that we don't have sufficient, then how can we give! Sit down for a while and think, as we are living we have something and when we say we don't have sufficient, we have disobeyed the law. Hence to learn giving, we must see what we have and how can we compensate for what we have. Think of what we can give our parents, teachers, friends, neighbours, relatives, fellow human beings and Nature for what they have contributed in our living! The least we can do is expressing our gratitude by way of sincere 'Thanks'. Though it appears very simple, thanksgiving is also very difficult because for that we must be humble, honest and must give up our pride. Even a simple smile, which costs nothing, many people find it hard to give!

But believe me, when we start giving we get back from Nature. It gives back manifold what we give and brings to us eternal happiness. Without doubting the law, we must learn and start practicing the 'Art of Giving', which is better understood when we learn 'Brahmavidya'.

### You...

Tread the path of life  
with joy and not strife  
The world is in your grip  
If you know to rip rip...  
all the worries,  
all the duties,  
all the queries.  
Wake to the sanctity of love and peace  
Unleash a life of ease, ease...  
Mystery is 'YOU'  
Solution is 'YOU'  
Deep within, every search ends.  
All In you, You in all!

—Rajashree Iyer



## Fear management!

*Fear is a common phenomenon and a lot of practice alone can help man overcome it, Brahma Vidya helps one manage one's fears better suggests Sukumar*

Fear is a feeling that all of us relate to. We experience it frequently. Fear makes different people do different things. Fear gets manifested from various things e.g. some people fear cockroaches, lizards, travelling by airplane, swimming or powerful people, God etc. the list is endless.

Generally fear stems from insecurity. The feeling of fear is almost involuntary. It is not that we can decide to feel "fear" or not feel "fear." The conscious mind creates the insecurity. This insecurity manifests in different degrees in individuals and can even compel people to harm others. What is this insecurity? Human beings generally have a habit of accumulating. It could be accumulation of wealth, power etc. when we feel or sense that we are going to lose something, e.g. wealth, power, life it creates insecurity and therefore fear. Feeling of abundance takes away fear.

Fear is a strong negative feeling which normally cannot produce any positive result. The opposite of fear is courage and courage can be used to achieve great deeds. Is God to be feared or Loved? We often tell our children, speak the truth or else God will punish you. We are, without realizing, instilling fear of God to get positive results from the child. Is it sustainable? There are many examples like Sant Tukaram, Surdas, Meera Bai who through unconditional love achieved self realisation.

The important question is therefore how do we get rid of fear? There are no easy ways. The cause is insecurity, insecurity is self





created. The important thing is to be able to disassociate oneself from the cause of fear. I would like to share something from my personal life: Two years ago a new CEO joined my company. He for some reason did not like me although I had done nothing to incur his displeasure. I was always considered a good performer. He used to insult me everyday in meetings and reprimand me for things I was not responsible for. This would upset me of course and I was mentally drained. Initially, I tried to speak up but he would threaten me with my job. I could do nothing but silently bear the insults. It was approximately six months after the CEO joined, I joined Brahmavidya Advance course. I tried to apply some of the teachings, regularly practiced breathing exercises, and started meditation. Initially, I had difficulty sitting for five minutes but gradually improved. I am now able to sit for about 20-25 minutes and some days it goes upto 30 minutes. I used to meditate on "I have no fear" "I am fearless". A little more than a year my fear became substantially less, fear causes uneasiness in the stomach, what we normally call as "butterflies in the stomach. Deep breathing removes the uneasy feeling and this is where our breathing practices help. The CEO left the company about 6 months ago. Now when I look back there were two things which caused insecurity. My "Ego" was getting hurt when he insulted me, which was almost everyday. Hence the fear of being

insulted created an insecurity. Why was my Ego hurt? On deeper thought I realized there was a sense of arrogance in me of my superior capability and since that was getting overruled, it was hurting my ego. The second insecurity was fear of losing my job. How would I look after my family?

The insults continued but had lesser and lesser effect on me with time. I had become more humble. Humility reduced the ego. I also did not attach importance to his sharp words as they were not true. I for one have benefited from regular practice of Brahmavidya. The breathing exercises and meditation have helped to mitigate some of my fears and make me a better individual. Faithful and regular practice of breathing exercises, meditation will make all of us strong and courageous.



## The Miracle of my life

*In this article **Bharati Kumar Trivedi** beautifully explains how Brahmavidya helped enrich her life and brought happiness and peace in her family*

Words elude me and only tears of gratitude flow down as I pay my respects to Brahmavidya, which has led me to the path of the ultimate truth, which I have been in search for the past three decades. Since the past six years, the pamphlets of Brahmavidya have been sliding out from the newspaper into my hands and my heart would miss a beat. Something inside me would tell me that this is the answer to your questions. The four questions which haunted me were:

