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PRADNYA

II Let there be Light II





॥ 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 NAMAYAHAM ॥

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.

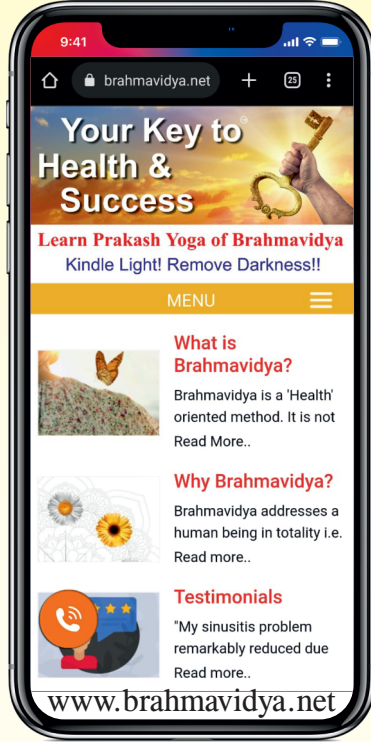
• Our Vision •

Physical, mental and spiritual development
of the entire human race

• Our Mission •

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

VISIT OUR WEBSITE




Visit us on Facebook

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

Visit us on YouTube

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

Visit us on Instagram

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

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Savita Sule



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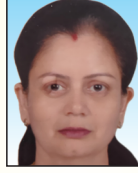
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DISCLAIMER

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



Teachers' Introduction



Anita Jain



Dr. Lata Shetty



Jyoti Kandoth



Pravini Jadhav



Dr. Jigna Batavia



Dr. Poornima
Khare



Dr. Rajesh Doke

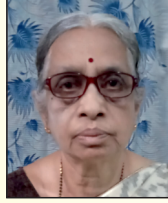


Chandrakant
Karode



Nitin Panchal

These teachers conduct Basic Course in English



Meenaxi Kulkarni



Neeta Pai

These teachers conduct Basic Course in Hindi



Meena Savla



Dr. Sevanti Shah

These teachers conduct Basic Course in Gujarathi



Brahma Vidya Sadhak Sangh

Brahma Vidya Ashram : Arohan



Artist's Impression





Brahma Vidya Sadhak Sangh

Editorial

Greetings!

At the outset, a Happy New Year to all our readers. The year 2023 is indeed special in several ways as it brings a new ray of hope and joy after a prolonged phase of different ordeals. The world was reeling under the effects of Covid-19 and after-effects. We all have survived this trying phase.



Sugandha Indulkar

During this phase Brahma Vidya Sadhak Charitable Trust, like several organisations, has had to adapt itself to new modes of teaching and even though most of its teachers may not have been as tech-savvy as Gen Z, they ensured that they learnt the accurate use of technology. Without any delay immediately shifted to online teaching by using tablet & laptop given to them by Brahma Vidya Sadhak Sangh, as a gift. The transition was almost seamless and ensured continuity of Brahma Vidya classes. Students from all over the world joined online classes.

Today, we are grateful to Chief Trustee of Brahma Vidya Sadhak Charitable Trust, guruji Shri Jayant Divekar and the able team of teachers trained under him who worked ceaselessly throughout the lockdown.

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, page donors, helped us with typing, page making and printing of this edition. Pradnya 2023 could not have been published had it not been for the kind guidance by Shri Jayant Divekar and support of Pradnya Team & Ms Rashmi Sakpal (from Brahma Vidya office). We are thankful to all the page donors and Sarathi Enterprises: Shri Amol Dharme, Shri Yatin Panse and rest of the office staff who have been helping us with the designing and printing of this souvenir.

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



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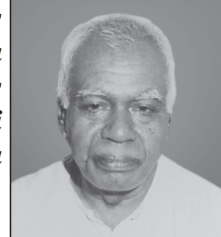
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Cycle of Evolution

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



Guru Jyotirmayananda

All through the ages, time and again, the expression 'evolutionary cycle' has appeared and many philosophers have attempted to interpret or elaborate this expression in their writings. Of course, all such attempts to give some idea of evolution or the cycle of evolution only project what those philosophers have understood in their mind, by study, observation and experience.

There are many examples or experiments anyone can study or make to understand what is meant by evolution. Some of these are so simple that anyone can understand the process by mere observation.

During summer days, when the heat of the sun rises to its height or becomes intense, the surface of water - whether in the tank, well or ocean transforms itself into vapour and, being light, rises high up in the sky. We can easily understand this. Then, during monsoon season, the thick layers of vapour becoming cool, are again transformed into water and falls on the surface of the earth, and the rainwater rejoins the bulk of water in the ocean, tanks, rivers, wells, etc. This is a simple illustration, and we learn that water evolves in to vapour and then again into water.

Take the case of seed- and orange seed, or an apple seed, or any other one. When it is sown under proper conditions and watered, you will be wondering to see its beautiful shoots coming to the surface within few days, it grows gradually into a full grown tree, and then the beautiful sweet fruits- each fruit containing several seeds similar to the one which started the process. We see the same process going on everywhere, in everything. We can see that this is the process of evolution going on everywhere- whether in the vegetable kingdom, animal kingdom human kingdom or in any other. The very process of

- With gratitude from Rajalakshmi Parvathi
- With gratitude from Anuradha Phadke



renewal or evolutionary cycle goes on always, everywhere. Within our body the cells are continually being renewed.

Evolution can be likened to a Giant Wheel; no one can locate the starting point in a circumference, no one can say when evolution began or when it will end. The fact is that evolutionary process is a perpetual and eternal one - without beginning and without end. As we are all within the great evolution of the Universe, although apparently undergoing the cyclic process of what is known as birth and death, we are in reality without beginning and without end. We are all eternal, being part of the Creator- Omnipresent, omniscient, and omnipotent power which is eternal.

THE WORD- Judgement

“I never met a man I didn't like” said W. Rogers can you say that? There are probably only few of us who could. W. Rogers may have been saying that he looked for that which he could like in each person he met and that he overlooks what he did not like. We all have our moments of unpleasantness, ineffectiveness and perhaps downright weakness. Since we would prefer that others judge us for our high moments rather than for our low ones, this charitable judgment must also be extended by us toward others!



