



PRADNYA

Let There Be Light

2017





॥ प्रार्थना ॥

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

PRAYER

BRAHMAVIDYAM NAMASKRUTYA MADGUROHO CHARANAU TATHA
DNYAN PRAPTYARTHA PRASTHANAM RAJMARGE KAROMYAHAM

SANTUSHTOHAM KRUTADNYOHAM KRUTARTHOHAM PUNHA PUNHA
PRAN NAD TEJOTITAM BRAHMAVIDYAM NAMAMYAHAM

Meaning : Having paid my respects to Brahmagvidya 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 Brahmagvidya, 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 Brahmagvidya

VISIT OUR WEBSITE



An overwhelming response

Since the launch of the website in November 2004, response in terms of visitors to the site has been steadily rising. We thank all those who have visited the site. We also hope that all of these visitors are inspired to join the course. Currently, visits to the site are over 50,000 per month. These are from varied parts of the world. Facility of online registration for the correspondence course is available on the site.

Visit www.brahmavidya.net

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

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DISCLAIMER

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



Teachers' Introduction



Ashutosh Joshi



Sheela Narawane



Amala Shekhar



Ashutosh Joshi



Prakash Vaidya



Manjunath Pai



Sushma Kulkarni

All these teachers conduct Basic Course in English



Brahmavidya Sadhak Sangh

Brahmavidya Ashram : Arohan



Steps leading to Arohan



Location : Between Mumbai and Pune, 14 kms from Kamshet



Arohan Ashram: A dream come true

You all may be aware that Brahmavidya Sadhak Sangh has embarked upon an ambitious project to build its own Ashram. In July 2010, during the Guru Purnima programme for teachers of Brahmavidya, all teachers had shown keen interest in building the Ashram. It was decided to search for a large plot between Mumbai and Pune, keeping in mind future expansion. Accordingly in March 2011 an appeal was made to every Advance Course student to donate ₹10,000 or more and every Basic Course student to donate ₹1000 or more as gratitude for this project.



So far we have received an overwhelming response to this appeal and a sum of ₹10 crore 50 lakhs as gratitude donation has been received by the Sangh. We, at Brahmavidya Sadhak Sangh take this opportunity to express our gratitude to all donors. Out of this sum a plot of land near Kamshet has been purchased at a cost of ₹3 crore. A stone masonry compound wall and a stairway to the hillock is constructed. A cost of around ₹2 crore has been incurred towards the work.

The said plot admeasuring about 18 acres (14 kms from Kamshet) is endowed with natural scenic beauty and is located between Uksan and Shiravata Dam. The plot is well connected by a motorable road and regular ST buses are available from Kamshet. It takes about two hours and thirty minutes from Thane and one hour and thirty minutes from Pune to reach the plot by car. The purchase of plot and the initial construction is complete. The estimated cost for construction of the Arohan Ashram would be around ₹5 crores. Initially it is planned to accommodate 75 students, (offering facilities of lodging and boarding for residential camps), so that all residential camps can be conducted in this Ashram. In addition, students interested in staying here for practice and study of Brahmavidya can avail of this facility at a reasonable cost.

The Sangh has now a balance of ₹5.50 crores, which can be utilised for the construction of its first building Arohan Ashram. The Pune



Brahma Vidya Sadhak Sangh

Metropolitan Regional Development Authority (PMRDA) has approved the Arohan Ashram plan. It is now hoped that all other clearances and permissions will soon be received so that the construction can commence in near future.

We trustees and teachers once again express our heartfelt gratitude towards all donors. It is solely due to their generous support that we are able to fulfill this dream Arohan Ashram. However, this is just the beginning. With the PMRDA clearance and permissions we can still construct three more similar buildings and a meditation centre on this plot. We hope that the teachings of Brahma Vidya spread far and wide. We humbly request you to avail of this opportunity and offer as much gratitude as possible to Brahma Vidya. Above all, give your donations with Joy so that what we create out of it will be a symbol of Joy.

Thank You.

For Brahma Vidya Sadhak Charitable Trust

Yours humbly,

All Trustees and Teachers.

Note: Kindly draw the cheques (payable at par in Mumbai) in favour of "Brahma Vidya Sadhak Charitable Trust". Write following details on the reverse of the cheque: Your Name, Mobile/landline no, PAN no, centre of course and 'Gratitude for Ashram.' You can avail of 80G concession for this Donation. Cash or cheques can be given to any Teacher or in the Trust office.

Translated by: **Asha Indap**



A picturesque dam
near Arohan ashram





Brahma Vidya Sadhak Sangh

Editorial

Greetings!

It has been an eventful year for all those in Brahma Vidya. Brahma Vidya Sadhak Sangh is steadily taking steps towards completion of its Aarohan Ashram Project, half the battle is won, the victory march towards the next half is on, come join in!



Sugandha Indulkar

Pradnya 2017 brings to every reader new insights, experiences of students, important messages from teachers and fellow students, updates about the workings of Brahma Vidya Sadhak Sangh and more.

It presents a panoramic view of all that has happened in the recent past, the strides of Brahma Vidya Sadhak Sangh and achievements over the past year. Like every year, this time too there was a rise in number of followers of Brahma Vidya and new students who found new hopes and fulfilment in terms of better health and success in their lives due to practice of Brahma Vidya.

On behalf of Brahma Vidya Sadhak Sangh, I appeal to all the readers to donate generously to Pradnya Page Donation Scheme, and also for the lifetime membership of Pradnya (Marathi). May you enjoy reading this edition of Pradnya as well, and may it inspire each one towards more perfection in practice of Brahma Vidya.

Pradnya as its title describes is that divine intelligence, which leads each one of us towards realisation of our real purpose in life, which is in 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, Suresh Ghaisas, who helped us with typing, Sandeep Raikar for page designing and Mouj Prakashan for printing this edition.

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!

Brahmavidya Sadhak Sangh



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Brahmavidya English classes get-together



Brahmavidya Sadhak Sangh

Tree plantation drive at Aarohan Ashram

Brahmavidya Sadhak Sangh has purchased 18 acres of land for Brahmavidya Ashram. There are two dams near this land Uksan and Shir ota. Aarohan Ashram is located at a picturesque site and has good climate around the year. The land around the Ashram was a meadow, without trees and since last four years tree plantation rigorous drives were undertaken in every monsoon.



Kalpana Railkar

At present, a compound wall, borewell and stairs are ready w ater tank too is ready and there is a small room here. Ashram work is overseen by Kalpana Railkar, trustee of Brahmavidya Sadhak Sangh and Sunil Railkar, student of Pradeepak Course.

Since the last year, Vinayak Bhosale, PhD in environmental science and a follower of Brahmavidya from Pune has started taking keen interest in the Ashram tree plantation project. Saket Mehendale, architect, pursuing a post graduation in landscaping, too is participating in this project. On June 26, 2016 a tree plantation drive was undertaken here wherein 210 Advance course students participated. On that day around 250 trees were planted.

I would like to express my gratitude and give thanks to all those who participated in this drive and the follower of Brahmavidya who anonymously sponsored food on this day.



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Old age - A Myth

How old are you? When posed with such a question, we immediately start calculating and as situation demands we may tell more or less or the correct age. Depending on the number we tell, we feel that we are young or old. Higher the number, the older we feel we are. We feel that we are using our body for so many years and due to wear and tear it is getting old. We see the onslaught of old age everywhere around us. We believe that it is quite normal and everyone falls prey to the ageing process. **YET NO ONE HAS EVER PROVED THAT IT IS NECESSARY.** This in other words means that no one has ever proved a definite cause of old age.



Jayant Divekar

Hence looking past the illusion all around us we have to ask ourselves, **DO WE HAVE TO GROW OLD?** Thousands of years ago, one of the greatest of Indian sages declared: Human beings grow old and die because they see others grow and die. In this brief article I will present before you some of the research findings about the ageing process and I hope that these will be helpful in tearing away from the roots your belief in old age and about the ageing process.

When asked about our age what we are calculating or telling is only a mathematical figure, which in the modern medical science is termed as Chronological age (CA). Besides this chronological age with which we are familiar, modern science defines two other ages, which are - Biological age (BA) and Psychological age (PA).