Who am I , Why am I born , Where have I come from and Where shall I go and I can say that all these questions stand answered today by virtue of Brahmavidya. But worldly commitments or rather excuses prevented me from joining this course. Finally in the first week of April, when again the pamphlet was in my hands, I told my husband Kumar that we are going. Reluctantly he came as we missed our introductory lesson. And today our world has changed completely. I was a firm believer in destiny and felt suffering is the only way to be enlightened and unknowingly with a stern and rigid approach to life with lots of pride to ask the almighty for anything, I suffered silently, emotionally, physically, mentally and financially, making my body a home for diseases, suppressing emotions leading to thyroid, migraine and ulcers in my mouth. And then a miracle happened in the first month of practicing Brahmavidya religiously and faithfully my thyroid levels attained normalcy without medication, no migraine attacks and ulcers totally gone. Unbelievably, my career which had taken a backseat because of my health, flourished. My husband Kumar's life changed and seeing the change in their parents, my sons (Nimai and Advait — aged 16 and 11 respectively) insisted they too wanted to learn Brahmavidya. My children too started learning Brahmavidya, the class was conducted in our house itself. With this their health improved and so did their grades and focus. It also had a great effect



on their understanding the real laws of life. They are truly blessed. We have been able to influence several people around us and hoping and praying that I will do the Advance Course and the Teacher's Training Programme to spread the message of Brahmavidya: Health, Wealth, Success, Happiness and Peace – Brahmavidya's motto has been truly observed and experienced by us in totality.



## My experience with Brahmavidya

*Brahmavidya enlightens one about the 'why' and 'how' of various aspects in one's life feels Anagha Hunnurkar. Regular practice fills one's life with joy and peace*

When I joined the Brahmavidya Basic Course, little did I know what lay ahead! I am basically a joyful person. At the same time I do not have a casual attitude and am passionate about whatever role I am placed in whether a mother, a wife, an employee, whatsoever. The best part is that I have never ever considered work as drudgery and so am always enjoying my work. I always had an inborn curiosity to know more about the amazing secrets of life. Life to me was sometimes too meaningless and sometimes it revealed to me great treasures, great joys that I would revel at. So while riding on these waves of joy and sorrow, I never realized when I turned 50. My heart was still that of the girl in her teens and yet there were sure signs of ageing. As my children grew up I realized that I was slowing down. So when my sisters urged me to join this course, I joined to know whether I could find answers to all my tribulations. As a person with a spiritual bent of mind I always had this conviction that in so far as I don't do bad to others nothing bad will happen to me.

And yet life had something else in store for me—in my deepest sorrows I kept on wondering why I had to suffer. I kept on analyzing the events and yet could not seek a befitting answer. In a material



way all was well. I have a nice family with husband and two young kids- a boy and a girl, a good job, a good home, good health and generally all those comforts that a lady would want for. And yet there was something amiss, a void due to unanswered questions of life.

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

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

Even before joining this course I have been through other courses on Yoga and Vedanta and each of them has helped my progress. I have also read many other books that tell you what life is, what you are etc. But Brahmavidya takes you by your hand and guides you through step by step. It reveals to you not just the 'why' but the most important answer of 'how' to solve riddles of life. I am a very sensitive and emotional person by nature. I always nurtured this thought that it is my greatest weakness. But Brahmavidya revealed to me that in fact emotions are powerful tools. We have always learnt that 'Knowledge is power'. Today I can say with conviction: 'Emotion



(Feeling)' is power' and Brahmavidya teaches us how to harness this power to achieve our goals.



## Brahmavidya for all

*With limited practice as well **Kaushik Shethna** has been able to lead a stress-free life because of Brahmavidya and here she words her experience...*

I feel fortunate that I have attended Basic course of Brahmavidya which began on April 22, 2012 at Vile Parle centre. I have been practicing breathing exercises as and when I could but still I feel more comfortable in life. During the course I could not spare reasonable time to do so because of sickness of my mother, her hospitalisation and operation. But I plan to resume my practice regularly so as to be able to derive full benefits from it. With the practice of Brahmavidya breathing exercises I am able to remain calm and peaceful in most situations where others tend to get disturbed and stressed out. Brahmavidya has helped me understand various truths in life, and I feel everyone should study Brahmavidya so as to live a happier and peaceful life.



## Brahmavidya ushers positivity in life

*Life brings with it various challenges and Brahmavidya helps each one overcome them with ease feels **P B Desai***

Before joining Brahmavidya Basic Course I was greatly disturbed because of some domestic problems. I was suffering from insomnia. I had to take sleeping pills. My mind used to be full of negative thoughts. So I consulted a friend who suggested that I should join this class.



After practicing breathing exercises and meditation regularly, today I am a refined person and full of positive thoughts. I give sincere thanks to the institution and my teacher for bringing to me this time tested knowledge of Brahma Vidya. I have recommended this course to many friends of mine.



## Creation – The law of life



*In this article Dr Rujuta Mehta elucidates how practice of Brahma Vidya brings in tangible improvements in human body and mind*

Brahma Vidya enhances one's innate creativity and helps one recreate desirable circumstances in one's life. The human body and its relationship to the divine always fascinated me, and perhaps was one of the major reasons I took up pediatric orthopedics one of the most creative branches in surgery.

Through this course I have succeeded in unraveling some of the most complex answers and finding solutions for some real challenges and solving complications for my patients. I fully endorse the affirmation that the human body is certainly the most 'transcendentally beautiful, infinitely intricate and most gloriously accurate instrument in the universe.'