Prakash Yoga of Brahma Vidya

Shri Jayant Divekar, Chief Trustee of Brahma Vidya Sadhak Sangh, explains the meaning of 'Prakash Yoga' of Brahma Vidya - the supreme spiritual science



Jayant Divekar

Brahma Vidya is a generic word, which is a combination of two words, Brahma + Vidya. Brahma is the term used in ancient Sanskrit philosophical literature to denote the Supreme Being, which is commonly called as God, Ishwar, Bhagwan. Hence Brahma Vidya is knowledge of Brahma - God. This is the philosophical or theoretical part elaborating upon reality of Life, the Truth of existence.

The Sanskrit word Yoga means to connect. Therefore, Yoga is essentially a technique that can connect a student to the ultimate Truth or God. Though the truth as propounded in Brahma Vidya is the same, eternal and changeless, there are many ways or yoga techniques to realise this same Truth. This is necessary because there are many types of people and what is suitable to one may not be suitable to another.

The term Brahma Vidya is frequently used in Geeta. At the end of every chapter, the name of Yoga technique of Brahma Vidya explained in that chapter, is mentioned. Each chapter teaches a different yoga to realise the truths propounded in Brahma Vidya. In the 18 chapters of Geeta, Lord Krishna teaches 18 different yogas or methods.

Similarly, Prakash Yoga is the name given to the technique taught by us. Prakash or Light can lead us to experience of God. Prakash Yoga is the technique which leads us further on the path of finding the Truth. This technique of Light can bring about total transformation of the seeker.



Most religions teach that there is a spark of the Divine in every human being. Prakash Yoga merely helps us to realize this Divine Light more clearly and to use it in a very practical way. Being potentially divine, man has within him all the power required to overcome his difficulties and problems and to realise his dreams. Prakash Yoga teaches definite methods to lead a healthier, happier life.

Prakash Yoga teaches Spiritual Breathing Exercises and Meditation – regular practice of Prakash Yoga helps to develop the Light within each seeker. With regular practice, the Prakash or Light dispels darkness at every level: physical, mental and spiritual. Light alone can remove darkness. As the Light is kindled, darkness is removed automatically and naturally.

Therefore, Brahma Vidya is the Philosophical or theoretical part of our teachings and Prakash or Light Yoga is the technique (or practical method) that we can use to effectively gain true knowledge. In every field of study, theory and practice has to go hand in hand. Together they can bring about total transformation of the student.

Let us come together and transform ourselves!

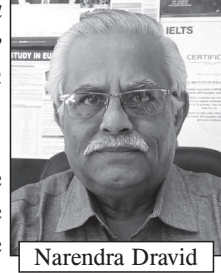


*Chief Trustee
Shri. Jayant Divekar
at
Pune Pragat Melava*



Happiness and Brahma Vidya

Narendra David, teacher of Brahma Vidya Basic and Advance Course explains the connection between happiness and Prakash Yoga of Brahma Vidya



Narendra David

Everyone wants to be happy in life but one doesn't know what is happiness and how to be happy. If we ask this question to some people, we will get different answers because each one's happiness depends on their own consciousness or understanding. Generally this happiness which everyone is talking about is related to their getting or achieving something. Some people think that they will be happy if they get lot of money or wealth. Some others, may think that they will be happy if they are appreciated or recognized by the society or Government or some Social organization for their work. Some people say that their happiness depends on their family life. But do you see this that happiness is a mental state and it doesn't depend on just material or physical gain. By thinking right thoughts, thoughts of well-being, health abundance, one can move towards happiness.

But Human beings, always feel that they are lacking this or that and only if they can get what they lack then they will be happy. Our desires are insatiable. As one desire is satisfied ten more pop up. Thus, the feeling of incompleteness, of lack persists.

As we observe Nature, the Universe, we observe Abundance, completeness. I, each one of us being a part of the Universe, in principle is complete. Now, the question is how to feel this completeness.

The answer is by connecting ourselves to this Universal Supply. That is what we learn in Prakash Yoga of Brahma Vidya. The methods teach us how to put in right efforts and attract from the Universal Supply what is ours and take ourselves to Happiness!

- With gratitude from Shilpa Kadam
- With gratitude from Dharmesh Shah



Panchkoshas and Brahmavidya Sadhana

A human being is described as having five distinct bodies or layers or sheaths called the 'Koshas' in the 'Taittiriya' Upanishad, explains Anita Korde, Teacher, Basic Course



Our body is made of several layers of energy. The outermost layer is the physical body which is gross, and we are familiar with it. The other four are subtle and are in an energy state. They cannot be seen but we can become aware of them, understand them.

Let us try to understand these different koshas:

1. **ANNAMAYA KOSHA**- It is the outermost layer, the gross Physical Body, that represents flesh, blood, muscles, and bones. It is nourished and maintained by 'Anna' the food we eat, Annamaya or food layer hence we have to take good nutritious food to maintain the health of this layer.

2. **PRANMAYA KOSHA**- This layer represents the Pranic energy or life energy. The vital subtle energy permeates the whole body. Mind and body are connected. If Pranamaya kosha is disturbed then Annmaya kosha becomes sick. When Pranic energy is imbalanced it results in a disease that progresses from the energy body to the physical body. By regular practice of pranayama and Eight Spiritual Breathing exercises, the Pranmaya kosha becomes more energetic and efficient, which in turn energizes the Annamaya kosha.

3. **MANOMAYA KOSHA**- The Mental sheath. It pertains to the mind and its thought process. These are the actions and reactions of the physical body which are maintained and fed by thoughts, feelings, and emotions. It works through our five senses. Our body is like a chemical factory and every thought impacts the chemical reaction. Emotions create chemical altercations in the brain and affect hormonal secretion. Scientific research has proved that the



state of our mind changes the state of our body by working through the central nervous system, the endocrine system, and the immune system.

A positive mind favourably stimulates the immune system and a negative attitude depresses it. Through meditation we can develop a positive frame of mind. My meditating on the endocrine glands, we can improve their functioning.

4. **VIJYANMAYA KOSHA** - 'Vijnana' means Wisdom or subtle knowledge. This layer is about the highest knowledge of our true nature. With the right understanding, the sadhak takes care of his thoughts, speaks only what he wants to create, keeps away from illusions, worldly temptations, and attachments, and shed ego.