BA indicates how old your body is in terms of critical life signs and cellular processes whereas PA indicates how old you feel you are. Compared to CA, it is not possible to exactly estimate BA or PA. But the main point is that your BA and your PA is not exactly similar to your CA and these two ages may be more or less from individual to individual.

Though much research has been conducted no scientific consensus



exists regarding the true nature of ageing process. The present research is carried out on the basis of the following three theories:

1. Genetic Theory - This theory assumes that the defects of ageing result from accumulation of random genetic damage or from small errors in the flow of genetic information. Such damage or errors would reduce or prevent proper cell function.

2. Cellular Theory - In the study of human cells, the scientists have found that the cells in a tissue culture are capable of only limited number of cell division. As the cells approach this limit the rate of division goes down and the cells die after reaching the limit. This finding may suggest that ageing is programmed into the cells.

3. Physiological Theory - This theory focuses on organism systems and their inter-relationships e.g. the immune system. The immune system gradually loses its capacity to fight all infections and other invaders as the organism ages.

All the above theories are very different from each other. Most experts now believe that ageing is not a result of a single mechanism but represents many phenomena working in concert.

The basic building block of human body is the cell. Each cell has an intelligence within it, which is called DNA. The scientists have found that practically there has been no change in the DNA for thousands of years. The DNA of man in Stone Age is the same as the DNA of modern man today.

The human body grows and maintains itself by division of cells. Based on the research conducted about 50 years ago, it seemed possible that human cells were potentially immortal and they could divide indefinitely given a favourable environment. However there were mistakes in the earlier experiments. Now it is established that the human cells can divide only for limited number of times, which is about 50. As the cells approach their fiftieth division they divide more slowly and begin to look older. By looking at these results one may expect that all human beings will grow old at almost the same rate. However we do not find so. This implies that there may be other mechanisms working within the body besides this limit of cell division.



The human organism contains a mixture of cells in three stages. These are premature, partly mature and mature cells. Mature cells are those cells, which have differentiated and have taken a form of a particular organ cell. The DNA of each cell contains intelligence to create every type of cell required within the body. Depending on the requirement, the premature cell may become a heart cell, a brain cell, a stomach cell or a kidney cell.

Students of Brahmavidya will find this fact about DNA very interesting. In Brahmavidya we say that whatever exists in the Macrocosm has its counterpart in the Microcosm, the Human Body. As the Universal Creative Intelligence pervades the whole universe and has within itself the potential to create anything, the DNA present in all the cells of the body contains intelligence to create any cell required by the body.

The finding that a cell dies after certain number of divisions appears to be oversimplified. A cell has experiences. It remembers what happens to it. It is capable of losing its skills if the knowledge contained in it is lost or damaged. The difference between life and death for a cell lies in its memory. (Think of the importance of our MEMORY DEVELOPING BREATH). A perfect memory in the cell would lead to immortality, because there can be no death as long as cell division and renewal continues without flaws or mistakes.

By the results of various experiments, it has been established that the cells are influenced and programmed by thoughts and emotions. An experiment was conducted with a polygraph or a lie detector. The lie detector measures the ability of the skin to conduct electricity. Depending upon whether the body is relaxed or tense its ability to conduct electricity changes. These changes are measured by the lie detector. The lie detector needle will jump if the person looks at an erotic picture or relives a past trauma. This emotional excitement is captured by the lie detector.

An experiment was conducted with such a lie detector in which some cells scraped from the mouth of the person were connected to another polygraph in a separate room. It was found that when the per-



Brahma Vidya Sadhak Sangh

son got excited his cells, which were in, another room totally disconnected from him also got excited and showed similar results. This sample experiment shows the effect of thoughts and emotions, which are deeply embedded in the memory of every cell.

All the experiments conducted on cells are performed in a laboratory where the cells are not influenced by the Organism as a whole. These theories appear to assume that the part (cell) is more important than the whole (the body), and do not take into account the psychological factors. But from our experience we know that mental health plays a very important role. Depending on the mental health some people look much younger than their age, whereas some others start looking very aged even in youth. Thus when the psychological factors are added the phenomenon becomes very complex and no single theory can explain old age.

It has been found in various experiments that Meditation helps in retarding the ageing process. Depending on the duration for which the person has been meditating regularly, his BA may be lower than his CA by about 5-12 years. Time or consciousness of time is the psychological enemy of man. This enemy is so well entrenched in our mind and bodies that under normal circumstances it appears impossible to ward off this powerful foe. Only in Meditation we can reach the timeless states of experience (students of Brahma Vidya must have had this experience, that while in meditation we lose sense of time). In silence we come closer and closer to our real Self, which is ever new and youthful. During meditation the body absorbs these qualities of our real Self.

Our belief that wear and tear is taking its toll and making the body old and worn out does not have any scientific basis. If this were true then taking rest would be the perfect solution to avoid wear and tear. But we do not find so. If we do not use the body it starts losing its capabilities. Hence proper exercise has a rejuvenating effect on the body. The body contains tremendous intelligence within its every cell to respond to the demands made upon it. It has been found those athletes who train rigorously for competitive sports develop different types of bodies. This means that particular organs within their body become stronger and more powerful as required by the particular sport



activity. In the case of athletes the size of the heart increases and their heart is able to pump more blood than an average person's heart.

With old age human beings start losing muscles and become weak. However with regular exercise even in the old age muscle loss can be avoided and the strength can be maintained.

All the above information indicates that inspite of much research; man has not yet been able to find any answer to this myth called old age. It appears that the more he uncovers, the more complex the problem becomes. However the sages of the past had intuitively solved this problem and had declared that old age is nothing but a "fallacy of intelligence" (Pradnya Aparadh).

Whether modern science is able to find an answer for this ageing process is immaterial to us in Brahmavidya. We are already in possession of a practical method to ward off old age and express youth continuously. So let us renew our faith! Rather than believing in the appearance of the cells or the organs or the body, let us believe in the Intelligence, which has created it. Only such firm belief can save us from this illusion called - OLD AGE.

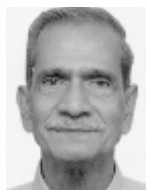
Jayant Divekar, Chief Trustee, Brahmavidya Sadhak Sangh



Brahma Vidya Sadhak Sangh

Let there be light

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



Rajaram Surve

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

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

Mission: To promote, to preach and to teach the unique system of Brahma Vidya. The contribution of Brahma Vidya teachers is immeasurable in spreading the knowledge of Brahma Vidya. They truly are the convenors of Brahma Vidya. Hence, the Trust has focused intensively on training of teachers.

The teachings of Brahma Vidya are divided in four levels:

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

All the classes are conducted once a week .This helps students to remain connected for around 5-6 years. After completion of the above levels a student is eligible to attend the teachers workshop if he or she wishes to become a teacher. After successfully completing the workshop the Teacher is selected by the panel - Guruji and senior teachers.



It takes around 6-7 years for a teacher to develop. During this period the student is enriched with a variety of experiences by being part of various activities of the Trust. Such trained and tested Teachers propagate the teachings of Brahmavidya. This selfless service of the teachers helps to spread the teachings of Brahmavidya far and wide.

The classes are conducted by trained teachers at all levels in English, Marathi, Hindi and Gujarati. This year Brahmavidya Basic Course was conducted at San Francisco (America).

Number of classes and students enrolled in the year 2016:

	Children's course	Basic course	Advance course	Teachers training course
Classes	143	476	67	2
Students	1983	12228	2467	253

The total number of students in Brahmavidya so far is 1,88,400.

Every year for the Children's Course (students in the age group of 10-18 years), around 2000 students enroll, while for the Basic course more than 12,000 students enroll.

Shri Jayant Divekar Guruji used to conduct the Teachers Training Course for all these years, however from 2014, two senior teachers Dr Nitanta Shevade and Shri Sanjay Sathe conduct Teachers Training Course.

Camps: The Trust regularly conducts a five-day residential and Non residential camp at various places in and around Maharashtra. A camp was also conducted at Hyderabad last year.

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

Gathering: The Trust organises Annual Gatherings at various locations. The students across the region meet, share and exchange their thoughts. Guruji takes the collective practice of all students, which is a major highlight of these gatherings.



Brahma Vidya Sadhak Sangh

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

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

Basic Practice Class: 7 weeks

Basic Revision Class: 11 weeks

Advance Course Revision Class: 26 weeks

Residential Camps for Advance Course Revision are regularly conducted in Marathi.

