

# PRADNYA

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*Let there be light!*

Brahmavidya Sadhak Charitable Trust's  
**Brahmavidya Sadhak Sangh**

# प्रार्थना

ब्रह्मविद्यां नमस्कृत्य मदगुरोः चरणौ तथा ।

ज्ञानप्राप्त्यर्थप्रस्थानं राजमार्गे करोम्यऽहं ॥

संतुष्टोऽहं कृतज्ञोऽहं कृतार्थोऽहं पुनःपुनः ।

प्राणनादतेजोऽतीताम् ब्रह्मविद्यां नमाम्यहम् ॥

**Brahmavidyam namaskrutya matguroho charanau tatha  
Dyanpraptyartha prasthanam rajmarge karomyaham  
Santushtoham krutadnyoham krutarthoham punha punha  
Pran nad te jotitam Brahmavidyam namamyaham**



## Meaning

Having paid my respects to Brahmavidya and my teacher,  
I begin my journey on the noble path to gain (self) knowledge.

Again and again I feel that I am happy,

I am grateful and I am blessed.

Again and again I bow to Brahmavidya,  
which is beyond breath, sound, and light.

# Guru Jyotirmayananda



31 July 1922 – 19 March 2004

प्रणम्य करुणामूर्तिम् आत्मज्ञान प्रदीपकम् ।  
योगक्षेत्रे नियुक्तोऽहम् ध्यात्वा ज्योतिर्मुखं गुरोः ॥

*॥ Pranamya karunyamoortim aatmdnyan pradeepakam  
Yogaksheme niyuktoham dhyatwa jyotirmukham guroh ॥*

## Meaning:

Having made reverential salutations to my Guru, who is the embodiment of Benevolence and who kindles The Light of Self-knowledge, meditating upon his lustrous and radiant face, I engage myself with dedication in service to humanity.

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Vikas Phadke

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## Office Details

Manager : Laxmikant Bhagare

Clerk : Bhagwan Lonkar

Assistants : Rajesh Purav, Sachin, Vivek

## Pradnya Mandal

Guidance : Jayant Divekar

Advisor : Vikas Phadke, Shyamsundar Gupte

Editor : Rajaram Surve

Executive Editor : Sugandha Indulkar, Archana Shukla

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## Address

Jagnnath Co-operative Housing Society, Ground Floor,

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Anaji Sundar Marg, Thane (West)-400601.

Telephone: 25339977, 25347788.

**Time: Monday to Saturday, 10 a. m. to 6 p. m.**

## 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.*

# Editorial

Greetings,

This year witnessed a grave transformation, Guru Jyotirmayananda the Great Master of Brahmavidya in India transcended to higher realms of existence on March 19, 2004 leaving all later *sadhakas* the noble task of spreading the Light of Brahmavidya. The void is felt and still leaves those who love and worship his divine form in grief.

In this very first issue of English - Pradnya we bring to light some biographical articles about Guruji and his experiences with Brahmavidya. These articles have been compiled by his beloved student Shri Jayant Divekar, Trustee and Director of Brahmavidya Sadhak Sangh to whom we express sincere thanks for this vital contribution.

Having set the aim of achieving physical, mental and spiritual progress of the whole human race, the light of Brahmavidya is fast spreading to all the corners of the State and the Trust's efforts are attaining success on all fronts. This ancient science is enriching the lives of many, bringing happiness to troubled souls and ridding the society of evils. These efforts are not merely focused on spreading the knowledge of Brahmavidya, but in a way to ascend to newer realms of virtue and divinity that is bestowed on the whole human race by the Lord. All creations of the Lord are embodiments of the Divine and the divine light shines forth from all beings, we in Brahmavidya are now enveloped in this light and are radiating this light from our lives. By the practice of breathing exercises and meditation we are slowly but surely cleansing our body and mind of negative elements and attuning ourselves to the higher reality.