5. **ANANDAMAYA KOSHA** - 'Ananda' is a Sanskrit word that means joy, bliss. This is the most subtle layer beyond any explanation. Once this kosha is awakened we feel Blissful. We experience pure delight, ecstasy, and joy.

Regular practice of Prakash Yoga of Brahma Vidya can lead the seeker to this ultimate state of 'Right Rapture'.

Through Brahma Vidya's Prakash Yoga, through Noble Eight-Fold Path, meditation, pranayam, and spiritual breathing exercises, we can lead a healthy and blissful life full of purpose. The only condition is we have to be consistent and persistent with our sadhana.

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



Let there be light

Under the aegis of Brahmavidya Charitable Trust the work of teaching this ancient science of Prakash Yoga of Brahmavidya is being carried out since 1997. Here is the Annual report of the activities of the Trust



Manjusha Patankar

The work of spreading and propagating the teachings of Brahmavidya 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 Prakash Yoga of Brahmavidya. He translated all the English lessons in Marathi. As a result, the knowledge of Brahmavidya has spread rapidly across Maharashtra.

In the year 1997, Brahmavidya Sadhak Charitable Trust was formed and registered. The Vision and Mission of the Trust were formulated:

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

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

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

The teachings of Prakash Yoga of Brahmavidya are divided in four levels:

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

All the classes are conducted once a week for 1½ hours. A student completes all the courses in around 5-6 years. After completion of



the above levels a student is eligible to attend the teachers' workshop if he or she wishes to become a teacher. After successfully completing the workshop the teacher is selected by the panel consisting of 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 Prakash Yoga of Brahmaavidya. This selfless service of the teachers helps to spread these teachings far and wide. The classes are conducted by these trained teachers at all levels in English, Marathi, Hindi and Gujarati.

Free introductory sessions are held in schools, colleges and offices. If anyone wishes to arrange introduction to Brahmaavidya in their office or company they can contact us on our:

E- mail ID - bssccorporateteam@gmail.com

Some introductory lectures and interviews are available on Youtube.

Brahmaavidya and modern technology

With modern technology it has become very convenient to reach out to students in any part of the world. WhatsApp, Facebook, YouTube, Instagram, Google ads, Podcasts, etc are very useful to reach aspiring students and to provide class details to them.

Under the able guidance of our Respected Guruji Shri Jayant Divekar, Brahmaavidya Sadhak Sangh has been able to use modern technology to continue with the teachings inspite of "lockdown" during the covid pandemic.

At the onset of the pandemic, teaching had to be stopped abruptly. But soon Respected Guruji trained all the teachers. The teachers were totally new to this technology. But everyone took efforts, worked hard and very soon started using the new apps available for online teaching efficiently. While using free and paid apps like Zoom, Google meet, Teams, etc the teachers not only completed their ongoing batches but also announced and successfully



conducted fresh batches online.

Though now we are going back to classroom teaching, some Online batches continue for the benefit of aspiring students who want to learn Brahmavidya from home.

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 (students above 18yrs) more than 12,000 students enroll.

Number of students: Pandemic had an adverse effect on enrolment of new students.

July 2021 to June 2022:

Children's course	78
Basic course	734
Advance course	218
Teachers training	334

A total of 221006 students have learned Brahmavidya so far. Now the number of enrolments is improving.

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

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

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



Revision classes as follows:

Basic Course Practice Session: 7 weeks

Basic Course Revision Session : 11 weeks

Advance Course Revision Session : 26 weeks

Advance Course Practice Session: 14 weeks

Residential Camps for Advance Course Revision are regularly conducted in English and Marathi. We urge all students to be part of these Revision classes and benefit from the same.

Study Groups : Students of different courses, voluntarily come together at a suitable place every week to help each other in improving the practice. Students' study trips are also arranged so that they come together and practice together.

Shri Jayant Divekar Guruji alone, used to conduct the Teachers' Training Course for all these years. Now, along with him senior teachers Dr Nitanta Shevade, Shri Sanjay Sathe, Ms Ruchira Godbole, Ms Swati Jog and Ms Radhika Marathe conduct Teachers' Training Course.

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

Interview of Brahma Vidya Teachers on Television:

1. Channel - Saam

Program – Saam Sanjivani

Teacher- Dr Nitanta Shevade.

2. Channel –Mumbai Tak

Programme –Brahma Vidya Mhanje Kaay?

Teacher- Smt. Ruchira Godbole

3. Channel- Zee 24 Taas

Program- Heetgaj

Teachers- Shri. Ramesh Karandikar



4. Channel- Zee 24 Taas

Program- Heetgaj

Teacher- Smt. Radhika Marathe

The interviews conducted on various television channels helped in spreading Prakash Yoga of Brahmavidya to many viewers.

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

The office staff along with the support of the senior and responsible members also takes care of all financial matters very meticulously. It is essential to mention here that computerised accounts of Trust and all its activities are maintained at the Pune and Thane office. The office remains opens on all days except Sundays and bank holidays.

Brahmavidya Sadhak Sangh moved in its own spacious office at B-5, Dixit Baug Apartments, 96/D/2, Navi Peth, Pune 411030
Phone number is 9422532553

Pradnya : Annual souvenir "Pradnya" is released by Shri Divekar Sir at the Annual gathering.

Page Donations : Any student can make a contribution of Rs. 1000/- per page in memory or as Gratitude towards page donation.

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

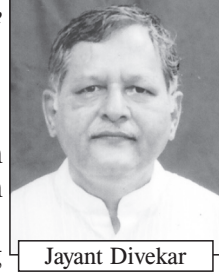
We appeal all our readers to help us in our endeavour to spread the teachings of Prakash Yoga of Brahmavidya-
Right Breathing and Right thinking.





Arohan Ashram: A dream come true

Here is a quick glance at the development on the Arohan Ashram front



Jayant Divekar

Dear Readers,

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

So far, we have received an overwhelming response to this appeal. A plot of land near Kamshet has been purchased and a stone masonry compound wall and stairway to the hillock is constructed.

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.

Our construction plans have received the approval and construction of 2 Halls was started in December 2019. These halls would be ultimately used as Dining Hall and Kitchen.