I fully appreciate and admire even more the "mind body" phenomenon. I am now able to read its signs and signals in a newer light and use that to the benefit of my patients. One of the most appealing aspects of this course is the environment we create within ourselves through the exceptionally well designed spiritual breathing exercises and meditational affirmations. The mind body phenomenon that we thus execute helps to eliminate the psychosomatic ailments with regular



practice of both the above equally vital aspects: ie. breath and thought the 'psychos' the mind and 'soma' the body heals! We create within ourselves a healthy internal environment. This boosts our immunity and improves circulation of endorphins and encephalins or feel good hormones. We feel revitalized and more energetic thanks to the increased capacity of the lungs by practice of breathing exercises.

The positive chain reaction thus created starts reflecting in one's demeanor and inter-personal interactions leading to enhanced and better relationships and life circumstances. The mind – body phenomenon also tangibly increases circulation which is absolutely vital for washing away toxins that have resulted from lethargy and stagnation. Since the body is well cleansed by the breaths and mind by meditation, the autonomic system also functions well and actually recharges the whole system. This brings balance within the internal environment and leads to higher stamina and endurance.

Brahmavidya has thus helped me harness the peace and potential of healing forces within the body –what I now call “Divine Intervention!” I have experienced this in me, my family members and my patients equally!



## Meditation: Key to everlasting peace

*Practice of meditation as taught in Brahmavidya helps one develop a more peaceful frame of mind feels Manoj Rajguru*

By regular practice of Brahmavidya I have learnt to become a more peaceful person. My mind is free of unwanted thoughts and filled with peace. I strongly feel now that meditation is the only way ahead. I feel joy and peace when I practice meditation. Despite the fact that, I have lacked in recitation of meditation affirmations. My time management skills have improved. I have learnt the power of silence. I speak less. I have developed a more serene look and feel in



body and mind. I breathe more freely and have learnt to pay attention to the rhythm of my breath. I feel grateful about the positive changes that practice of Brahma Vidya has brought in my life.



## **Brahma Vidya, for leading a healthy life**

*Human life is wrought with a lot of worries,  
Brahma Vidya helps each one overcome them feels  
Sandhya Devadiga*

When I first came to Brahma Vidya at that time my life was aimless, because of a tragedy in my life, hence I was living just for my parents. I tried to come out of my depression in many ways. I had been to many religious institutes for peace of mind, but I could not find any solution for my problems. When I joined Brahma Vidya Basic Course I realized what I was missing in my life. I learnt to maintain a balance of my mind and body in a systematic way. The teachings in Brahma Vidya have helped me to come out of my depression, as a result of which my medication has reduced. My outlook towards the world has changed, and so I do not complain. I have started accepting whatever comes to me. This attitude has helped me a lot in my day to day office work and my personal life. Earlier I used to worry a lot thinking about my life's tragedy, now due to the affirmations taught in the Brahma Vidya class, I do not feel like crying because the affirmations have made me mentally strong. I always carry a copy of some or the other Brahma Vidya lesson, so that whenever I feel low, I read it and immediately I feel refreshed.

I am really glad to have taken this decision of joining the course and would strongly recommend it for everyone. Even though I have completed my Basic course I feel I have still a lot to learn because it has taught me to live a healthy and peaceful life but I need to continue practising Brahma Vidya regularly so that I become more strong in my life.







## Brahmavidya and the concept of eternal youth

*61-year-old Jogendra Dasani discovered the meaning of 'eternal youth' with practice of Brahmavidya*

One has always heard that to beat old age one must be young at heart that is, do things you feel like doing. But what if you don't feel like doing the same things as when you were chronologically young? So ageing is not 'in the heart' but 'in the mind'! It's the mind that tells you what you 'can' do and what you 'cannot'. And the mind learns from several sources but primarily from the rest of the human race, including from that which is in the 'collective memory' of the human race.

A core belief of the human race is that 'aging' is strictly a chronological process. I am now 61 years old but when I reached that certain age of 60 and acquired another label from society – 'senior citizen', I became aware of 'death'. Perhaps it was the label of senior citizen which made me think of death. The result was a strange sense of resignation which meant no more looking forward to starting something new. Just a patient wait for nothing.

After being introduced to Brahmavidya, I realized my mistake. I understood that I had, indeed, been tricked by the race mind. And a strange transformation began to take place inside me. I once again began to look forward to life – Lively and Vibrant. I began to experience this excitement of being alive, an emotion I thought had died in me. I began to experience that one invaluable emotion, hope. I found myself planning activities without being inhibited by physical limitations and worrying about lack of time. About a year ago, I was diagnosed with Parkinson's. the news hit me hard initially, but then it also became a challenge. So I began to practice Brahmavidya exercises and meditation and could prevent progression of the illness. Now I feel better equipped than before to overcome Parkinson's and really tap into the power of the mind. I believe I am finally heading towards 'eternal youth.'





## **Brahma Vidya: Key to healthy body and mind**

*Practice of Brahma Vidya ushers a lot of positivity in a person's life feels **Dr Shubhada Deshpande***

Practice of Brahma Vidya works at the physical mental and spiritual level of a human being. Brahma Vidya inspires right living and brings positive thinking. Brahma Vidya is a science which helps one find inner-peace and harmony. It helps to make one's life more meaningful and right. Brahma Vidya brings 'perfection' in life.