In this edition of Pradnya, we present articles and experiences from *sadhakas* who have benefited from the practice of Brahmavidya. These will prove to be very informative to those who are acquainted with Brahmavidya theory and practice and also those who are new to this science. Brahmavidya course consists of eight spiritual breathing exercises and meditation. The children's course covers only the exercises and prayers, we do not teach them meditation.

I take the opportunity to thank all those who have contributed their articles and those who have spent their time with the editorial desk and given their vital suggestions. Special thanks to Salgaonkar brothers (Jayraj and Jayanand) and office staff of Sumangal Press Pvt Ltd., for their co-operation in the making of Pradnya. Members of Brahmavidya Sadhak Sangh are thankful to those who have given page donations and we are happy to hand over this edition Pradnya to our prized readers.

*Let us pray... those who are now in darkness and obscurity, may be led into the radiant sunshine and the joyous glory of the unfoldment of true spiritual goodness*

*- Guru Ding Le Mei.*

Rajaram Surve

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# Guru Jyotirmayananda Jayant Divekar

*In this biographical sketch of Guruji, sadhakas will have a glimpse of the greatness that was manifested in the life of an apparently common man and his endeavours to live a simple life, while keeping up with his aims of spreading the light of Brahmailydia to the masses.*

Guruji - as his students reverently called him is the humble soul through whose dedicated and loving efforts, today, we are enjoying the privilege of learning Brahmailydia and relishing its fruits.

As you are aware Guruji (Shri K S Ramanathan) never met Guru Ding Le Mei in person and learnt all the courses of Brahmailydia (Mentalphysics) only through correspondence. He came to know about Mentalphysics in 1945 through some article. He was not able to join the course immediately as he could not afford the fees at that time. Yet he had the burning desire to learn and was able to join the Mentalphysics course only in 1947 after having arranged for the fees.

Guru Ding Le Mei had only two students in India. Guruji was in touch with the other student but it appears that he did not take active

part in promoting Brahmailydia in India. Guruji started teaching in 1977 and continued this noble work till he left his body on 19th March 2004. During this period he taught many students in various suburbs of Mumbai.

He had started a small business of typing and cyclostyling at Tardeo air-conditioned market after taking early retirement from Steelage Industries Ltd. In the initial years he used to type and cyclostyle the lessons of Brahmailydia and distribute them among his students free of charge. Also he never charged any fees or donation for the course. In spite of his modest means he would bear all the expenses from his own pocket.

In 1985 he visited the Institute of Mentalphysics at Yucca Valley, USA for the first time. At the Institute, the work that he was doing in India was appreciated by



**Guru Jyotirmayananda at home**



conferring upon him the title - Blissful Embodiment of Light (Jyotirmayananda). After which he was known by this name. Upon returning to India a charitable trust by the name Bramha Vidya Mission was formed for promoting and teaching Brahavidya. After formation of the Trust donation fees were charged for various courses to support the Trust's activities.

During those years Guruji would work in his office throughout the day and would conduct classes in the evening at various suburbs such as Tardeo, Matunga, Chembur, D o m b i v a l i , Goregaon, Borivali, Mulund etc. The response in terms of number of students was quite less as compared to the number of students that we have in our classes today. Yet, this did not deter him and he went on spreading Light like the radiant Sun, who is not bothered about the number of people who are using his light, but keeps on shining of his own nature.

I met Guruji for the first time in 1983 when I enrolled for the Basic Course that he was conducting in Mulund. Later on, in 1985 I joined the Advance Course and began translating Brahavidya lessons in Marathi. This was my good fortune because it brought me in close contact with Guruji and I was able to witness Brahavidya principles in action.

On many occasions students from different classes have asked me to tell them about Guruji and depending upon the situation I have narrated many of his memories. In the present article, I am reproducing (Annexure A) relevant parts of a letter written by Guruji to Guru Ding Le Mei in November 1960. This will give students of Brahavidya first-hand information about the Great Teacher.