It was decided to increase the number of 5 Days 'Basic course Residential Camps' before the starting the construction of residential building. Accordingly, we had started conducting at least 2 Residential camps every month from September 2019 in 4 languages i.e., Marathi, English, Hindi and Gujrati. We hoped that once these camps are conducted regularly, we can commence the Ashram

- With gratitude from Anupam Savale
- In memory of Mr Shridhara Kollengreth with gratitude from Jyoti Kandoth



building work somewhere around October 2020.

However, the pandemic of Corona and the Lock Down upset all our plans. Practically no work was done for 2.5 years. We are pleased to inform that for last few months there is satisfactory progress of the construction work. The Dining hall and Kitchen buildings would be ready for our use by January end 2023. We have also started the construction of first residential building which can accommodate around 70 participants on twin sharing basis. We expect the residential building to be ready for use by October 2023. After that we would be able to conduct all our residential programmes in our own Ashram.

We, the trustees and teachers, express our heartfelt gratitude towards all donors. It is solely due to their generous support that we are able to fulfil this dream – Arohan Ashram. However, this is just the beginning. Plans are approved to build 3 residential buildings and a meditation centre on the proposed plot.

We hope that the teachings of Brahmavidya spread far and wide. We humbly request you to avail of this opportunity and offer as much gratitude as possible to Brahmavidya. Above all, give your donations with Joy so that what we create out of it will be symbol of Joy.

Thank you.

For Brahmavidya Sadhak Charitable Trust

Yours humbly,

All Trustees and teachers.

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



Your Key to Health and Success Learn Brahmavidya

*Answers to some of the most commonly asked
questions that come to the mind of new
students...*

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

Yes, that sounds fantastic; isn't it? Here I will briefly explain the principles of Prakash Yoga 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 Prakash Yoga of 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, Prakash Yoga of Brahmavidya tells us about deeper truths of your life, my life – human life! When we follow these laws in our life, it makes our life orderly. ***And what we call as Health or Success is nothing but ORDER of Life.***

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

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



successful and happier life.

Can we say Prakash Yoga of Brahmavidya is science of happy life? What methods are taught in Prakash Yoga of Brahmavidya?

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

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

What ailments are cured with Prakash Yoga of Brahmavidya?

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

The practice also improves mental outlook of the person and makes him more positive, cheerful, optimistic and confident. Due to better physical and mental health a person can do his daily work more efficiently. This can make him more successful at his job, his business or his profession.

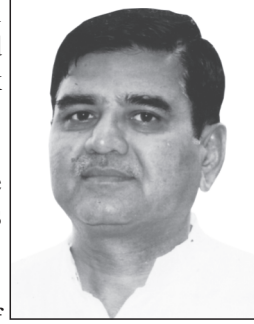
How much time does one have to devote for these Breathing Exercises and Meditation?

Depending upon the level of interest and availability of time one can devote more time, but minimum requirement is 20 minutes for Breathing Exercises in the morning and 20 minutes for Meditation at night. The methods are simple yet very effective. Any person above the age of 18 years can learn and practice without any difficulty.



In remembrance

One cannot forget the ever-cheerful personality of **Shri Jayant Gore**, Trustee and former Secretary of Brahma Vidya Sadhak Sangh.



His passing came as a shock to the entire Brahma Vidya family. The loss of was immense. Yet his memories keep inspiring us.

Gore sir organized 96 Revision camps of Pragat Marathi. The camps were successful only because of his hard work. For each camp he used make 250 to 300 calls, to motivate the students to join. Students enjoyed the camps because of the syllabus and the care taken by the team of teachers under his guidance.

His pioneering efforts facilitated the development of Children's wing, of Brahma Vidya Sadhak Sangh. It was a pleasure to see Gore sir teaching the children.

Sadhana Mandal is a voluntary activity of students. With Gore sir's initiative many students formed Sadhana Mandals.

His was diligent and thorough in his work. All records were maintained meticulously. No wonder, every effort taken by him met with total success.

We teachers and students are indebted to Gore sir.

On this occasion we fondly remember our dear dear teachers who were the torch bearers of Prakash Yoga of Brahma Vidya:-
Shri Shankar Paranjape, (former trustee), Sai Palav, Swati Tamhankar, Rekha Purandare and Dr Rajendra Pusalkar.





Down the Memory Lane

Uday Parkhi, teacher of Prakash Yoga of Brahmavidya Basic Course shares his journey from 2006



Uday Parkhi

I was spellbound, that evening when I first attended Brahmavidya introductory session at Borivali. It was an evening I still remember after so many years that completely changed my life. I thought over it, for the whole night. I had found something, which I was searching for many years!

The speaker was talking about Breath and Thought. He was explaining how important it is to learn how to breathe and how to think. He explained that if you learn these two fundamental aspects of life then you can control your Life. I immediately decided to learn these two principles of Life – Breath and Thought. It was the moment when my life took an "U turn" and thereafter I never looked back. I had found my Path. And now my job was to tread it.

The speaker that evening was a great teacher who transformed many lives and was teaching selflessly to the masses. My wife and me, used to eagerly wait for every Sunday evening. His teaching was so interesting for me that I never missed a single session in those six months. Our teacher used to travel from Thane 40 km to our place in Borivali every Sunday by State Transport Bus. Thus spending four hours in travelling and two hours in teaching without any kind of monetary benefits. He was one of many such personalities in Brahmavidya Charitable Trust I met later in my Life.

I salute all of them with my heart full of Gratitude!

In this knowledge lies liberation, From ignorance, and its crushing sensation. The mind stills, and the soul awakes, Merging with the divine, no more to shake.



My experience with practice of Brahma Vidya

Sadhana Dahake highlights how Brahma Vidya helped overcome some serious illnesses



Sadhana Dahake

I have been a Brahma Vidya Sadhak for almost seven years now. 35 years ago, I moved to Pune from Delhi after getting married. I was an asthma patient ever since, every 6 months I had to undergo hospitalisation due to acute asthma attacks. Allopathy medicines have side effects.

So, I also tried alternative therapies as well.

My condition was totally hopeless. I joined Yoga, pranayama and meditation class. So finally, pranayama gave me considerable relief.

This inspired me to join Basic Course of Brahma Vidya.