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

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

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

The office staff alongwith the support of the senior and responsible members also takes care of all financial matters very meticulously . It is essential to mention here that computerised accounts of the Trust and all its activities are maintained here. A lot of assistance in preparing Pr adnya souvenir is extended by this office. Since the work has increased tremendously branch offices have been opened at Pune and Borivali.

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



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

Borivali: Phone no: 022-28072754

Pradnya: A student can pay ₹200/- and entitle him/ herself for a home delivery of Marathi Pradnya for five consecutive years. This scheme is receiving a good response from students. It is important to inform the office for any change of address. Do mention "Life Time Membership" on the envelope.

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

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

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

For more information log on to:

Website: [www. Brahmavidya .net](http://www.Brahmavidya.net),

Facebook: Brahmavidya Sadhak Sangh,

Twitter: BrahmavidyaSS,

You Tube: BrahmavidyaSadhakSangh.

Translated by Asha Indap



Brahma Vidya Sadhak Sangh

International Yoga Day

In order to mark the occasion of International Yoga Day in Mumbai, Pune, Nashik and all other locations where Brahma Vidya classes are conducted -- a practice session was organised for all students.



International Yoga Day
at Kalyan centre



Vasant Vyakhyanmala, Nashik : A report

Vasant Vyakhyanmala is one of the most renowned cultural aspects of Nashik city. This Vyakhyanmala (Lecture Series) is conducted every evening during Summer one lecture is held daily. The lecture series offers great insights to Nashikkars in various fields like: spirituality, politics, economics, sociology and more. In the past, this Vyakhyanmala has had celebrated speakers like Mahtma Gandhi, Morarji Desai, Indira Gandhi, Atal Bihari Vajpayee, Acharya Atre and more.

Followers of Brahma Vidya in Nashik felt it was important to have a lecture by Honorable Shri Jayant Divekar, Chief Trustee of Brahma Vidya Sadhak Sangh as part of this prestigious lecture series. Their efforts met with success on May 28, 2016 when a lecture on Brahma Vidya by Shri Divekar was organised successfully. This Vyakhyanmala is organised on the banks of river Godavari and is usually attended by around 500 listeners. Interestingly, over 1500 people attended Shri Jayant Divekar Sir's lecture, which was greatly appreciated by one and all.



Here are some questions and answers from this session:

1) Can you share some of your experiences of practice of Brahmavidya?

I have been practising Brahmavidya since 1985. You all need to gain your own experience. You can join Brahmavidya Basic Course and practice regularly at home in order to gain your own experience.

2) Improving quality of breathing can bring in longevity. Is this true?

Yes, by improving breathing one can surely add to one's longevity. Right breathing is the foundation of a healthy life.

3) How does one prove the existence of Prana energy in one's body?

The experiment of taking your fingers of both palms closer to each other and drawing them apart, while keeping the heels of your feet touching each other on the ground and the spine erect will give you a slight experience of existence of Prana energy in the body. You will feel a certain attraction or tingling sensation at your fingertips, if this body were made only of organic substances devoid of prana energy this attraction or tingling sensation would not have existed.

On this note Shri Jayant Divekar's speech had an immense impact and Nashikkars enjoyed the session thoroughly.



Shri Jayant Divekar addressing audience during Vasant Vyakhyanamala, Nashik



Imagination: A wonder-worker

The wonder worker is within each one of us, actively working for us. All of us are endowed with a wonderful, excellent faculty of imagination.

Imagination is the act or power of forming a mental image of something, not present to the senses or never before wholly perceived in reality. It is the process of forming new images in the mind that have not been previously experienced with the help of what has been seen, heard felt before or at least partially or in different combinations. Since imagination involves many different brain functions such as emotions, memory thoughts etc. portions of the brain where multiple brain functions occur such as thalamus and neocortex are the main regions where imagination processing has been documented.

We use this faculty throughout the day. Ideas keep on coming to us as going out on a vacation, buying a vehicle designing a dress, cooking a dish and so on. We analyse these ideas and we plan. We may or may not work out these ideas in the process of living.

As mentioned earlier, the basis of our imagination is our memory. Imagination is absolutely free of any restrictions but we bind it by what we have stored in our mind. As we grow, we see and hear people around us and knowingly or unknowingly we accept their ideas, opinions. The sad fact is that, most of the time these ideas that have percolated into our mind for ages are disease, decay, senility, failure, disappointment death and so on.

Let us ponder over the following:

*I want to sleep well. I want to enjoy sound sleep but I know I won't.

*I would like to dine with you in this particular restaurant. But I know

*I would have a stomach upset as my stomach went for a toss last time, when I had dined here.

*A remark from a six-year-old child: I cannot eat ice-cream, as mother says it is bad for the throat.

*A five year old child eagerly waits by the side of rides, but does not venture as his father has warned of a big fall.

Has it happened with you, dear reader?

Now let us read about Dr. Victor Frankl. He was born in 1905, received the degrees of Doctor of Medicine and Doctor of Philosophy from



Swati Jog



University of Vienna. During World War Two he was cast into the Nazi network of concentration and extermination camps.

Life at these camps was full of sufferings, misery, tortures beyond words. Many prisoners who desperately wanted to live did die, some of disease and some crematoria. Dr. Frankl in one of his books describes that they died less from lack of food and lack of medicine than from lack of hope, lack of something to live for. By contrast, Dr. Frankl kept himself alive by summoning the prospects of seeing his wife again after the war and dreaming at one point of lecturing after the war about psychological lessons to learn from the Auschwitz experience.

How could Dr. Frankl achieve this?

Guru Ding Le Mei writes: Your imagination is that faculty within you that develops ideas and paints the pictures, presents images, inspires you with the most fascinating ideas of what you can do.

Imagination is a force at our command. Any force is to be directed for desirable, constructive results. Unbridled, it can play havoc. Fire, heat is to be directed for cooking or for burning something. Fire does not decide the direction. The user decides. As this Wonder Worker brings ideas we have to feast upon those ideas, which appeal to our reason. We have to use this creative force to create health and success for ourselves and for others. If we do not do so consciously, we would automatically imagine ailments, old age hurdles and obstacles. Let us nurture our dreams and work accordingly.

Industrial revolution, green revolution communication explosion how have they happened? The root is an idea. As these ideas were groomed by scientists, they have revolutionised the entire world. So for an explosion or a revolution to happen an idea has to be there.

So we can also revolutionise our life by training our creative ability to create health and success in our life. In Brahmavidya Basic Course we learn how to do this. The lessons make us aware about our various faculties and show us how we can use them.

To quote Albert Einstein, Imagination is more important than knowledge. Knowledge is limited, imagination encircles the world.



Transform your life - Learn Brahma Vidya

Everyone wants to be healthy, happy and successful in life but do people really find a way to achieve it? Not many find such path and they keep on trying different ways but in vain. But I discovered the path in 2004 when I found Brahma Vidya that taught me a way to overcome all my problems, fears, worries and achieve an excellent health and learn to be happy all the time. Since I joined Brahma Vidya, I have been practicing the spiritual breathing exercises, meditation techniques and various laws of life I learned which kept me healthy and happy all the times.



Narendra Dravid

I became teacher of Basic Course in 2010 and since then many of my Brahma Vidya students have informed me that learning Brahma Vidya and practicing it sincerely, they have freed themselves from illnesses like asthma, acidity, diabetes, high blood pressure, arthritis etc. and now leading very healthy life. Some of them have also joined Advance course of Brahma Vidya. The teachings of Brahma Vidya have impressed many people and they have recommended this course to their relatives and friends.

The spiritual breathing exercises and meditation techniques taught in Brahma Vidya class are very effective to improve your energy level in your physical body, get joy and happiness in your mind and peace of mind at spiritual level. This course is also very effective in changing your negative thoughts which you get from the society and acquire positive thinking whereby you improve your courage, confidence and patience.

One lady who used to come for the Basic course was not able walk on the first day of the course so she came with walker. She was worried about her health but after I told her that she should practice whatever is taught here, she was happy to join the course. She started practicing all breathing exercises and meditation regularly and by the time course was half completed she could walk without walker but with the help of stick. Finally at the end of the course she could walk without the help of stick. All in the class were surprised to see her progress. Another student was suffering from asthma but she could get very



good result after she joined basic course and regularly practiced all that was taught in this course. By the time the course was over she was free from asthma and asked me if she could go to Amaranth temple. I said surely you can go and she successfully went to Amaranth temple and after coming back she was very happy to see that her life had changed.