Due to manifestation of Divine Power (Kundalini) in him he was able to help people by healing their suffering. He would advise patients coming to him to join Brahavidya classes to get rid of their problems. Yet many difficult cases would be brought to him for healing (he would humorously call these as 'dust bin' cases) and he helped everyone without any expectation. Many would not even come back to say a simple 'thank you' after getting the benefits.



**Guru Jyotirmayananda in deep meditation**

In this article I have included (Annexure B) one such case of divine distant healing (Guruji was in Mumbai and the patient was in Bangalore) reported in the letter of Dr. Vikram Kashyap, an eminent Neurosurgeon from Bangalore.

In conclusion I would appeal to all students that as homage to Guruji and as a token of our gratitude let us do our best to spread the message of Brahavidya far and wide. ❖



## Annexure A

From:

**K S Ramanathan**, D Com., ACI  
Student of Mentalphysics.

Dated: November 16, 1960

To,

**Edwin J Dingle**, Esq.,  
Institute of Mental Physics,  
Los Angeles 4,  
California – USA

My Beloved Teacher, Ding Le Mei,

Greetings in the Bond.

I was delighted to receive your very kind letter dated November 1, and am very grateful for your kind thoughts and desire to learn about me in the 'outer sense,' as expressed in the last paragraph.

I have developed great faith in the wisdom of my Beloved Teacher whom I have always considered as Omniscient, and hence, it is not very necessary for me to narrate my personal story as such; however, as you have asked me to, I am giving below, a brief of my humble story. It may perhaps, be a little lengthy for my beloved Teacher to peruse and hence I request that this may be gone through leisurely.

### My personal story

I was born on 31st July, 1922 in a very remote village known as Kuttanur in South Malabar - now under the Madras State. My parents were then very poor. Coming from a noble Brahmin family, my maternal grandfather Shri Venkateshwara Shastri was a pious priest and seer. The very day I was born, this holy person declared that the new born child (myself) was an undeveloped Yogi now reincarnated into this family to continue his further evolutionary development. All those about the house were anxious about my future as they thought that I may not be of much economic assistance to my

parents in their old age.

From my very early childhood I had a sense of strange atmosphere even in my own house. I did not feel so much attached to my parents as other children of my age did, in their families. When I was about two years of age, my father Shri Swaminatha Iyer began seeing better days. He was then employed in the Maharaja's Palace, Cochin State.

Psychic development already evolved in me began to manifest apparently from about 1925 (when I was of about two and half years.) One day when I approached our family cow with some grass, it ran towards me in a fit of confusion and annoyance and accidentally pierced my right cheek with its horn, lifted me up in fright and threw me at a distance. All this happened in a matter of a few moments, and no one in the house was aware of what had happened. Not seeing the child for sometime, a search was made and I was spotted by my mother in the backyard lying unconscious in a pool of blood and saw the gaping wound on my right cheek. When I regained consciousness, I was in my mother's lap with so many faces looking at me and trying out different ways to stop the bleeding. My father who was in the Palace at the time, was sent for and arrangements were made quickly to take me to the hospital. Meanwhile, in my childish rage, I cursed the poor cow to die. And the cow did die within a week, without any apparent cause. The calf too followed suit in the same evening.

At the age of eight, when we had moved over to another part of the city of Tripunithura, I had another strange consciousness opened up before me. One day, when I was playing in front of our house along with our neighbour's daughter, she casually asked me whether I could bring down rain or stop it at my will, I answered in the affirmative. I do not know how I happened to be so confident about it, but it did rain immediately when I prayed for rain. This phenomena has been following me in subsequent years, even to this day. Now, after all these years,



this not only applies to rain, but floods, cyclone, drought - anything that I wish to happen. I am not surprised at this manifestation now, as I know that I am only a channel of Divine expression. I have the least desire to interfere with the Laws of Nature.