Due to the practice of Brahma Vidya my breathlessness completely vanished. Later, I also completed Advance Course. The course content was so profound that I completed the course twice and not just once! Now, life felt complete— joyful and peaceful.

I was detected with breast cancer in February 2022.

My teacher firmly assured me that everything would be alright, I started my treatment with immense courage. Brahma Vidya has given me the positivity needed to face this treatment. I am grateful to my Gurus who always inspire me to live life positively and to maintain a state of joy in all highs and lows.



Battle with Cancer

I am a student since July 2019, doing the Brahma Vidya Advance course now. Recently, I was diagnosed with a low grade blood cancer and I am on medication as the malignancy is low.

From the beginning itself, I held on to the methods and continued my practices. During my hospitalisation and various tests, I imagined that I am safeguarded by the Light. The knowledge that I received helped me in doing my day-to-day activities with ease.

I firmly believe in the Divine Light of Brahma Vidya and it has saved me from all the hardships.

Feeling happy, giving thanks. I bow my head in reverence to all the great masters of Brahma Vidya. - Anonymous



Brahmavidya, key to health and longevity

'I am an 88-year-old retired engineer from Government of Maharashtra. Leading a healthy life. I owe this to Brahmavidya exercises and meditation,' shares A R Doddhilal



A R Doddhilal

I joined the Basic Course in 2005, I used to play a lot of badminton in my younger days. With the practice of Brahmavidya exercises, I started experiencing similar kind of vigour and enthusiasm. Thereafter, I completed Advance Course and the Pradeepak Course in Marathi and English. I am indeed grateful to Brahmavidya and teachers. I found an answer to my search for health and effective method of meditation in Brahmavidya.

Earlier when I underwent some cardiac tests, at the age of 70 years, doctors noted that my heart like that of a 25 year-old young boy, the credit goes to regular practice of Brahmavidya exercises.

I thank all teachers of Brahmavidya for conducting regular practice sessions, for the benefit of all students.

Hiralal Sadhani regains Good Health

I was suffering from inadequate lung capacity and choked nostrils. With regular practice breathing exercises I could overcome these problems.



Hiralal Sadhani

Holding of breath was not thought off, but regular practice of Spiritual Breathing Exercises helped me to hold the breath for thirty counts, retention capacity of lungs has increased and become very easy. With regular practice of Spiritual Breathing Exercises my breathing has become deeper. I have observed that the oxygen level has increased and I could check it with my pulse-oxy metre, from 96, I could bring it to the level of 99% hence a big boost to immunity.



Initially, I had developed pain in shoulder and right leg. Standing straight in balance with both the heels touching was also difficult, I used to lose my balance. I referred to the lessons, corrected my exercises and started practising more carefully, thereby I improved balance in the body. I could concentrate better, despite external noise and felt more peaceful throughout the day. My blood pressure is now normal and I can sleep better.

I convey immense gratitude and thanks to the Teachings of Brahma Vidya, the teachings are very profound and beautiful.



Who am I?

Actress Smita Jaykar shares her experiences

This is Smita Jaykar, I am an actress and have been acting for last 36 years. I always wanted to learn Brahma Vidya.

Well, I am learning it now. And whatever I am learning now was never taught to me anywhere. This is something so different, so new, so wonderful.

What Brahma Vidya has taught me no one has ever taught me before. I do all breathing exercises and meditation every day. And I do feel a tremendous shift and a change in my thinking. When I read the lessons, I get a new insight into the Truth. I always wanted to know "Who am I?" Brahma Vidya is getting me closer to that moment to know the answer.

I would advise everyone to learn Brahma Vidya. Study it seriously. It is not something you can learn in a day and start practicing and teaching.

I am very happy with the teachings and look forward to the class every week. Brahma Vidya teaches us to "Be Happy and Give Thanks". I thank my teacher for having so much patience with me and teaching me so beautifully and so nicely.



Smita Jaykar



Healthy, Happy and Calm

Dr. Nandini Diwan, former professor of psychology hopes that the Light of Brahmavidya spreads everywhere



Dr.Nandini Diwan

I completed my Brahmavidya Basic Course in English, in March 2021. I benefitted with regular practice of breathing exercises and meditation so much that I registered for the Advance Course in May, 2021. I could overcome minor ailments without any medication, with the help of Brahmavidya practice. On the physical level, I experienced increase in stamina and better fitness. I was aware of the importance of 'thinking' in our life. The lessons gave me a new cognitive perspective, especially about 'giving back to the universe.'

Regular practice of meditation helped me in creating a more positive, broader, and better mental attitude. Positive feelings like Joy, Gratitude, Reverence, Peace, Enthusiasm, Optimism increased and negative feelings like anxiety, worry, boredom and fatigue decreased.

The teachers are very receptive to the doubts and questions asked during the class and they answer every question patiently. I admire their sincere, selfless dedication! The lessons are well written. The language, the good printing and quality of the paper, the right font size make it a pure joy to read them and to learn from them.



English
Residential Camp,
Lonavala



To Heal from Within

'With reverence to teachers of Brahma Vidya. I was eager to experience good health, so I joined the Basic Course of Brahma Vidya,' shares Poonam Rokade



Poonam Rokade

I was suffering from acute hypertension and a kidney autoimmune disease when I joined basic course of Brahma Vidya. I was undergoing severe treatment with severe side effects, which included pneumonia and weakness. It was difficult for me to attend the classes and practice the breathing exercises. Naturally, I was inclined to avoid classes. I expressed my concerns to my teacher, who then urged me to continue attending regardless, and assured me that my effort will bear fruit. I thank my teacher for the insistence and encouragement that helped me persevere.

I joined the Advance Course shortly after completing the Basic Course. When lockdown was implemented, we started practising regularly in online mode. As a result, my blood pressure returned to normal, and my health condition improved.

I have attended the various Revision Courses, and recently, I attended the first part of the Advance Revision Camp.

It is in this camp where, guided by our loving teachers, and surrounded by Nature and my fellow Sadhaks, I experienced a great leap inward into my spiritual being.

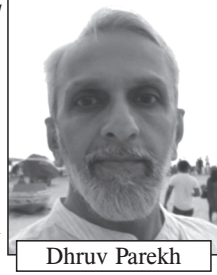
Along with physical benefits I experienced mental strength and improved confidence. In spite of immense work pressure I retain mental peace by practice of Brahma Vidya.