There are many such incidences which have transformed the lives of people by learning Brahmavidya.

This Ancient Indian Philosophy has worked wonderfully for me and others and would definitely work for you. So, friends, join Brahmavidya and change your life miraculously.

*Learn Brahmavidya,
The art of living,
Learn right breathing, right thinking,
Learn the art of giving.*

Arya Chiplunkar



Meditation can eliminate fear

We live in a world that causes people to feel anxious on a daily basis. Fear does many things to a person, but fundamentally it makes us feel insecure. Feeling secure is a most basic necessity, because without a sense of safety, the mind is preoccupied with threats instead of possibilities. Mind is like the software of a computer. It is the most sophisticated and delicate instrument, hence should be handled with great care and caution.

The remedy for fear is personal and has almost nothing to do with external circumstances. Hence take yourself out of the anxiety loop. Build a healing connection between yourself and the threat.

Meditation is the most important practice to bring your mind to the level of calm. As you cultivate inner security, your personal reality will change and fear will have almost no hold upon you. To be free from fear we must regularly practice eight breathing exercises followed by chanting affirmation and meditation as per Brahma Vidya teachings. We can benefit from these teachings tremendously.

Dr. Uma A Bhambhani

"HAPPINESS"

Every time a hand reaches out to help another...

That is Happiness

Every time someone puts anger, aside and strives for understanding...

That is Happiness

Every time people forget their, differences and realize their love for each other ...

That is Happiness

May Brihma Vidya course brings us closer to the spirit of human understanding and closer to the blessing of peace and happiness!!

Dr. Uma. A. Bhambhani

Advance course revision class



Developing compassion

Here's a story of a Sufi Saint, on the doorstep of Heaven, the Saint knocks at God's door. Who's there? God asks from within. It's me. The Saint replies. The door does not open. After knocking repeatedly and the same conversation being repeated two more times. The Saint realises his folly. So, now, when God asks, Who is there? The Saint replies, It's You. That is oneness and it comes only with consistent practice of one virtue called compassion. The ability to look at another, as if he and you are the same. In this case, God was testing his favourite follower's understanding of Compassion where you and me dissolve into One. In all purity, where I am merges with God is that is Compassion of the highest order.

If we observe Nature, do we find the river competing against the tree, or the trees up in arms against the birds, or the vast sky in competition with the tall mountain tops? We don't. Then why do we see around us a world filled with the you-against-me mindset? Why are we racing against each other, when we all have to reach the same place?

In today's overly competitive world, compassion seems to have been relegated to the last seat on the bandwagon of success. Success is important but isn't holistic success far more important? A success which does not take away what rightfully belongs to another a success which ensures that everyone wins? Does victory of one, always mean that the other loses? No it doesn't. There's enough for everyone, here in this world of universal order each one will eventually get his due. That is the law. The law doesn't say that one ought to go hungry in order to feed another.

Brahmavidya imbibes in every sincere student one of the rarest of virtues Compassion. The Sufi saint Rumi, in 12th century BC had said: When we practice loving kindness and compassion we are the first ones to profit. Compassion is indeed enriching. It fills the lives of all involved with abundant wellbeing.

Compassion allows you to view the other person as an extension of your own self. It allows you to truly empathise with the other. Together you empower yourselves to solve problems on the way and both emerge winners! If each one of us resolves to practice conscious



Brahma Vidya Sadhak Sangh

compassion, first towards oneself and then towards one's family, friends, associates and finally towards all creations in this universe, one would be able to establish oneself in true harmony.

Brahma Vidya teaches us that all creations partake of the same cosmic energy, and therefore at that level we all are one. It is in this oneness that our strength takes root and the seeds of wellbeing are sown. Let us therefore, resolve to make it our abode where we dwell in compassion, harmony and joy.

Sugandha Indulkar



Brahma Vidya English classes get-together

*Learn Brahma Vidya to make your life
more successful 'n joyful,
Learn this ancient system of yoga to
make your life more peaceful 'n blissful.*

*Invest some time, energy 'n money to learn
the ancient system of yoga.
Gain unlimited benefits after practising
Brahma Vidya...*

Arya Chiplunkar



Your Key to Health and Success Learn Brahmavidya

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

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

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

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

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

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

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

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

Brahmavidya teaches that every human being is potentially divine.



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

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

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

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

What ailments are cured with Brahma Vidya?

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

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



Nothing is impossible

For years now, I was suffering from a severe case of psoriasis, and I was tired of the medication, treatments and excuses given like, stress and pollution. I joined Brahmavidya Basic Course and started practising regularly.

I would like to vouch for the classes, as they have helped me in the healing process and progressively recovering from a "case of suppressible psoriasis but not curable" as stated by the esteemed doctors of our society. Many thanks to all who propagate the teachings of yoga.

Porus Mistry



A New Me

Today I am an energetic person. The regular practice of Brahmavidya has shown excellent results. Although, I had no plans of joining the Advance course, my husband's death forced me to keep myself occupied.

Brahmavidya encouraged me to take part in social service activities. Since last two years, I am participating in the sports conducted in our building and have also won prizes. It has inspired me to take part in activities like marathon races.

Kusumam Nair



For a remarkable difference...

I did Basic Course of Brahmavidya at Vashi. I find a remarkable difference in myself. My stress has reduced substantially my quality of work has improved, my tolerance has increased.

I recommend this course to all my patients specially those having stress related ailments, I practice the breathing exercises with affirmation in the morning and meditation at night.

Mukund Vyawahare



Brahmavidya Sadhak Sangh

A practical guide to perfect health

Let me enlist and share with you some benefits I got in a very short time after practising Brahmavidya. Due to Spondylitis in my neck, I was finding it difficult and painful to perform my daily household work, especially bending. After practising Brahmavidya exercises, the pain has reduced.

During winter, I used to get painful cracks on my heels. Since last two years they were persistent all through the year. They healed a little after application of ointments only to reappear in two to three days. But after performing Brahmavidya exercises on a daily basis, to my utter surprise they all completely vanished and have not reappeared till date.

After consuming oily or spicy food, I used to feel uncomfortable due to increased acidity which after the course has become negligible.

In addition, I have also felt some other positive changes in my overall outlook towards life. I can only attribute all these benefits to Brahmavidya and nothing else. I take this opportunity to express my thanks to Brahmavidya Sangh and to my respected teachers for having taught me this miracle called Brahmavidya so very well.

Sreekala Raghunath



Brahmavidya class at San Francisco, USA



A wonderful science...

I am a 49-year old parent of two sons. My parents are from different religions. My father was not particularly religious nor did he initiate me in a specific religious worship and neither did my mother. From class V onwards I have been in a boarding school amongst children of all possible religions and sects.

From the last three to four years, a deep urge to pursue a spiritual path has been constantly on my mind. I read briefly on Hinduism, Jainism and observed a few spiritually influential gurus, with respect. Yet, I could not follow mythological or historical and cultural deities or religious rituals. I could not appreciate these with total conviction or faith.

A colleague and student of Brahmavidya since three years, Kiran R Ganatra invited us to attend the Brahmavidya introductory lecture. I am grateful to him and Mother Brahmavidya for this opportunity.

A teacher explained in simple words and easy to understand examples, lesson after lesson. My understanding in spirituality grew from nothing to something concrete. Today, I believe in Brahmavidya with total conviction. The knowledge imparted is wonderful and yet totally real. Everything is in context to present, here and now. There are no mystic stories, miracles, or mythological connections.

After 22 weeks of practice, I feel calmer and more confident. I am more aware, energised, and contented. I have become more compassionate and I am grateful towards many aspects of my life. Now, I have found a direction towards spirituality and I know I have to move ahead in that direction.

Rohit Patel



Brahma Vidya Sadhak Sangh

A life-changing experience

I learnt about Brahma Vidya Basic Course from a newspaper. My motivating factor was that the advertisement mentioned that 'Brahma Vidya is a key to health and success.' I decided to try it and joined the Basic Course.

Previously, I used to have stressed life. I could not concentrate properly and used to get irritated easily. Health-wise I am diabetic and have high blood pressure. The stressed life added up more health complications.