After completing the course I can feel the difference in my attitude. It helped me to get rid of my loneliness and negativity. I used to get tired very soon. The breathing exercises have tremendously increased my energy levels.



## **Brahma Vidya: Key to imperishable health!**

*Practice of Brahma Vidya ushers good health, happiness and peace in each one's life, **Bhanu Challa** from Jamshedpur learnt Brahma Vidya through correspondence course and shares her experience...*

After suffering from various physical and mental problems like high blood pressure, high sugar levels and other related ailments. I started learning Brahma Vidya, my mind was filled with many doubts when I began. I was learning Brahma Vidya through correspondence course and was worried whether I was practicing correctly and whether this practice would really benefit me.

After three months of sincere practice of breathing exercises and meditation, my stress-related issues were under control, medicine dosages also reduced considerably. After six months and with regular practice, today I am a healthy person. I feel more energetic and efficient. The doctor has advised me to stop all medications totally. I



feel confident, happy and peaceful. I am grateful to Brahmavidya for bringing in so much happiness in my life.



## Brahmavidya for body-mind balance

*Brahmavidya helps overcome stress-related ailments and maintain body-mind equilibrium  
Rita Nayak shares her experiences*



Before joining Brahmavidya Basic Course I was suffering from skin allergy, nasal allergy and other stress-related ailments. I never thought I would gain so much from this class. Due to regular practice of breathing exercises and meditation I could overcome all my health ailments. I remain cheerful throughout the day. I am grateful to all teachers of Brahmavidya Sadhak Sangh who teach us with a lot of sincerity and accuracy. They help us understand the detailed philosophical concepts with ease. I have developed a light-hearted approach towards things in my life, which have eased my stress as well. Sincere practice of breathing exercises and meditation is a must for benefiting from this wonderful spiritual science.



## Brahmavidya: An effective therapy

*Preetha Kurup has been able to control asthma and some stress-related ailments with regular practice of Brahmavidya...*

I had this allergic asthma from childhood, with the help of medicines and inhalers I could control my illness to some extent. After marriage



I shifted to Mumbai from my native place. May be due to high pollution and stress levels my problem aggravated. I used to feel breathless almost every day. Besides that I used to get throat infection regularly and I felt weak and feverish because of that. I had to go to the doctor almost every fortnight.

I realized that medicines were not helping me much and I should practice some breathing exercise. I was undergoing acupressure treatment. Regular practice of Brahma Vidya breathing techniques helped control my illness. Over the months my breathing has improved, use of inhalers and medicines have reduced. For months together I did not have to use inhalers at all. Throat infection has also been cured completely. I can consume ice-creams and cold drinks without the fear of throat infection.

Physically I am feeling more energetic, mentally, also I am more at peace and confident to face problems in a realistic way. I have developed a positive attitude towards everything in life. Thanks to the knowledge of Brahma Vidya.



## **Brahma Vidya is magical!**



*One may not believe in the title to this article, but it's true and **Dr. Jigna Batoria** has experienced its magic, a number of times, since she joined it five years ago*

It wasn't that I believed in Brahma Vidya from the first day. But yes, I followed the path and teachings as instructed and taught by my teachers. I put in my sincere effort. And as time passed, I started reaping its fruits in abundance.

It has helped me keep calm in all difficult situations and find the right solution to all problems. Now, I am more positive and feel more



confident. Physically I feel very energetic and my body feels very light. It has helped me strengthen and improve my relations with all my near and dear ones. I can understand their point of view clearly and so can respect their decisions, which helps us bond better.

Professionally it has helped me to become more successful. The spiritual breathing exercises are so scientifically designed that not only does it increase our lung and heart capacity but also helps stimulate our endocrine glands and increase the movement of finer currents within. This in turn helps us cure diabetes, hypertension, asthma, depression, thyroid problems and all other ailments. One has to remember that the benefits that one gets are directly proportional to the efforts put in.



## Brahmavidya: A way of life!

*Brahmavidya helps realise one's shortcomings and empowers each one to overcome them feels  
Aparna Prabhu*



When I joined Brahmavidya little did I know how my life would improve! I used to be short tempered and stressed over little things. I suffered from asthma. The breathing exercises and meditation has helped me tremendously. I rarely use the inhaler now and I am stronger mentally as well.

Today, I do not get stressed or get upset easily and I am ready to face problems with a smile and a calm head. The Nine Universal Positives which I repeat to myself help me to get through each day. With right resolution and right effort I am working towards making myself a better person, I know I have a long way to go and my journey has just begun. I have a lot to learn and practice that I will persevere. Brahmavidya has also brought me the joy of feeling happy, giving thanks and giving as much as I can even if it is only a smile.



## Brahmavidya: Key to successful and prosperous life!



*Rhea Sequeira has discovered a new meaning in her life with the help of Brahmavidya and expresses her gratitude towards this spiritual science*

I have experienced that Brahmavidya is a way of life. It's the way to a healthy, successful and prosperous life. The benefits of Brahmavidya are unlimited. Only a true Sadhak of Brahmavidya knows that he is transformed into a beautiful human being when he is regularly practicing Brahmavidya.