Brahma Vidya is a journey of discovering the power within oneself. Now, as I advance into my study of this Key to Health and Success, I experience a sense of wholeness and harmony with the Order of the Universe. May this light of divine wisdom be spread to all human beings.



Living life with peace and harmony

Dhruv Parekh tells us how he discovered unending gratitude because of his practice



Dhruv Parekh

I enjoyed good physical health but faced some mental issues. There was lot of agitation, anxiety, doubts etc to deal with. I had tried other courses in the spiritual realm earlier and although each improved me, lots of questions were unanswered.

After completing my Basic and Advance Course of Prakash Yoga of Brahmavidya I joined Pradeepak Course by correspondence. In order to strengthen my understanding of Basic Course I repeated it in English and Gujarati. Many new facets of the lessons were revealed as part of these repetitions.

Did I get what I was looking for? Yes!

For one, things started falling into place in all spheres of life. Acceptance levels have gone up manifold, may it be family members, colleagues or situations.

Working with a MNC is a demanding target oriented job, resulted in lots of anxiety and stress. Especially during lockdown, the situation was difficult. My colleagues appreciated my calmness even in stressful situations during lockdown period. With family members, arguments have decreased, 'letting go' happens easily leading to more harmonious life. This all because of meditation.

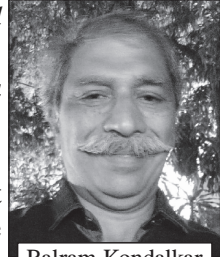
Biggest lesson from Brahmavidya is feeling of gratitude. All the negative feelings are now slowly replaced with gratitude. Of course first reaction is still anger/bitterness etc. but it is eventually replaced with gratitude. Gratitude for everything- from the smallest to the biggest things, events and people. I am thankful. I am truly grateful to our mother Brahmavidya and all the wonderful teachers!





Great Art of Living

Balram Kondalkar working as a General Manager-at Elpro International Ltd. Chinchwad, Pune explains how Brahma Vidya helped him regain health



Balram Kondalkar

Years ago, I was severely injured in a violent labour unrest in the factory, causing multiple fractures all over the skull, facial bones, eye sockets and ears, resulting in internal bleeding in the abdomen.

In an unconscious state was rushed to the hospital, where I had to undergo abdominal surgery. I was hospitalized for about 40 days and under treatment of Neurologists, Eye Specialists, Ear Specialists and General Surgeons.

Thanks to the Almighty and the well-wishers whose prayers worked and I was finally healed. But thereafter I started suffering from frequent migraines and back pains. This suffering continued for years. And this is where the miraculous 'Brahma Vidya' stepped into my life and transformed it from pain and suffering to health, stability and peace. Since then, life to me, has become a joyful celebration. 'Brahma Vidya' to me is a 'Great art of Living'.

I watched 'YouTube' introduction about Prakash Yoga of Brahma Vidya, A Key to Health and Success, by Guruji Shri Jayant Divekar. Thereafter, to this day there has been no looking back. I am amazed to experience the effectiveness of the simple breathing exercises with the spiritual affirmations taught in the 'Brahma Vidya' courses.

"Murmur not at life's dispensation, nor of your God, but correct your own heart, your station is appointed by the wisdom of the eternal." - The Master



Brahmavidya helps overcome cervical spondylosis

Dr. Nikki Parekh, occupational therapist (OT) by profession was suffering from severe cervical spondylosis post a car accident since 1998



Dr. Nikki Parekh

I tried physiotherapy, various healing techniques but could not get rid of pain, spasm for long term. It was coming in the way of my career, household chores. I was about to change my profession.

But then Brahmavidya came to my rescue in 2015. Within few months of practising the Prakash Yoga of Brahmavidya Basic Course, I was feeling 80-90 per cent better. I could get rid of my neck and shoulder splint. My neck, shoulder range of motion came back to normal with strength, then I joined Advance Course in 2019. Cervical spasm which would get triggered after any kind of stress or anxiety were taken care of following special techniques of Advance Course. Now I am able to cook too.

In 2018 when my right knee ligament got injured after a fall, practices of Brahmavidya gave me a lot of relief. I could avoid knee surgery, my gynecological issues were managed too without surgery.



Marathi
Residential
Camp,
Lonavala



Journey on the 'right' path

Aparna Vhatkar from Ahmedabad expresses her sincere gratitude towards Prakash Yoga of Brahma Vidya



Aparna Vhatkar

I start with expressing my deepest Gratitude that I have been chosen to walk the path of Brahma Vidya. The Basic Course was like starting my life all over on a new slate. Erasing the beliefs that I held for so long and relearning, readapting myself to right concepts. I realised the importance of thoughts and learnt to observe them. I looked forward to the weekly classes, to learn new breathing exercises and the affirmations. Initially I just went ahead with the affirmations repeating them aloud till they became a part of my sub conscious self. My entire perspective towards life changed. The breathing exercises made me calmer, my thoughts became clearer. Gradually I moved to becoming the observer of my thoughts. Initially small issues that easily upset me, I realized did not affect me anymore.

My attitude towards my fellow beings changed as I realized we are one. I let go of Fear and I breathed in Courage. At present I am a student of Advance Course of Prakash Yoga of Brahma Vidya.

The commentaries of this course are beautiful, each word is filled with profound meaning. The teachings have definitely made me feel younger, harmonious, loving, courageous, aware and so much more. All that I seek is within me. I am a part of a wonderful universe and that the universe has my back all the time.

All things are one, in the Self they do dwell,
No birth, no death, all is just an illusion to sell.
With every breath, I come closer to know,
The unity of all, the eternal flow



Can we change our habits?

P B Nair explains multiple benefits experienced by him



P B Nair

I have completed Basic and Advance Course of Prakash Yoga of Brahmavidya. Though into my late 50's, healthwise, I never had any serious ailments. However, I used to have frequent bouts of respiratory ailments. By regular practice of breathing exercises such instances gradually decreased and I am totally out of it.

During the pandemic, I found it convenient to spend a little extra time on the exercises and I was pleased to note that I did not face any issue when there was fear all around. I also surprisingly found a significant improvement in my body posture and the low back pains that I used to experience.