In the last six months, I have learned various breathing exercises and meditation along with affirmations. This has changed my thinking and my perception totally. As I do these exercises; I feel energetic and younger. I have regained my calm mind and peaceful way of thinking has come back into my life. Though my problems have not reduced in these months but I have learnt to tackle them without stress and stay happy.

I am thankful to my teacher and Brahma Vidya Sadhak Sangh for teaching us these techniques of Brahma Vidya.

Pramod Ukarde



A step towards positive thinking...

I had joined Brahma Vidya Basic Course in Mumbai from November 9, 2014 to April 19, 2015. It has been an amazing experience. Everyone should attend this course because it teaches the importance of right breathing and purifies one's thoughts by meditation, which helps to remove negativity. It helped me in improving my singing capabilities by doing various breathing exercises regularly.

1. It helped me getting sound sleep.
2. It helped me towards thinking in positive direction.
3. It helped me in controlling my emotions as I am very sensitive person.
4. It helped in increasing my confidence and concentration.

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

Bilal Kanakia



Right breathing, right thinking

I wanted to convey few experiences having learnt and practised spiritual breathing exercises in this Brahmavidya class. I noticed that my health has been improving slowly. Unfortunately, I have been unable to practice with regularity. But the days I practice the exercises at the start of the day - the feeling of great freshness and energetic is unbeatable. Through correct thinking and unleashing the power of imagination, I have been able to cure myself of many health-related problems.

Deepak Bhat



Unleashing power of happiness

The biggest benefit I have observed in myself is that I have overcome negativity in thought and attitude. There is a deep inner feeling of tranquility and an experience of gratefulness for so many things which I had simply assumed. Now I see that I am and can be messenger for cascading joy for people around me and society at large. I realise that happiness is infectious.

With simple breathing exercises that I have learnt, I feel as if I have unlocked a secret repository of positive energy within me. Thank you Brahmavidya! I am grateful to be a part of this movement. I realise, I have a long way to go to attain much more benefits.

Ajit Shetye



Brahma Vidya Sadhak Sangh

'It's simply miraculous'

I would like to state that my cancer reports have come normal. Thanks to Brahma Vidya. I was suffering from ovarian cancer in the year 2014. I have taken three chemos, surgery of ovaries and uterus, again three chemos. After this treatment within six months it relapsed. I had to again take chemos and this time it had affected my liver but in the meantime I had joined Brahma Vidya class. I sincerely do pranayam and all breathing exercises for 30 minutes and meditation for at least 20 minutes regularly. I have stopped taking chemos from last month. Today, 8/12/2015, when I did my blood test and CT scan the report was normal. I am extremely happy to see this miracle.

Kalpna Gyanchandani



Healthy mind in a healthy body

Brahma Vidya has taught me the unique and simple techniques of spiritual breathing exercises and meditation during my 22 weeks basic course in Thane (West). As I was undergoing treatment for high blood pressure and type-II diabetes, my doctor advised me to take up practice of yoga or meditation apart from the prescribed allopathic medicines. I decided to join Brahma Vidya to improve my health conditions and stay mentally and physically active.

Prior to joining Brahma Vidya, I was undergoing stress, tiredness and acidity problems due to present day lifestyle and working conditions in Mumbai. As I was completing the basic course with Brahma Vidya, I could notice considerable changes in my health and was feeling active with positive energy around me. Now my blood pressure has become normal and blood sugar level has reduced considerably without any additional medicines. Due to my regular breathing exercises and meditation, I could win over the aggression of stress and stress-related problems within my body.

Narayanan Gurumurthy



A treasure trove of ancient wisdom

I joined Brahmavidya Basic Course on the insistence of my friend, Sanya Hingoo. I did not have much idea of what awaited me. I simply followed the teachings and instructions of our teacher in the breathing exercises and meditation. The technique and precision help in achieving quick results, which were amazing. Earlier, I suffered from knee pain, general body ache and uneasiness. It all vanished. I also would remain anxious and in low spirits but the meditation and affirmations changed all that completely. I began having a positive outlook towards everything and kept all negative thoughts at bay. I believe many diseases are psychosomatic and positive affirmations can prevent them. My digestion improved. The breathing exercises gave me a boost of energy and stamina. I would like to thank Brahmavidya and my teacher for imparting this great knowledge. I feel Brahmavidya is a treasure trove of knowledge and wisdom.

Zainab Gandhi



Towards a peaceful life...

I am a student of Brahmavidya since January 2015. I am a banker, Reiki Master and poetess. I found remarkable shift in the level of my vibrations as I started doing meditation regularly along with breathing exercises. Day by day, joy, peace started becoming natural state of mind. I became more confident and harmonious too.

All affirmations are of great help on subconscious level. For me, they are like guiding spirits whenever I was in crisis period, when I used to feel weak, I continuously used to chant the affirmations taught in class and I found them to have a miraculous healing effect and were very helpful in everyday life.

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

Abhaya Gurjar



Brahma Vidya Sadhak Sangh

A way of life!

It has been a year since I embarked on this exciting spiritual journey called Brahma Vidya. The impact it has had on me has been so enormous that I am convinced that it is not a mere spiritual exercise but a way of life.

First of all, I would highlight the physical impact. My breathing capacity and stamina has increased remarkably. Let me explain with an example: I am an occasional jogger (age 47). I jog for about 5/6 km. After the practice of Brahma Vidya, I noticed that I was not panting for breath at all. This gave me the confidence to take part in a half marathon organised by Radio Mirchi on 31/07/16. To my surprise, I completed 10 km in 1 hour and I came 142 out of 1500 contestants of all age groups. I am going to take part in Mumbai Marathon to be organised on 8/1/17. (Dream Run category). For your information, I have never, ever taken part in any running race during my school days. The sense of physical wellbeing I enjoy is fantastic. For this, regular practice of Brahma Vidya is a must. I used to have stiffness in my left knee and now it is no more. Moreover, according to my doctor, my oxygen level is quite high these days.

The impact is not merely physical. It is also mental and spiritual. A sense of harmony, respect, gratitude and appreciation for little things is the bottom line. Unlike before, it has become easy to be happy for little things than earlier. It has made me more grateful than before. I am happy and I give thanks for all that I have received by practicing Brahma Vidya.

Arockia Rajasekar



Holistic health

I joined Brahmavidya Basic Course in April 2016 at Malad West. I was suffering from uncontrolled blood pressure even after medication, but now it is well in control. This course has also helped me in managing difficult situations in a better, less stressed and positive manner.

Breathing techniques and meditation taught in this course are spiritual and logical. They help one overcome negativity. The most critical learning from this course was Power of thought. Affirmations after breathing exercises have a direct impact on health, thoughts and behaviour. This is more towards spiritual side and not just exercise. I enjoyed each class, which was full of energy and new learning. I would like to continue with the studies for further growth.

Rajiv Kabra



Brahmavidya residential class at Khandala



Overcoming all odds to achieve good health

I am 62 now. I heard about Brahma Vidya nearly ten years ago, at that time I did not take up the practice of Brahma Vidya. Much later, I got to know I was having cancer. Further tests and PET Scan was done and fortunately it was found that the problem was a local one and it had not spread to other parts of the body. But the type of cancer was a fast spreading type one. According to medical experts it is easier to treat and kill the cancer that grows fast. I then underwent six sessions of chemotherapy and 22 sessions of radiations. The whole process lasted nearly 6-7 months and I was physically in bad shape during and after the treatment. In Jan. 2015 again the PET Scan was done and my body did not show any signs of relapse. Doctors told me to take regular checks done for next three years to make sure that killing disease does not come back.

In early July 2015, I started getting severe breathing trouble and was spending sleepless nights. When met the doctor, I was told that this could be because of the side effect of chemotherapy drugs. Again I was in hospital in CCU for a couple of days. I asked several medical and non medical experts as how to avoid relapse and I was advised to do Pranayam and deep breathing. In Sept. 2015, I joined Brahma Vidya Basic Course and that changed my life forever. 22 weeks of lessons on breathing and meditation was so powerful that I started repenting why I did not take this up earlier. Now, after practising Brahma Vidya for past few months, I am so convinced about the effectiveness of these wonderful techniques that I am pretty sure that if I had undergone these Brahma Vidya lessons earlier in my life, I would not have faced the health problems I faced a year back.