I feel that Brahmavidya is like the chariot of Lord Krishna. We are like Arjun and Lord Krishna is the inner guide. So like Arjun we should surrender completely to the inner guide as He knows where to take us and if we have any doubts or confusion, all we need to do is open any of the lessons of Brahmavidya Basic Course and then all will be crystal clear to us.

I understand that we are creations of the great light and so we should always surround ourselves with light and love. For this great opportunity, I am happy, I give eternal thanks and I am ever reverent.



## My Experience with Brahmavidya

*Brahmavidya improves one's overall health and teaches each one to be happy throughout, feels*  
**Sahil Desai**

Spiritual breaths and basic rejuvenating physical exercises taught in Brahmavidya Basic Course focus on ensuring increasing supply of prana energy in the body, which purify the whole system. Meditation along with these exercises increases enthusiasm in life and creates an



innate sense of perfection within us.

Before joining this class because of lack of appropriate circulation of oxygen and Prana energy within my body I used to suffer from many physical impurities, which used to manifest in the form of pimples, rashes and other skin ailments. Today with regular practice these are things of the past. I also used to suffer from constant cold, cough and sneezing, my nostrils used to be blocked most of the time. Because of regular practice of breathing exercises now, I do not suffer from any respiratory ailments.

The spiritual affirmations and meditation has uplifted my spirits and given me positive outlook in life. Whenever there's a problem or a situation which tends to demoralize me, I chant these in mind due to which I get some mental courage that helps me. Despite my hectic schedule I can now remain fit and cheerful.



## Brahmavidya : The ultimate knowledge

*Teachings of Brahmavidya are rare and endow every sincere sadhak with a lot of wisdom and wellbeing feels Anil Patel*

Brahmavidya is a phenomenal revelation of the purpose of human existence. It places each individual on the path of overall progress and remarkable improvement in one's body and mind. It has immense therapeutic value as well. It gives a new meaning to life and empowers one to lead a meaningful and enjoyable life. Teachings of Brahmavidya are unique and offer solace to every sincere sadhak. I feel privileged to learn this wonderful science and have understood the importance of right breathing and right thoughts because of Brahmavidya Basic Course. I am thankful to my teachers in Brahmavidya for bringing this wonderful knowledge to me and thousands of others, who were grappling with life's challenges.





## **Brahma Vidya for all**

*Brahma Vidya brings in a lot of wellness in the lives of people who sincerely practice it, A J Thekkel feels everyone should do the Brahma Vidya Basic Course*

After attending the Brahma Vidya classes there is always a feeling of happiness within me. No ill feeling or hatred towards people those who are not on good terms with me. I can go along with them easily. When someone speaks about another I change the subject or don't respond at all, so they won't continue the subject. My speech is much more controlled than before. I used to get irritated quickly earlier, if I see someone doing something wrong. Now this has reduced a lot and moreover if I get irritated, I soon feel sorry about it and take corrective measures. Overall there is a constant feeling of wellbeing. Teachings of Brahma Vidya have thoroughly changed my feelings and my mindset.

According to me everybody should attend Brahma Vidya Basic Course so that they can bring in perfection in their life. I give sincere thanks to all Brahma Vidya teachers and volunteers.



## **Brahma Vidya, for overall wellbeing**



*Brahma Vidya like the magic wand offers solutions for all feels Neha Ghatkar*

**Experience**

I have completed the Basic Course of Brahma Vidya. I feel very relaxed after doing Brahma Vidya breathing exercises, meditation and reciting the affirmations. I don't feel tired after coming back to home from my college as I used to before. I feel fresh, calm and happy. I am able to concentrate properly on my lectures and I don't feel lethargic.





I don't feel dizzy any more in crowded trains. I have enjoyed attending the lectures. It feels good to spend the weekend evenings in the class.

The best part of this course is that it teaches you to be positive and live life happily. I always had this certain belief that it is always good to think that one can make things possible even though they seem to be impossible to many people. After attending the course this belief has turned into a universal fact for me, "Every problem has a solution. Sometimes there isn't a problem in reality but we look at a particular thing in that way." As it is stated in one of the lessons that we can imagine ourselves to be beautiful and can become beautiful, I wonder how beautiful this earth will become if we imagine the same for all of us!



## Brahmavidya for overall progress

*Purva Patne, a college student could improve her concentration and her academic performance as well because of Brahmavidya*

Before joining this course, I was be very lazy even after getting up in the morning. I was not feeling fresh and enthusiastic as required. When I started doing the breathing exercises, as instructed by our teachers, on a regular basis, I have become more active. Even my family members wondered from where this energy in me had come from.

Now, even after a tiring day at class and college, I can study with more concentration in the evening hours due to practice of the breathing exercises. It helped me in bringing out the hidden energy within me. It played an important role to increase my concentration which resulted in better academic performance. I am really thankful to Brahmavidya because it ushered a lot of positive changes in me.





## Brahma Vidya: Golden key to good health



*Brahma Vidya offers holistic solutions at body and mind level. Sushma Dhope shares her experience*

I was introduced to Brahma Vidya by my mother who has been practising it for the last four years. She made me aware of its advantages and helped me realise that if practised regularly it could be a golden key to good health. This is how I got introduced to Brahma Vidya.