Within another year, we moved over to another city, Trichur, where I completed major part of my education, in the Vivekodyam High School (founded by Swami Vivekanand) Swami Tyageesananda of the Shri Ramkrishna Mission, was my Headmaster. While at school, I had opportunity to learn the Bhagwat Gita - the song Celestial, and for sometime I was known as Gita Ramanathan, being well conversant with the study and good at recitation. After I matriculated in 1939, the then Headmaster had occasion to talk to my father about me and my days at the school, and he actually shed tears for having had to part with a boy of my conduct and wisdom.

During my school days, once when I had gone to our temple tank for bathing, some naughty boys were seen throwing stones at a beautiful snake lying two steps above water level, within few yards from where I was. The snake was badly injured, and the boys went away. I was left alone with the injured snake. For some time, I thought the snake was dead, but when I noticed that it was breathing slowly, I came out of the water and washed the wounds with water and gave it a mild massage with my hand. I then forgot the incident, but after about ten days, I was surprised to find the very same snake reclined on the steps of my house - about half a mile away from the tank, brisk and active as ever. My brothers and sister made a hue and cry at the sight of it, but I confidently approached the snake and could notice clearly the injured marks almost healed up. Lovingly I again caressed the soft surface of the snake, which meekly allowed me to enjoy the pleasure of doing it. My brothers and sister were watching this with awe and anxiety.

Although, I was very young in age, I had a feeling that I was hundreds of years in age, and

my outlook on the general mass of humanity was that of fraternal love. I was wise not to speak of these ideas to those around me, because they will think I was mad.

In July, 1942, I joined the Central P.W.D. at Madras as a typist on Rs. 40 (I was getting double of that amount in my father's office at Trichur). By December I managed to bring the whole family to Madras and we all lived in a small tenement. We used to get a small remittance from father to supplement our expenses.

It was in July 1944, that I first came to Hyderabad under the kindness of an auditor who offered me shelter and job in his establishment. He was very much impressed with me and having heard my story, asked me to bring my first brother to work in his office. So, towards end of July 1944, he too joined me. We worked very hard bearing in mind that we have to redeem the freedom of our family by paying eight months' arrears of rent.

During my short stay with the auditor's family, a huge cobra visited the house. A large crowd gathered and were afraid to go and drive it away. Voluntarily, I offered to send it away, and with a plate full of milk I approached the cobra and allowed it to drink the milk. Shortly afterwards, it slowly slid down the stairs and went away.

The auditor's children were proud and mischievous. Especially, the youngest son, 14-years old was teasing me very often saying that I was very poor and had cause to worry and that he being rich, had nothing to worry about. I could stand this no longer one day, and I told him that he was wrong. He asked me to show some proof that he was wrong, and I said that although he was laughing at me on that day, he was going to weep the very next day. He took up a challenge on this, and had been reminding me about this till late in the night. Early next morning, even before he cleaned his teeth, he came running to me and said that it was the day I said he was to weep. I again said that he was



going to weep, and weep with agony. He again laughed at me, and went away. Within few minutes, I heard a squealing of breaks and big shouts and a loud cry calling my name in between the sobs. I recognised the voice, and ran to the front gate of the house. This very same boy was under the wheels of his father's car. Only the driver was there looking on awkwardly. I approached the boy, dragged him out, put him on my shoulders and took him upstairs where his parents were. They did not know anything of this incident until I entered the hall. When they saw their boy in this condition with bleeding legs, they lost control and started weeping and lamenting and cursing whoever was responsible for this. Very soon, the boy was being taken to the doctor for medical care, but the boy was so insistent that he does not want anybody by his side except myself. He asked my pardon in sobs and requested me to forget what all he had abused me.

There are many small incidents like stopping a running fan and putting out electric light by just wishing for it - all to satisfy the curiosity of this auditor's children.

By 1944 (November) my parents and brothers were brought to Hyderabad. After settling down, for the first time, my father expressed grave concern at the way we were living and said that this auditor was actually exploiting our ignorance by taking maximum work and paying very little. He then took upon himself the task of finding better jobs for both of us.