Now we are in 2016, four months back again did PET Scan and I was very cheerful that day when my body entered the machine for scanning. I was saying to myself all the wonderful affirmations of Brahma Vidya. My only advice is that, "Learn from experiences of others like me. Learning always only from self experience could be prove to be really hard."

You will realise in your own life, the true happiness and mental peace once you start walking on this path. Welcome to this wonderful world of Brahma Vidya and all the best!

Vikas Vaidya



For a healthy and happy life

I had come across a pamphlet about Brahmavidya Basic Course and was quite fascinated by it, but it was my friend who insisted that I attend the introductory session. After attending the session, I knew that this was what I wanted.

First of all, I would like to sincerely thank our teacher for being so patient and kind in imparting this treasure of knowledge, which I was never aware of. The notes are precise and detailed and when we go back reading them over and over again we come to really understand the hidden realities.

Earlier, I used to be under lot of stress and fear for every slight thing. But after attending the classes, automatically my stress levels have reduced and I feel more calm and composed. It has taught me to use my mind in a very useful and positive way and now, I am able to accomplish many complex tasks easily and without any stress. My outlook towards life has considerably changed and have learnt to be positive and happy most of the time. I can feel the happiness around me, be it my family members, my colleagues or my friends and due to which I feel more loved, strong and more complete now.

One small change that has happened to me, which I would like to share with everyone, is that, after attending 2-3 classes, I have completely stopped alcoholic drinks and I feel very proud and happy about it. Even my wife is very surprised and happy about it.

In the past, I had heard and read lot about one's subconscious mind, but Brahmavidya has really opened the doors and showed me the ways of really understanding, learning and implementing them in my everyday life.

It is an amazing experience and totally a innovative science, I had never heard or experienced anything like this earlier. I would sincerely recommend each and everyone to join the Basic Course not only for themselves but also for the betterment of the society and the universe as a whole. We all together can make this universe a healthy and a lovely place.

Kiran Kumar N. Suvarna



Brahma Vidya Sadhak Sangh

Of peace, happiness and more

I joined Brahma Vidya Basic Course at such a juncture in my life where I was in search of something that would bring in peace and happiness but did not know what is it that I needed to do in order to attain it. This course was recommended by my office colleagues and friends and I am glad to have joined the course.

Since all of us in life want a key to health and success, Brahma Vidya has indeed been that magical key for me, which has opened the gateway for good health, peace and right living for me. The structure of the basic course is programmed very well. All the 22 lessons put together are a treasure comprising of the breathing exercises, meditation and the right way of living. The eight spiritual breathing exercises followed by the affirmations have improved my health, as my frequent cold recurrence has come down. I would feel a constant fatigue and feel drained by end of the day, but now my energy levels are high, my body feels lighter and I have become more agile. There is no dullness at the end of the day which used to be the case earlier.

The noble eightfold path taught in the class is phenomenal. It has constantly been guarding my thoughts, actions and speech in my life and I am reminded of the same every moment when my thoughts have a sense of negation. For me to engage in meditation technique called for diligence though have not done it as a daily practice but when I have done it regularly, it has made me peaceful as compared to what I was. I am positive that with regular practice I shall become tranquil in years to come. To sum it up, I am very happy to have joined the course and would recommend to one and all.

I would like to thank my Brahma Vidya teacher for imparting the knowledge and embarking me upon this beautiful spiritual journey of life.

Suhasini Chitre



Get rid of illness

My journey on the path of Brahmavidya began in 2008. I was fed up of frequent attacks of asthma. I seemed to be allergic to everything. Any strong odour, may it be the fragrance of perfume or a culinary seasoning or an egg being fried used to trigger an allergic reaction leading to cough and cold ultimately leading to asthma. I used to get relief only with antibiotics and inhalers. At that time, I was bogged down with menopausal problems too and was advised by my gynaecologist to undergo hysterectomy.

My ailing father-in-law needed my attention and I was stressed due to the demands at home and on work front. Then one day my friend told me about a leaflet which had come in the newspaper. It was regarding Brahmavidya Basic course in Marathi. We attended the introductory session, out of curiosity and got hooked onto it. We both started practising the Breathing exercises sincerely. And the magic of Brahmavidya started working.

The frequency of my asthma attacks reduced within three months of practice. Now, after being on this path for nine years I am completely cured of asthma. I have not touched an inhaler for many years. my practice of meditation, especially the meditation on Endocrine glands helped me a lot and my gynaec problem too got resolved, without hysterectomy. My father-in-law became very ill but my practice kept me balanced and stress-free. My son too who is now studying Engineering at a reputed college in Mumbai has benefited by joining with the Children's Course. The breathing exercises and prayers taught in the Children's Course improved his breathing and thinking. He is a well-behaved healthy teenager and growing up to be a fine human being. All thanks to Brahmavidya. With the benefits I had got I was inspired to spread the knowledge of this wonderful science. I became a Children's Course teacher and then a Basic Course teacher. Brahmavidya has given me health, happiness and peace and I hope to inspire others to learn Brahmavidya.

Manjusha Patankar



Success in every walk of life

I am a Brahma Vidya Sadhak for last three years. Many sadhaks have shared how Brahma Vidya brings health. I am going to share my experience - how Brahma Vidya is helping me in achieving success.

My experience: I enjoyed a long and rewarding corporate life before I started my own business two and half years back from scratch. First year of business as usual was quite challenging physically, mentally and financially. My personal income throughout the first year of business was hardly fraction of monthly salary I used to get in corporate world. During this period, Brahma Vidya helped me to keep myself positive. With the help of Brahma Vidya teachings and its proven practices, I moved ahead of just understanding 'the law of universe' but also got the practical methods to get connected with 'I'. The results have been profound. In the second year of my business I made good profits. I got a senior professional who is smarter than me to manage the business. And I was invited back by corporate world for my services. Today I am handling a very challenging assignment and I am sure to come out with flying colours.

Principle which had highest impact on me: Brahma Vidya never calls for sacrifice. It never asks you to empty your bank balance nor abandon all your material possessions. But it definitely insists that what you 'give' comes-back 'multiple times'. I must share with you, this one of the principle of Brahma Vidya which has started bringing back the success, which was elusive to me in recent past. Today, I ensure that in every people-transaction / business-transaction, I give more in 'value' than what I receive in service or cash. And it automatically protects and takes care of my interests without asking for.

I have observed that Brahma Vidya is different. It cleanses your mind without you knowing it. It instills love, respect and faith in you. Brahma Vidya never promises any miracles but still miracles happen which are not visible to external world. This miracle is inside you and credit goes to Brahma Vidya teachers and their relentless motivation to students to keep practice on. I am lucky to have Brahma Vidya teachers as my guide and instructions in my spiritual life.

Sunil Pandkar



Towards healthy living

I joined Brahmavidya Basic Course on the recommendation of my friend Shrikant Ingle who knew that I was interested in this topic but lacked a systematic approach.

Brahmavidya sessions coupled with the regular practice followed thereafter saw significant change within me in not only understanding my true self but also helped me overcome my chronic problem of cold and cough. After advancing in Brahmavidya sessions, the recurrence of the said ailment has reduced drastically to almost nil.

Another area of improvement I have noticed is that I used to suffer from anxiety-related issues due to my work. I would often lose my cool and get hyper. But the breathing exercises taught in Brahmavidya class have helped me in changing my breathing pattern which has now become more rhythmic. This has helped me achieve stability which in turn allows me to handle pressures with much ease and confidence.

During the entire course, I have tried to keep maximum attendance so as not to miss a single lesson. I am happy about my decision to join the course. I would always recommend aspirants who are desirous of enriching their lives to be part of Brahmavidya and take advantage of this knowledge which is taught in a simple and lucid manner.

Taher Sapatwala



Brahma Vidya Sadhak Sangh

Get rid of spine related problems

I wish to share with you my experience of Brahma Vidya. Before joining Brahma Vidya in May 2014, I was having a lot of health problems like spondylitis, headache and while walking I used to experience breathlessness. After joining Brahma Vidya and with regular practice of all breathing exercises, my spondylitis problem is no more. Also for my frequent headaches, I used to take at least two to three tablets in 15 days. But now, neither I have headache nor have I taken any tablet or painkiller since last two years. Earlier, I used to get annoyed with others for their actions. But now I have achieved a state of mind which helps me to maintain calm and peace and thus improve my overall health.