Before joining Brahma Vidya Basic Course I used to deal with pain and stiffness in my right shoulder. The pain was persistent as a result I could not sleep on my right side nor could I move my hand freely leading to a lot of discomfort. However due to personal commitments, I was unable to see a doctor, neither did I use any external medicine. I thought to myself let me see if Brahma Vidya can help me overcome this pain. I used to practice my Brahma Vidya exercises regularly along with a little meditation and by the sixteenth class my hand was absolutely fine, no pain and no stiffness, thanks to Brahma Vidya.

Besides solving this physical problem I also developed a more positive attitude in my thinking which again has made my life much more easy and calm. This has been my beautiful experience with Brahma Vidya and I am sure I will be seeking more benefits in future.



## Brahma Vidya for a better life

*Brahma Vidya is a spiritual science and therefore it benefits body, mind and soul feels Sunita Menon*

My constant prayer to God was to show me a channel through which I could reform myself. Brahma Vidya is the answer to my prayer.



I was an introvert lacking self confidence, full of negativities and of course with some physical ailments. By practice of Brahmavidya I have gained confidence in myself, am able to understand people better, have become more positive and my will power has increased.

Though my physical ailment like asthma has improved it does recur at times. During that time when I go slow, something within me pulls me up and thus I am able to go ahead with my daily routine with zest and courage. I now know, come what may, I will face life with enthusiasm and vigour with regular practice of Brahmavidya techniques. I will progress physically, mentally and spiritually and realize my ultimate aim of being one with God.



## Brahmha's Breathing Vidya and Me

*Brahmavidya is more than a science Prakash Joshi highlights some interesting facets of teachings of Brahmavidya in this article*

Most of us have heard of a word called "conscience" but few, indeed, have learned it. It is this catalyst or Master Alchemist, which can turn base metals of failure and adversity into the pure gold of success.

Throughout the universe everything in the form of matter gravitates to certain centers of attraction. People of similar intellect and tendencies are attracted to each other. The human mind attracts those which are harmonious and have similar tendencies therefore the class of persons you attract will depend upon the tendencies of your own mind. You control those tendencies and can direct them along any line you choose, attracting to you any sort of person you wish. This is a law of NATURE. It is an immutable law and it works whether we make conscious use of it or not.

Put your prayer of life to ask God not to perform some miracle for you, but to give you the CREATIVE ENERGY, that you may perform



the miracles for the glory of a better humanity. Now I am learning “SELF-CONTROL” through various breathing techniques. I learned you must acquire the habit of forgiving those who annoy and arouse you to anger.



## **My Tryst with Brahma Vidya**

*Brahma Vidya is a sure-shot key to a better living, Purvi Dalal has experienced joy, peace and good health from her practice, she shares her views...*

Right from the beginning, I realized the simplicity but the beauty and efficacy of the teachings. The exercises are extremely simple and can therefore be practiced by people of all age groups. Yet they are extremely powerful. Within a few days of practice I found my lung capacity increasing and could effortlessly climb up the stairs. There was a lot of clarity in thought and certain brightness in the consciousness. People associated with me also started noticing and commented that where earlier there was a heaviness or sternness in the consciousness, now there is friendly warmth.

The affirmations are particularly beneficial and have helped in overcoming the negative thought pattern. Through the day the words of the affirmations keep helping us through difficult situations in our daily routine. The meditations have bought a deep sense of peace and serenity to the mind. Above all it has helped me to evolve as a better human being. It has helped me to find the truth of my being and has placed me in a special place of humility and gratitude. Thank you Lord.



## Importance of Brahmavidya for Children

*Brahmavidya teachings can be acquired from the age of ten years and above, Yamini Chachad, teacher of Brahmavidya Course highlights the importance of Brahmavidya for children*



Brahmavidya brings miraculous results in children from the age group of ten to eighteen years. In today's age of competition, children are subject to lot of pressure. Their schedule has become quite hectic because of long hours at school, extra tuitions, lot of homework, many projects to be done at home plus extra classes to learn new arts or skills. Sometimes they don't get time to play outdoor games. All this leads to a lot of stress and strain in them. Their immunity power decreases. They tend to fall sick quite often. Children are facing different types of physical and mental disorders.

Brahmavidya Children's Course helps them to overcome all types of physical and mental disorders. This course teaches pranayam, eight key spiritual breathing exercises and simple yet effective prayers. Also value added stories are told to students to imbibe moral values in life. Pranayam and spiritual breathing exercises purify the body and make it healthy and strong. Prayer makes mind strong and increase confidence level.

Many students who have completed Children's Course of Brahmavidya have found relief from cold, cough, asthma, headache, neck pain, skin problems, fear, anxiety, depression and many different types of disorders. Parents give their children nutritious food, fruits, dryfruits, tonics but they can't give immunity power to children. Children's immunity power increases by practising breathing exercises. Students get rid of stage fear and their confidence level increases. It is observed that many students have scored better grades in their examinations due to improved concentration. This course helps in increasing physical stamina. Students who could not sit at one place



for studies even for few minutes could sit at one place for long hours of studies.