The very same month he arranged an interview for me with the Hyderabad Allwyn Metal works, and I was engaged on work with them on 2nd December, 1944 on almost double the salary I was paid by the auditor. Shortly afterwards, my brother also joined me in Allwyns and our standard of living was then better. My

father also took up employment in the Hyderabad Iron & Steel Co. This sudden change in our family gave all of us immense happiness and opened up a new era in our life.

Having now achieved a better standard of living, my mother was contemplating getting me married. This idea rooted in my father's mind also and he was busy finding a match for me. Somebody directed him to one Teacher at Malakpet in Hyderabad (a Brahmin priest) who had a daughter of marriageable age. However, having come to Malakpet, he was directed by another person to a Teacher in a School at Malakpet (a different person, but also of our own caste) This teacher was the Headmaster of the School, and he too had a daughter of marriageable age. He was so pleased at the

proposal that he took this to be a God sent one, and immediately took my father to his house in Hyderabad city. This proposal materialised and I was married to the daughter of this Headmaster.

Once when there was a long spell of drought in Hyderabad, I was casually discussing with some of my neighbours about my gift of bringing down rain

when needed. Some laughed at me, some others seemed interested and some others took my words lightly. Those who were interested - M/s. Joshus, Reddy and another Reddy, wanted to witness this miracle and asked me to cause rain to come. I told them that I am not a seer or an astrologer, but only a servant of God. I told them to name any date on which they wish to have rain so that I can pray for the rain to come on the day. They named the next Monday (We were discussing on Saturday). I said it will be so. Early on Sunday morning, clouds gathered and by evening the sky was so dark and full would have rained any time. It rained in torrents and continued raining for days together. My friends

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*Many times I had occasion to remind myself that I too have been in Tibet. We may have even met and talked many times (yourself and myself - thought Guru Jyotirmayananda of Guru Ding Le Mei) in our past incarnations*

---



were awestruck and were also jealous. They had again to ask me to stop the rain which was pouring for many days, and then I prayed to God to stop it.

Pardon me, my beloved Teacher for I am taking much of your valuable time reading this story. There is nothing strange in what I am writing, but this cannot be understood by the common man.

Many times I had occasion to remind myself that I too have been in Tibet. We may have even met and talked many times (yourself and myself) in our past incarnations. However, I do not recollect anything now. One thing that struck me after reading your Life in Tibet, was about some Lamas apparently moving in space without touching the ground for long distances - as if flying. In ninety percent of my dreams I do fly high and low on different missions. Sometimes, a strange woman with a sky-blue complexion comes in my dreams and the moment she touches or clasps my hand my whole body seems electrified and disappears along with hers, but I am conscious always that I am flying with her. Many times, in my dreams I seemed to merge in the substance of Water, Trees, Mountains, Animals etc. and I seem to be that in which I merged.

One day, while in Hyderabad, I was coming in a horse drawn cart. The horse was old and weak and could not go at a fast pace. I got an idea, just like my dreams, to pervade myself into the body of the horse, and having become the horse to run fast. How silly I was to have such an idea. However, without any hesitation, I imagined myself pervading in the horse and having felt I was the horse, started running fast. All the time, I was also conscious that I was sitting in the cart watching the horse. Like a miracle the horse started running very fast, and the cartman who was sitting in front of me, was wondering how this (his own horse) could run so fast. He was confused. After running for some distance, I began to withdraw myself from the

horse, and the horse started slowing down. When I was myself again, the horse was again the old weak horse, walking slowly.

If anybody asks me, I am unable to explain how these things happen because they cannot understand me. I can only repeat that God is Omniscient and is working through me.

1950 was a year of trouble to my employers on account of which they had to sever connections with Allwyns at Hyderabad. First my brother and then myself were brought over to Bombay in 1950 and 1951 respectively and are both working with our employer Mr. Erani, now Chairman of the Board of Directors, in Steel Age Industries Pvt. Ltd., Bombay.

By God's grace, I cannot ask anything more for the upkeep and maintenance of myself and my family, as what I am now earning is just sufficient.