Moreover, at times, I could not sleep soundly at night. Regular practice of meditation has provided me with good techniques to slow down and calm myself. Besides improving my sleep, it also has improved my awareness, alertness, clarity in thoughts, words and expression which is essential while dealing with a multitude of issues and large teams.

I found the meditation on endocrine glands in particular to be extremely useful in providing the right balance and helping me subconsciously to improve on my eating habits.

I would advocate Brahmavidya in particular to corporate executives who lead a stressful life.





Contemplate on the Fundamental Teachings of Brahma Vidya & use them

*Initially I felt 22 weeks was a too long a period
but now I wait for every Sunday for a new lesson
says Vinayak Lokur*



Vinayak Lokur

I am a student of Advance Course. Every interaction with the teacher brings out awareness about a new dimension, which I was unaware previously. The superficial understanding of Breath & Meditation – is deepened with every lesson.

As I practice the Breathing Exercises & the meditations – I always have a feeling of progress from the unknown to the known. I also realized that just practice is not enough – as the knowledge is so deep that one needs to go through the lessons again and again.

The lessons beautifully explain to us the fundamental laws of Life & the importance of living in harmony with them. “Right Understanding” plays a vital role in every step in our life.

Apart from feeling fresh bodily, the practices have helped me regulate myself, be more composed, address each situation with due awareness, overcome the worry of the unknown & experience more and more Joy!

The attitude of gratitude & the zeal to test my potential to be more resourceful has certainly increased manifold. I have also started experiencing abundance in accordance to the nature's law – “we sow one seed & nature gives us multiple fruits”! It's also taught to us that “if the soil is fertile – the seed easily grows”...I feel the regularity & accuracy of practice helps refine this quality of mind....where the thoughts (dreams) manifest!

Listening to Gururji's answers to various questions & his simplicity in explaining the doubts – has made me think – “how little I know” & the opportunity I have to further my progress on the path of Light to gain Self Knowledge.

I AM HAPPY – I GIVE THANKS!



Towards Happy and Healthy Life

Students share their experiences

Amit Gokhale shares that the Breathing exercises have increased his lung capacity and tidal volume. The structure of the course, the philosophical base and the affirmations are very beneficial. He has already recommended the course to everyone who are on the path of physical, mental and spiritual growth.

Geeta Argikar reports, “Brahma Vidya has made me stronger, calmer, peaceful, younger and an energized and charged person. I have now learnt to accept my life the way it is, and not the way I felt or wanted it to be. I have become bolder, confident and positive in facing the events in my life as it unfolds.”

Prakash Prabhu, shares that he is feeling more energetic and healthier. He has overcome problems of acidity and joint pain. His relatives too have experienced a positive change in him. The teacher took great pains to see that the students understood the teachings.

Jagannadha Rao Bontha gives an account of his travel to Telangana state to buy a cow during the Pandemic. His fellow passengers developed Covid symptoms during this journey but he remained healthy due to his regular practice of Spiritual Breathing Exercises. He says it is the “Power of Brahma Vidya” which kept him safe.

Shabnam Shaikh is pleased to inform that her energy level has increased and her stress level has decreased in just two months of practice.

Una Dsilva is free from vertigo, imbalance and backache. She is a very positive person now. Thanks to the practice.





Experiences of Brahma Vidya Residential Camp

Residential camps of Brahma Vidya offer a memorable experience to every student...

Taha Merchant who attended the residential camp at Lonavala shares some experiences. She not only learnt effective breathing and meditation but got an insight into the vast realm of intelligence that lies beyond our conscious mind.

She adds, "I had some great 'aha!' moments through the course, and Prakash Yoga of Brahma Vidya will help me lead a richer and fuller life."

Kamala Iyer has been feeling happy, young, energetic and totally rejuvenated since she attended the camp. She says that the arrangements at the Lonavala camp venue were superb. She enjoyed the delicious and healthy food served during the camp.



Benefits of Brahma Vidya in just three weeks

Benefits of Brahma Vidya in just three weeks of practice as shared by Nirmala Honatti from Anand, Gujarat

I attended the introductory session of Prakash Yoga of Brahma Vidya held online. I was searching for non- medicinal remedies for my knee pain and low levels of energy. The introductory lecture appealed to me and I joined the class.



Nirmala Honatti

As a result of my regular practice in just three weeks, I noticed following improvements:

Duration of sleep reduced but quality of sleep improved. • Could easily bend my left thumb which was earlier stiff. • Energy level increased. • Relief from knee pain. • Improved vision. • I am now enthusiastic, compassionate and healthy.



Magic of Online Batches

Prakash Yoga of Brahmavidya has been spreading across India and here are some experiences

Dr. Aswini Kumar Pani, who is highly qualified and has held various important posts during his career and been to 110 countries feels that Brahmavidya has helped him to achieve a lot in just one year. Before learning Prakash Yoga of Brahmavidya he had low level of confidence and poor self-image. With regular practice of Brahmavidya he feels more confident and healthier. If anyone enquires about his well- being, his reply is a spontaneous "First class first."

Deepak Patkar, who is 70 years young reports a visible change in himself after the completion of Brahmavidya Basic Course. He says, "I think, speak, conduct myself in a positive manner, that inspires others as well.

Dhanashree Naik shares that the practice of Breathing Exercises has increased her stamina and energy levels. Meditation has made her calm, peaceful and confident. She is more positive and has started accepting people and situations.

Dhanashree adds, Brahmavidya has helped her to become more mature as a human being.

Dr Shobana, a gynecologist from Kerala had joined Brahmavidya Basic Course at a time when she was feeling restless due to a certain situation.

She used to have asthma attacks. Regular practice of Brahmavidya Breathing Exercises has helped her improve lung capacity thus decreasing asthma and breathlessness during physical exertion. It also helped her to tighten her core muscles.

Practising joy has worked wonders for her morale by decreasing negativity. "I believe that happiness is a choice and that no matter happens, you should not be affected," she says.



Office Staff
at Thane Office

Digital Detox

Vihan Rathod could overcome many physical and mental problems with regular practice of Prakash Yoga of Brahma Vidya

Before joining Brahma Vidya, I was suffering from anxiety, inferiority complex; sort of depression since last three years or so. As I joined Brahma Vidya, I learned the technique of Right Breathing and Right Thinking, I became peaceful and balanced.