If body and mind are strong then success is assured. Students should be introduced to the teachings of Brahma Vidya so that they are empowered to face different challenges in their life. They will become good and strong citizens. As children are pillars of the nation, let us help them live a healthy, strong and successful life so that our nation becomes strong.



## **Brahma Vidya camp for children: A report**



*Surekha Padwekar, Brahma Vidya teacher recently conducted a camp for children in Kanedi she presents a report of the same*

Recently Brahma Vidya Sadhak Sangh organized a camp from 4th December to 9th December at Kanedi for the school children. Kanedi is a village in Sindhudurg district, Taluka Kankavali. Initially an introductory lecture for 800 students and parents was arranged. The headmaster, teachers and parents were impressed by the importance of the teachings of Brahma Vidya and agreed to organize the camp. Teachers of Brahma Vidya Sadhak Sangh got an opportunity to teach in two other schools in the adjacent villages.

It was quite a task to teach 600 students at Kanedi. The students were divided into groups and could impart the teachings well, without a microphone. The school management also extended its support in conducting these sessions.

This was a camp for children and was conducted for five days with each lecture lasting for about two hours. The students were thoroughly impressed with the teachings of Brahma Vidya and shared heartwarming experiences on the concluding day. Students could gather courage to



come on the stage and narrate their experiences. Some said that their stamina has increased and they can study even after dinner. Others said that they were more courageous and could concentrate on studies better.

It was a mammoth project and we are happy we have completed it satisfactorily.

We take this opportunity to appeal to all of you, to make an effort to organize introductory lectures of Brahmavidya in your locality, schools and offices.



*Students of Brahmavidya Children's Course practising breathing exercises at Kanedi*



## Brahma Vidya improves concentration

*Aditi Shendurnikar has been able to master her studies because of regular practice of Brahma Vidya*

Only and only because of Brahma Vidya I am able to concentrate on my studies, I am able to learn faster. Subjects I used to find tough, have become easier. I have learnt and adopted many good qualities. This sudden change in me has surprised my teachers too. I have also learnt to forgive and be kind to others. It is all because of Brahma Vidya. Brahma Vidya has totally changed my life.



## Brahma Vidya: A life altering science

After practicing Brahma Vidya I feel fresh. It also helps me control my anger. My asthma is under control. It helps me to improve my concentration in studies. I can memorise faster and no subject is difficult for me! Brahma Vidya helps to improve one's life.

—Nagesh



## Brahma Vidya for improvement



*School student, Abhishek Pakhure feels Brahma Vidya has reformed his life...*

After joining Brahma Vidya, I found that breathing exercises are very interesting. I practiced them at home daily and I found a good change in me. I felt more relaxed and fresh. My concentration has





improved and it helps me in studying properly. I have improved my health too. Exercising everyday improved my lungs capacity. I feel happy. I will continue doing these Brahmavidya breathing exercises every day.



## Brahmavidya for better grades!

*Children gain a lot from practice of Brahmavidya  
Niket Nitin Nigde explains how he benefitted from  
his practice*

I have joined Brahmavidya Children's course at Vasai which started from July 21. This class is held on every Saturday from 4.30 to 6.00p.m. Brahmavidya is very interesting. I learned a lot in this class about the importance of helping others and exercises which keep us healthy and feeling refreshed throughout the day. Every morning I do Brahmavidya exercises. I can run faster than before, now I can learn answers by reading just twice or thrice. My drawing skills have also improved and I can play football better and I don't get tired soon after walking or running as before. My confidence has improved and I wish that this class should be again continued for revision purpose, so that students like me can achieve better performance in studies and other activities.



## Brahmavidya enhances memory

*Brahmavidya is for one and all, Saad Shaikh,  
young student of Brahmavidya shares his  
experience*

My journey in Brahmavidya was good. After doing the breathing exercises I felt fresh in class. My memory has become sharp. I am grateful that I got a chance to learn something which is good. I loved this course.



## **Brahma Vidya reinforces energy level**

*Brahma Vidya helps building of body and mind capacity. Shauryaraj Jilkar shares his experience*

After this course of Brahma Vidya I feel I have gained a lot of knowledge. I have also learnt a variety of exercises and I become refreshed after the practice of these spiritual breathing exercises. I feel more energetic.



## **Brahma Vidya: The magic wand!**

*Brahma Vidya is simply wonderful feels Shambhavi Jilkar*

It has really been a very exciting class for me and it has taught me many new and wonderful things. I had never experienced anything like this before. In only 7 weeks I was able to see a remarkable change in myself. Doing it regularly made me fresh and relaxed to do any work which made me progress and do better in every work I did. I am very grateful to my teacher who has taught me so many things and has been able to give me this wonderful knowledge, I am very happy that I joined this class.