My only aim and ambition in life is to be of service to the humanity. For this purpose, it may be necessary for me to travel, preach the gospel of Mental Physics, establish Mental Physics study centres, and many more higher things in life. I only pray God that he gives me necessary substance, opportunity, time and place for carrying out these. I also have a great desire to meet my Beloved Teacher on the physical plane, at least once. I am sure, if not in this incarnation, I am definitely going to meet you, for our link is firm and can never be broken.

As my Beloved Teacher, you are privileged to guide my future as a Worker in the great movement that is gaining momentum and you are aware of it. Make me recall my message is possible. Make me recollect my co-workers with whom I may have been familiar in the past, and I shall be ever grateful. When you know I am ready, give me the torch, and I shall march forward.

Shri. Chuhermal is improving very well, and I am seeing him often.

With my humble Greetings again in the Bond.  
I remain,  
Ever yours in Mentalphysics. ❖



## Letter of gratitude from a doctor (Annexure B)

*The following is a letter of gratitude from a specialist doctor acknowledging the mystical healing powers of Guru Jyotirmayananda...*

Respected Gururji,

The relatives of my patient Shri. Govindraj Kamath would have contacted you in Bombay. That was a time when his condition was extremely critical and even as doctors we had given up all hope of trying to save the life of this patient. His breathing was slow and on the verge of stopping and he was in deep coma. My personal dilemma was whether to operate on this man in such a critical condition or not to operate, since operating on the brain of such a sick patient would have its own risks of failure.

At this stage (it was nearly midnight) the relatives of the patient told me that they had contacted you, that you had said that let the operation be done, and that you had predicted he would recover and walk out of the hospital. You had even predicted the day the patient would open his eyes from deep coma.

As per your predictions, the patient not only stood the first emergency operation very well, he recovered well enough to undergo a more important 'drainage' procedure for the brain; recovered from that procedure as well and as predicted by you he opened his eyes within five

days after the brain surgery.

Thereafter his recovery has been steady. The entire staff of the hospital, medical, paramedical, clerical and non-medical have considered the recovery of Mr. Kamath as nothing short of a great miracle or re-birth. Six weeks after his admission in a precarious state we were all very happy to give him a warm send off as he was discharged from the hospital walking on his own, fully conscious, talking relevantly, with a good memory except for the period of coma and in all respects normal except for severe weakness, from which he will do well after a period of rest at home in his native place of Mangalore.

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*The entire staff of the hospital, medical and non-medical have considered the recovery of Mr. Kamath as nothing short of a great miracle or re-birth. Six weeks after his admission we were happy to give him a warm send off, he walked back home on his own*

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Enclosed herewith is a copy of his hospital report for your kind perusal. We, that is, the medical staff as well as the patient's relatives, feel that it was your hand that guided us and we are all very grateful to you. I therefore felt it was my duty to inform you of his condition at the time of discharge, just as you had predicted, as I had done the operation, though it was

coordinated team work with my physician, cardiologist, nephrologist and paramedical colleagues which helped me in my work. I seek your blessings and guidance. With respects.

Yours sincerely

**Dr Vikram Kashyap.**





# Secrecy ... ! Why?

Jayant Divekar

*Secrecy is the back bone of all Brahavidya teachings. All lessons have been strictly guarded and yet we have our gurus time and again stressing the need to spread the light of Brahavidya, though this condition seems as mystic as its teachings it is not mere hocus-pocus and has a deep-rooted understanding and philosophy, which is unraveled lucidly in the following article...*

“Jayanta, your TV programme last night was very good,” remarked a lady from my housing society. She was referring to my interview on 18<sup>th</sup> August 2004 in the *Hello Sakhi* programme of Sahyadri Channel. In this interview I had introduced Brahavidya. After this opening remark she further added, “But you did not tell anything about what one should practice. This seems to be your trade secret.”