Now to my surprise it so happens that whenever I wish for certain things, they happen automatically. Because of this I started thinking positively. Let me thank all my Gurus and my Teacher for teaching me this great knowledge, "Brahma Vidya". I also wish to thank my family members for helping me to attend the classes regularly and allowing me to practice the exercises without any hindrance.

Latha Nair



Brahma Vidya English classes get-together



Faith and prayers work wonders

My daughter who has joined Brahmavidya Basic Course (correspondence) was travelling to Kharagpore by flight upto Kolkata and three hours cab drive till Air Force Base near Kharagpore on 27/12/2016.

Her family of four reached Kolkata and were on their way to AFS Kalaikunda and after nearly one hour drive my daughter called up to inform me that they met with an accident in forest area.

Eight four-wheelers collided altogether with each other and they were saved due to air bags and Mercedes in front of them and lastly, the eighth vehicle (the one they were in) were unable to move. Her fourteen month old daughter was in deep sleep and her face and eyes were swollen and flushed red probably due to the chemicals released due to bursting of the inflated air bag in the front seat. She said, I am worried for her please pray for her.

I told her, Have faith in Brahmavidya, remember your Guru and start praying, I'll also pray. Don't worry. Be positive.

My husband and son searched the internet to find out for remedies and effect of such cases. We asked her in our next phone call to move back to Kolkata and get medical help but it wasn't possible and on the road they were standing without help or knowledge of harmful effect of the poisonous gas from air bag (we avoided telling her) and just praying with positive mind. The baby was not in sleep but unconscious due to gas released. After half an hour she regained consciousness and the reddening lessened. By then they contacted for another vehicle and after two hours they were to restart their journey. So waiting without medical help was unavoidable. Meanwhile they found shade at a distant guard-post of security of some small workshop.

At 1 p.m. they recommenced their journey and the swelling had completely subsided and the infant was normal except that the tip of her nose and centre of forehead had scars. She was cheerful as if nothing had happened. I believe, due to positive thinking, faith and prayers, all this was possible. I express my gratitude towards Mother Brahmavidya, the Higher ones and my Gurus!

Aruna Naik



Brahma Vidya Sadhak Sangh

Brahma Vidya increased my confidence

Since childhood, I am attached more to our culture as well as Spirituality and simplicity. Singing, drawing, painting, writing poetry, playing instruments, are some of my hobbies. I have a creative mind. I am an active member of RSS, Sanskar Bharati, which is involved in various creative social activities. I have worked for 40 years in various Refineries and Petrochemical Industries.

Even though I am healthy and stable and a regular follower of yoga and meditation, I used to fail in various stages of life, due to mental disorder. Mainly because of absence of mind, lack of confidence and firm decision making I have lost many opportunities in life.

After retirement, I decided to get involved in more social activities and creative work. Just then, I happened to know about Brahma Vidya, I curiously enquired and joined the class and completed the course.

While in the middle of the course, I started getting the positive results. I could fulfill my desires positively. The opportunities started flowing towards me, from all directions and I gained a lot of confidence in fulfilling them. I could overcome the obstacles effectively. I am enjoying complete satisfaction in my day to day life. Now, I am quite stable and clear in mind, and can easily control my temper.

The regular practice of eight breathing exercises of Brahma Vidya, started showing good results like offering me new opportunities and also the confidence to succeed.

Brahma Vidya teaches us how to breath and think correctly. The regular practice of breathing exercises increases lung and brain power, improves health and ultimately results in a confident successful happy life.

Narendra Ghate



Some wonderful results...

I wish to put some miraculous happenings before you that I have experienced due to practice of Brahmavidya. I had come from Delhi to Pune some 32 years back and was leading a healthy life but suddenly after six months I started having breathing problems. Slowly these problems became very severe resulting in breathlessness.

The doctor detected that I had asthma. I used to be in a horrible condition, since I was working in a Public Sector Company at a responsible position and allopathic medicines used to make me very drowsy, whole day my condition used to be very bad. During every monsoon, I used to get hospitalised. So I decided to try Homeopathy and then Ayurvedic medicines but all those brought temporary relief.

I was totally dependent on the allopathic medicines. Thereafter I heard about fish therapy at Hyderabad which seemed to be permanent treatment of asthma but you need to take this for consecutive three years. Friends, when you face breathing problems then you are ready to do whatever it takes to bring your health to normal. So for three consecutive years I went to Hyderabad to swallow a living fish along with medicine during the month of June in Mrugnakshttra. This effort too, was futile. I gave up all hopes and was dependent on the inhalers, nebulisers and all sorts of drowsy medicines and thought that I would have to bear with this suffering throughout my life.

But again one of my colleagues suggested me to practice Yoga and Pranayam. I have learnt Pranayam and Yoga and started practising daily. It gave me lot of relief. One day, I received a leaflet of Brahmavidya through my newspaper. So out of curiosity I attended the introductory lecture of the Basic Course of Brahmavidya. It impressed me a lot. This was the month of July 2013, I joined Basic Course which has changed my life drastically.

A spiritual breathing technique and meditation has brought a wonderful change in me. It has not only controlled my chronic asthma but other related problems as well. Words fail me, in describing the beautiful effects of this science.

Friends, there was a time even if I used to walk a little fast, breath-



Brahma Vidya Sadhak Sangh

lessness used to catch up. But the Basic Course of Brahma Vidya took me to such an unbelievable extent that I could visit Vaishno Devi temple as well join the Amarnath pilgrimage without any health problems. It was a total miracle for me.

After one year of this Basic Course I also registered myself for the Advance Course. It's a two-year course of which I have successfully completed one year.

I would like to say that everyone's life is full of worries, sorrows and unending struggle right from birth to death. Brahma Vidya is a spiritual technique which teaches us how to breathe with our full efficiency and also our thoughts by regular meditation.

This course is so beautifully framed that you will come to know how you are connected with the universe. It teaches us that every human being is potentially divine. It is a science of life, teaching us the Spiritual laws of life.

So friends, Brahma Vidya gives you better health by practice of breathing exercises, better thoughts by practice of meditation. Practising Brahma Vidya surely improves one's outlook towards life and makes one more positive, cheerful, optimistic and confident. Achievement of better physical and mental health allows an individual to live a happy and prosperous life.

As I am doing the Advance Course of Brahma Vidya I can say it is the best way to realise God, love, life, truth and wisdom. My life has become more healthy, stable, peaceful, calm by practising the meditation and breathing exercises.

I wish this spiritual science should spread all over the world, and each and every one should get benefited from practice of Brahma Vidya.

Sadhana Pradeep Dahake



Good health and happiness for life

I had started learning Brahmavidya since last eight years. After doing the Basic Course, I completed the Advance Course. Practice of Brahmavidya has given immense benefit to me in my daily life both physically and spiritually and also in my medical practice.

I am a doctor general surgeon by profession. After doing Brahmavidya my outlook towards my patients has changed completely. I regularly advice my patients to relax and live a stress-free life and to join Brahmavidya. This has helped many of my patients without medicines. As it has been said that almost 90 percent of physical illnesses originate in the mind.

In my day to day life with practice of Brahmavidya I have been able to control my fatigue and live a healthy stress-free life. Now my family environment is also very pleasant and is filled with positive energy. Even my son who has completed Childrens Course and is now in 10th standard is reaping immense benefits of this technique in his study pattern and scoring first rank in all his exams.

The spiritual experience is above all other experiences. I am able to control my anger and emotions effectively. I am overwhelmed and filled with gratitude to this wonderful science.

One has to practice on a regular basis to truly experience its benefits.

Thank you to all my Gurus in Brahmavidya for teaching us this wonderful science.

Dr. Nayana T. Dedhia



Power of breath

I bow down to Brahma Vidya for its life-altering teachings, and experiences. Though the experiences are in physical, mental and spiritual areas, one that I have tried to pen down is related to material world as it is easy to write the same. This article is written to describe one of the incidents that I experienced to show power of breath.

Our family owns a piece of land along the beautiful Arabian Sea in Raigad District, inherited by us for years.

Though there was a house in the piece of land, we did not stay at that place but were staying in main town a few kilometres away from this land. As such my father had requested our neighbours there to take care of our land in particular the plantation in the land. Over a period, we noticed that the neighbor had got his names put on our property records without our knowledge and stopped paying the compensation to us.