## **Brahma Vidya: A step towards holistic success**

*Dhruv Mahesh, class VI, student of Vidya Valley School along with his brother practices Brahma Vidya regularly and shares his experiences*

I did my Brahma Vidya Children's Course in the year 2009, from model colony, our teacher taught us with total love and kindness. Initially,



I wasn't willing to join the course, but my parents convinced me and my brother to join the course. My cousin brother joined the course who's now in 10th Std. Every day, me and my brother practice Brahmavidya. The benefits that me and my brother got are :

1. We both used to get wheezing problem in the winter which is completely cured.
2. I used to suffer from migraine, which has reduced drastically.
3. I was a very restless and talkative boy in the class, but now my teachers say that I'm the most well behaved child in the class. She really wonders how have I changed so much?
4. I have shown a great improvement in all my exams.
5. I have got distinction marks in my music exam.
6. My brother has also shown remarkable improvement in all his exams.
7. His routine is very hectic. His day starts at 5 a.m. and ends at 5.30 p.m. in the evening as he does so many activities like football, drama, tabla, etc.
8. But still he does not get tired and we all think that it is because of Brahmavidya.

My parents have been students of Brahmavidya for the last 4-5 years. My parents also regularly have been practicing Brahmavidya at home and hence, we both are also motivated to practice every day. I thank Brahmavidya for everything that it has given to us. I wish many more children get the same benefits.



## Brahmavidya builds confidence

*Aditya Bhave, class VI, student of Brahmavidya Children's Course explains how he became more confident with practice of Brahmavidya*

When I joined Brahmavidya class I was excited. In this class we learned two prayers. Teacher taught us pranayam and the eight spiritual breathing exercises. By learning and practising these breaths our whole



body becomes relaxed. By Brahmavidya our fear diminishes, bad things go out and good things come in our mind. I have become more confident. I think more positively. I thank teachers of Brahmavidya.



## Brahmavidya for better living

*Akshath, student of class VI realizes that practice of Brahmavidya cleanses the body-mind mechanism and helps to overcome lacunae*

In the first lecture of Brahmavidya Children's Course we learnt about the prana energy and we learnt the right method of breathing which supplies enough oxygen and improves purification of blood. After doing pranayama I feel fresh. These breathing exercises cleanse the body and mind. They help to develop concentration and enhance memory as a result I could score well in my exams. I am going to practice Brahmavidya every day throughout my life. I give thanks to teachers of Brahmavidya.



## Brahmavidya for good health

*Eeshan Dhanawade, class IV finds Brahmavidya interesting and with his practice has developed interest in his studies as well*

First I was not ready to attend Brahmavidya class. My sister did the Brahmavidya children's course two years ago. When she used to practice Brahmavidya I was curious to learn. As days passed, I liked the class. In these days, when I did it regularly, I was healthy, no cough and cold. But when I stopped it I had cold. Then again I started to do Brahmavidya, I feel healthy and fresh. My interest in studies has



also increased. I do my homework enthusiastically.

But, I am a little lazy, I think, this children's course should continue forever. So children like me will do Brahmavidya regularly and improve our health, studies, and mental ability.



## Brahmavidya for better results

*Brahmavidya helps school students improve their scores feels Janhavi Krishna Patil, class V, student of Vasant Vihar High School*

After doing Brahmavidya my mind becomes calm and cool. I feel very happy. I used to get less marks in Maths when I was in primary section but after doing Brahmavidya my score in Maths improved. In one exam I actually scored 19 out of 20. I wish I would get like these marks in next exams also. I thank all teachers of Brahmavidya.



## Brahmavidya: A must for school students

*Rutuja Dhanawade, class X student gains good health and feels more confident with her practice of Brahmavidya teachings*

'An apple a day keeps doctor away.' This is a common saying. But I would like to modify it and say 'Practising Brahmavidya keeps the doctor away'. I had learnt Brahmavidya before also when I was in 6th standard. But still, this year as I was in 10th I thought, it would be better if I attend Brahmavidya classes again. I found that by practicing Brahmavidya. I could overcome my neck pain. I realized that the day or the week in which I skipped the practice I had neck pain which I used to face regularly before. Along with this, the prayers taught during



the sessions increased my self confidence and also my concentration. Also, practice of Brahmavidya kept me rejuvenated and enthusiastic. This year Brahmavidya is going to benefit me a lot and I have also experienced it. Now, even if I have to complete my studies till late that night, I need not worry how my next day will be or will I feel sleepy in the school. Brahmavidya keeps me fresh as well as fit and fine. Lastly, I would also like to mention that practice of Brahmavidya also helped me to get rid of my acne.



## **Brahmavidya teachings useful to all**

*Varun Sathisan, class IX student of Brahmavidya Children's Course explains how this spiritual science helped him*

The Children's Course acquaints us to the teachings of Brahmavidya, eight breathing exercises and prayers. All of these teachings are very useful to all of us. After doing spiritual breathing exercises I used to feel refreshed and relaxed. My reflexes have become sharper and internally I feel more relaxed.



## **Brahmavidya sows goodness**

*Riddhi Pednekar, class V student of Smt Sulochanadevi Singhanian High School shares her experience*

It felt nice to complete the Brahmavidya children's course. I learned different types of spiritual breathing exercises. It also improved my marks. I got lots of friends and some good habits. And I am thankful to my friend Janhavi who told me about this class.

## Brahmavidya Ashram – Arohan



Brahmvidya Sadhak Sangha ASHRAM proposed building



Uksan dam from Arohan Hill



Shirvaan Uda from Arohan Hill



Google Map