As you are aware, Brahavidya methods cannot be taught in a public lecture or interview. Hence I did not speak about the methods and practices. My neighbour did not approve of this secrecy. Similarly many new students of Brahavidya find this condition of secrecy objectionable. In every lesson of Brahavidya it is mentioned that ‘this lesson is only for you.’ Right in the beginning of the Basic Course the student is explained that as far as possible he or she should not show these lessons to any one; should not allow any one else to touch them. Many new students find this condition of secrecy unreasonable for various reasons. Some of these are:

1. They are saying that they want to spread Brahavidya to more and more people; then why should they object if we teach this to our near and dear ones?
2. Why should not other people from my family get the advantages of Brahavidya? If I show them these lessons and explain to them what I have learnt at the class they also can benefit. (In some cases other family members are not in a

position to attend the classes for various reasons.)  
3. If I allow other people to read these lessons or if I teach them Brahavidya Sadhak Sangh will not get any donation. Hence they must have put this condition to avoid such loss of income.  
4. These breathing exercises are quite simple. The instructions are given clearly in the lessons. I have also learnt these exercises and other methods under a qualified teacher. Now I feel that I have understood this well and I will be able to teach this correctly. Then why should I not teach?

Many questions like the above arise in the minds of new students. In this article I would like to clarify these doubts and it is my sincere hope that this clarification will help us all to understand the need of secrecy and feel convinced about it.

Now the first doubt is that which arises out of our commercial or practical common sense. We feel that if one person has paid the fees and got the written lessons why others close to him cannot take the advantage of it. Why should they have their own separate lessons? Practically this makes sense to us.

Now in relation to this doubt, let us keep this in mind that all teachers and volunteers of Brahavidya Sadhak Sangh work in spirit of service without any remuneration. Hence the question of any individual loss or profit does not arise. Thus even if the reason behind the condition of secrecy appears to be commercial, IT IS NOT SO. Now let us try to understand



the deeper reasons underlying this condition of secrecy.

From ancient times the Spiritual practices have always been handed down orally from Master to Pupil. In all Spiritual disciplines this condition of secrecy is observed strictly. If a Master gives a NAAM (sacred word for chanting) or a MANTRA for chanting, one is not supposed to disclose this to another. Also the student is asked to refrain from discussing his experience of Spiritual practice with anyone other than his Guide. In the present times, it is not possible for the Teacher and the Student to stay together to pursue Spiritual practice and that is the precise reason for preparation of these Lessons. It is as if the Teacher is personally teaching each student individually through these lessons. Thus these lessons are a private and personal message to each student.

Spiritual practice is beyond human intellect. We cannot understand its deeper nature and this results merely through the analysis and reasoning of our intellect. One can unfold the secret of these methods only through sincere practice. For this reason, in ancient times the Master would test the student to find out whether he is ready to learn. If the Master found that the student is not yet ready, he would refuse to teach. Even today, before learning anything the student has to prove his readiness or eligibility. One cannot obtain admission in any university or for any course just because he desires so.

For learning anything two elements are essential namely: 1) the will to learn and 2) the eligibility or readiness to learn. If any one of these

two elements is missing the Teacher would not be able to teach in spite of his best efforts.

Now as far as Brahmavidya is concerned we say that every human being is eligible to learn Brahmavidya. In a lighter vein we say, "anyone, who can breathe, can learn Brahmavidya." Yet, even though everyone is eligible all do not have the will to learn. Once a student enrolls for a class and pays the required donation, he declares his will to learn in a definite manner. Not only this, but such action reinforces his desire to learn and he is inspired to practice sincerely. Before sowing the seed it is wise to check if the soil is right for the seed. Just because we have good seeds we cannot scatter them everywhere, as this will surely waste the good seeds and make our efforts futile.

There are many books available on Geeta. Yet to understand the deeper meaning one has to go to a Teacher who has studied the Geeta well and particularly has practised to live the Geeta. In the 18th Chapter of Lord himself has given instructions to all such Teachers of the Geeta regarding 'to whom knowledge of the Geeta may be revealed.'

Thus the Lord himself has indicated that where the Teacher should sow the seed of the Geeta-Knowledge and where it will grow well. If we sow it anywhere else it will be wasted.