A case was therefore filed by us in the local revenue court. Though we are the owners of this piece of land, we used to get life-threatening threats for abandoning the matter.

The long drawn legal battle continued and finally landed up with High Court. Despite our repeated requests, the matter would come up on board, but not heard.

During this time I was introduced to Brahma Vidya. I completed my Basic Course in June 2013. Thereafter, I was eager to do advance course of Brahma Vidya. I was fortunate to get admission for the class. I started attending weekly session on Wednesdays. During one of the sessions, our teacher explained and emphasised on the power of breathing exercises. Though these breathing exercises are taught in the Basic Course, never ever I tried using them for any material things. Since our legal matter was long drawn (over 30 years), a thought just then struck in my mind whether this could be used for our long pending court matter.

I started practising regularly. One day, our advocate pleaded in the court stating that our case is coming up on board but not being heard. Our mother being more than 100 years old, she pleaded, could the case be heard on priority? Our request was granted and the hon-



ourable judge agreed to hear the matter on a fixed date and time. Upon hearing the matter was decided in our favour. Being aggrieved, the opposite party did ask for review and filed a review petition. This was also heard and the matter was decided in our favour. Subsequently, opposite party preferred to appeal in Supreme Court. The matter came up for hearing and was dismissed on the spot. Honourable Supreme Court in the order stated that there is no substance in the case and the case is dismissed. Opposite party pleaded for time, which was granted by the Court basis undertaking that within six months they would give peaceful vacant possession to us.

At the time of writing this article, possession of the land is yet to be given by the opposite party and therefore further legal course of action would be undertaken. I am confident, we will get the justice and succeed. I am indebted to this wonderful science, which had brought a new perspective in my life.

Ramesh Modi



Brahmavidya English residential class at Lonavala



Brahma Vidya Sadhak Sangh

Inspire children to learn Brahma Vidya

Brahma Vidya is an ancient system of yoga and philosophy. There has been a continuously growing awareness about yoga around the world in recent years. More and more people are turning to yoga to make their life more manageable and healthy. Brahma Vidya is the science of life that focuses on the very basic processes of life that is, breathing and thinking. You will be surprised to know that though we are using breath and thought since our birth an average human being uses only 10 percent of his/her breathing capacity. 90 percent of our daily thoughts are repetitive in nature and if they are negative thoughts one can imagine the impact it has on our overall health and personality. Brahma Vidya teaches 'correct breathing' and helps to condition our thoughts in a structured way. This helps to remove the root cause of illness / problem from our life so as to lead a successful, healthy and joyful life. Many Brahma Vidya sadhaks have reported significant improvement in their chronic / acute medical conditions (e.g. diabetes, hypertension, spondylitis, asthma) and reduced stress levels after regular practice of Brahma Vidya.



**Dr Poornima
Malshe**

It is time for us to think how children can be benefited by this marvelous and profound science of Brahma Vidya. Children from the age of 10 to 18 years have started running the race already; but have they been empowered enough to win the race? Can we be sure of this answer?

Children at this age begin learning about what is good and bad for them. They start understanding what they are good at and where they require help from others. They also start thinking about various career options. Their self awareness grows. Rapid changes in body and mind occur at this age.

With the world getting smaller with technological advancements, children are facing many challenges quite early in life. Facebook, What's App, Instagram, mobile games, etc are engaging children so much so that they find it difficult to concentrate on the task in hand. Immense competition, peer pressure, parental expectations are resulting into some untoward incidents.



I am sure that all parents are taking utmost care of their children and want them to grow into healthy and successful adults. Children are much more receptive, energetic and enthusiastic and learn faster. Their body and mind are less occupied with the 'lessons of life'. Naturally, they respond much quicker and better to spiritual practices of Brahmavidya. Some students of Childrens Course have reported getting rid of exam fear completely. Stress levels of students in 10th and 12th standard have reduced considerably. Some children were able to feel an inner peace. Couple of them found their creativity improve after regular practice of Brahmavidya. This is certainly going to help them throughout their lives. Seeds sown early in life will reap benefits for a longer duration.

We have the classic example of Sachin Tendulkar who started playing for Indian cricket team at an age of 14 or 15. Every year there are child bravery awards being conferred on brave children by the honourable President of India on Republic Day. From where do these children get their inspiration? How these children excel in their tasks? All children can excel in their field of career if they are trained to develop their abilities wisely. Brahmavidya teaches them to draw the strength from WITHIN.

Today, there are a lot of external supports like tuition classes etc. Brahmavidya teaches how to connect to ones inner abilities. Success depends on ones inner connect. Brahmavidya is a method that helps children improve their memory, concentration and overall health. Only a person with a healthy body and healthy mind can be successful in life. All mothers give some or the other tonic to children for improving their health. Brahmavidya is like a universal tonic without side effects. Better to build ones immunity than visit a doctor.

Brahmavidya offers a graded course wherein a child can learn spiritual breathing techniques suitable for his/her age. As a child grows into an adult Brahmavidya offers more advanced courses that help throughout their life. There is continuity in the syllabus that one can rely on right from childhood to any age or stage of life. Brahmavidya Sadhak Sangh has expert teachers to guide children at various stages in their life.

Childrens Course of Brahmavidya consists of seven lessons (1.5 hours each) at a nominal donation fees. Let us all resolve to inspire as many children as possible to join Brahmavidya classes at the earliest.



Brahma Vidya Sadhak Sangh

Improves concentration and stamina

Brahma Vidya gives a lot of stamina and energy. By this I am able to study late at night. Practice of Brahma Vidya keeps me fresh throughout the day. My confidence has also increased. I am getting up early now. I remain happy for the whole day. My grasping has become fast. I am remembering what I have learned. I am not feeling dull. I am feeling fresh when I go home and I also feel fresh while I am studying. I am eager to come to Brahma Vidya classes. I experience change in my personality, even my parents noticed the change in my temperament. Regular practice of Brahma Vidya was beneficial to me. I scored 92.60 percent marks in class X.

Vishakha Patil



Brahma Vidya helps improve creativity

In Brahma Vidya classes we are taught various methods of breathing correctly, which results in increasing our lung capacity. We were taught eight spiritual breathing exercises. We were asked to practice these exercises everyday as a result of which memory improves and becomes sharp. Before doing Brahma Vidya Course it used to take me a lot of time to get ideas while drawing or making school projects. But after doing the course my imagination and creativity improved a lot. My experience was an awesome one.

Aarya Gholba



A fine blend of mental and physical wellbeing

I first started doing Brahmavidya in 6th standard and now it has been almost seven years. As a child back then, I did not really know the immense significance of the course. However, since I had seen my parents practising it daily, I decided to give it a try and I am glad! I practised my exercises daily and noticed a gradual increase in my stamina and especially my memorising capacity.

Till a year back, I used to think that the benefits of Brahmavidya were related only to physical well-being. I have never been so wrong. I am happy and proud to say that in a world filled with negative thoughts, high competition and stress, Brahmavidya acts like a brilliant light dispelling darkness.

One cannot deny that today's world has become highly competitive and filled with stress. However, one also cannot deny that the solution to all these problems lies within you. I would like to share an incident where Brahmavidya helped me.

I was always a little apprehensive about driving a two-wheeler due to my height. But after a few basic driving lessons, I felt confident and can now take anyone double seat. I even have my permanent license. During my 12th Board Examinations while going to give my Accounts paper, I slipped and fell as the road was slippery and I had braked too hard. My leg was bleeding badly, I couldn't write properly and my shoulder blades were paining a lot but only due to Brahmavidya could I gather the mental as well as physical courage to complete my paper. I found out a month ago that I scored 90 out of 100 marks in it. So you see, Brahmavidya not only gives you physical fitness, but also mental peace and the power to believe in yourself and think positively always. One thing I have surely learnt from Brahmavidya is that whatever happens is always for one's own good and is always in sync with a higher order. I also want to thank all my teachers and my family for supporting me and helping me always.

Nishita Joshi



Brahma Vidya Sadhak Sangh

Easy and effective...

Brahma Vidya taught me many new things. Most importantly, made me a calmer person. It allowed me to believe in powers of the Universe. It definitely accelerates and increases breathing capacity. Brahma Vidya practices are not complex at all and can be done anywhere. For me, it made me calm and relieved me of unwanted stress.

Aditya Padhi



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