Vihan Rathod

I was addicted to the smartphone since last the three years. I was wasting my time on PUBG games, Facebook, Instagram, YouTube etc for 3 to 4 hours. I tried a lot to quit this habit, but could do so, only for three days and again I was getting addicted to the smartphone. I could not believe myself, but now I am completely out of this addiction. I am very thankful to Brahma Vidya.

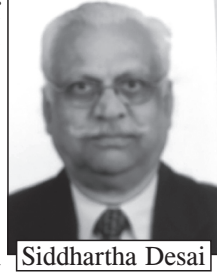
Since last six years I had hyperacidity problem and piles, which was very painful. I was taking regular medicines. But now by regular practice of Brahma Vidya, I am free from all my health problems. I am very happy and feel blessed to be practising of Prakash Yoga of Brahma Vidya.

In short “More smiling, less worrying. More compassion, less judgment. More blessed, less stressed. More love, less hate.” is what Brahma Vidya all about.



You can do it!

All of 78 years, Brigadier Siddhartha Desai describes how it helped him recite prayers effectively



Siddhartha Desai

I was suffering from breathing ailments. Today, I recited the Ramraksha in the way that it is supposed to be recited. For the last 2-3 years I couldn't achieve this feat. Last year, I had tried but couldn't recite it in the proper manner.

As such, when I joined the Brahma Vidya class, I couldn't even say the Brahma Vidya prayer properly. But over the few weeks I have improved. I have been practising Brahma Vidya exercises regularly. Recently, after saying the prayer in the class, I felt confident that I would be able to recite Ramraksha properly. Besides the joy of reciting Ramraksha, I am happy that my breathing has improved to a great extent.



Multiple Benefits

Astha Malu finds relief from allergies

Being a sole entrepreneur - I am a potter by profession. My work hours are long and I spend a lot of time in dusty environment. I was allergic to dust for over a decade and grew anxious during the lockdown as business was down.

Over the years, I tried various medicines for my dust allergy but the solution was momentary. With regular practice of breathing exercises in a short time my immunity increased. Now I am no longer allergic to dust or change in temperature. My perception towards problem solving has changed for the better. I have joined the Revision course to revisit the chapters to absorb more. To my surprise the change in me was so convincing for my entire family, that they have also joined with me.



Prakash Yoga of Brahma Vidya for children

Benefits to children who regularly practice

Agneya Sangelkar (14) was suffering from asthma. So he joined Brahma Vidya Children's Course online. He used to suffer from bouts of asthma after playing for a short while also. He could not concentrate on his studies, and used to forget what he had studied just a day before. He could not write fast and thereby couldn't complete his answer papers. He was dependent on inhalers. By regular practice of Brahma Vidya he saw improvement in ability to run fast, could participate in sporting events, could write faster, could memorise his lessons and reduced use of inhalers.

Devan Desai, student of class XII joined Brahma Vidya Children's course, being motivated by his mother. The prayers and breathing exercises brought about a remarkable change in him. He started feeling more positive and his concentration improved. He feels fresh and energetic.

Deepesh Gurjar, student of class X also notes that he felt happier, energetic and healthier with regular practice of Prakash Yoga of Brahma Vidya.

Tejas Aphale, class X student could overcome regular bouts of cold and found that his memory had improved.





Aurora Borealis

High up, near the Poles, where the North wind
blows,

The dancing, mesmerizing Aurora Borealis
glows

Deep within, you and me, is the divine Fire
That is the love and the Life which inspire

Let us come together in Prakash Yoga of
Brahmaavidya

And find within our self – the dazzle of our own Aurora
Let us kindle the light and remove darkness

The magic is real, with faith, it will express
Breathe in, Breathe out, breathe Free

The rhythm, the balance and the peace.



Jyoti Kandoth



Keep the vision

You are a whole person in a whole universe. You are an individualized expression of the creative flow. There is something you can do that no one can do quite as uniquely as you. Somewhere there is a need for that special contribution. You are needed even as you have a need. If you lose sight of this awareness you abdicate from the universe. As you sit thinking, “If I could only find a job.” Some employer is at that very moment thinking, “If only we could locate the right person for this opening!” Keep that vision of the orderly Universe. It is not a miracle that is needed to create a job for you but an expression of divine order in bringing you together with that which is looking for you.

As in a jigsaw puzzle each person is a piece of God's universe. Each of us different from the others, but it takes everyone to make God's plan complete.



Bramhavidya

It appears to be very simple, but
It has got tremendous depth and height
It helps me to decide wrong and right
Makes the life successful and bright.

All these years I had faulty breathing
Unnecessary stress and faulty thinking
Worried about sickness and aging
With teaching, negations are vanishing

The creator is right within me
I worship with devoted meditation
Whatever it is I am the creator
I work with lots of dedication

Makes my life lively and cheerful
Every living thing on earth is wonderful
I Take deep breath which is forceful
My smile will make earth wonderful.



Dr. Milind Shejwal

“ In the way of the superior man, there are Four things :

- To Serve my Father as I would require my son to serve me
- To Serve my Prince as I would require my Minister to Serve me
- To Serve my Elder Brother as I would require my Younger Brother to Serve me.
- and to Offer first to Friends what one requires of them ... what you do not want done to yourself, Do not do to others”

- Confucius



Learn Brahmavidya by Correspondence

Students from India and abroad have been studying the various courses of Brahmavidya by correspondence. This is one of the steps taken by the Trust for spreading the teachings of Brahmavidya far and wide. The aspirants who are not able to attend the regular class due to geographical distance or due to any other reason enroll for correspondence course. They receive four lessons per month at their given address. The lessons give simple and clear instructions for the student to understand. Students can contact the teacher for guidance. Aspirants can call on **760 100 5555** for further details.

Contact Details for Basic & Children's Course

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



Releasing English Pradnya 2020 at Advance course students Annual Gathering at Dadar



Lighting of Lamp at Pune Gathering 2023



Annual Gathering at Thane



Prakash Yoga
of Brahavidya



Your Key to
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Brahavidya Sadhak Charitable Trust's

Brahavidya Sadhak Sangh


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