We find a similar warning about secrecy in the Bible. While explaining the need of secrecy to his students Guru Ding Le Mei would quote the following from the Bible: "Give not that which is holy unto the dogs, neither cast you your pearls before swine, lest they trample them under their feet, and turn again and rend you."

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*॥ Idam te natapaskaya  
nabhaktaya kadachan  
Na chashushrooshawe wachyam  
na ch mam yo-bhyasooyati ॥*  
- 18<sup>th</sup> chapter of Geeta

**Meaning:**

You should not disclose this knowledge to one, who does not undertake Tapashcharya (penance or spiritual practices), and never to one, who is not my devotee, and the one, who is not ready to serve (abide by the instructions of) the Master or the God, and the one, who hates Me (God)

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Based on the above passage there is a phrase in English - 'Pearls before swine'. There are similar phrases in Marathi and I suppose also in other Indian languages.

So far we were discussing the need of the student 'being ready' before the knowledge can be disclosed to him. Equally important is the competency of the Teacher. If the Teacher is not competent then the teaching may not be beneficial and at times it can certainly be detrimental, because half knowledge is always dangerous. Hence just because one feels that he would be able to teach, it does not make him competent to teach. Not only in spiritual field, but to teach any subject one has to obtain permission of a competent authority in that field before he begins to teach.

Brahmavidya is a deep science of Spiritual Practice. Without an in-depth study and devoted practice it is not possible to understand the deeper secrets. What is revealed in the Basic Course is only like the visible portion of an iceberg. The deeper nature of the Teaching can be understood only by the study and practice of the higher courses - Pragat (Advance) and Pradeepak (Teachers'). When we look on the surface it appears simple; one tends to think, "Oh, this is simple and easy. I think, I can teach." Yet to teach without adequate preparation is like the blind leading the blind.

To complete all Courses of Brahmavidya it takes about five years. Sincere study and practice of at least this duration is essential to be a Teacher in Brahmavidya. Such practice gives strength to the words of a Teacher and then his speech has the power to effectively convey the message to the minds of his students. A mere intellectual can never hope to attain such power of speech. An incident given below from the life of a great Maharashtrian Saint Eknath Maharaj illustrates

this well.

Once a woman along with her son came to Eknath Maharaj and requested him, "My son eats too much of sweets; I have told him a number of times, but he does not listen to me. You are a saintly person and I believe that if you tell him, he will listen to you." Eknath Maharaj replied, "Please bring him back after 15 days and then I will see how I can help him." As decided the woman came back with her son after 15 days. This time Eknath Maharaj talked lovingly to the child and admonished him not to eat too much of sweets, as it was not good for his health. The woman went away happily. Again after a few days the woman came back to Eknath

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*Equally important is the competency of the Teacher. If the Teacher is not competent then the teaching may not be beneficial and at times it can certainly be detrimental, because half knowledge is always dangerous*

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Maharaj, prostrated before him and said, "Due to your blessings my son is now better and he does not eat as much sweets as before." After the woman had left, a person who was present on all these three occasions asked Eknath Maharaj, "Why did you call back the child after 15 days? Why did you not tell him to eat less of sweets in the first

meeting itself?" Eknath Maharaj replied, "You see, I love to eat sweets. When I am so fond of sweets, how can I advise the child to eat less of sweets? Hence I did not eat any sweets for 15 days and then told the child." So, without adequate practice the speech does not have the required power to convey the message. While concluding this article, I would like to appeal to all students that instead of discussing let us practice the methods of Brahmavidya. As we practice sincerely, we are bound to see good results on the Physical, Mental and Spiritual planes. It is inevitable. As we continue our practice, gradually we will become competent to teach. Through such well trained Teachers we will be able to spread Brahmavidya to more and more people effectively. ❖



# Life Divine

Sugandha Indulkar

*The life of Guru Jyotirmayananda is an inspiration to many.  
He is one Soul whose aim in life was more than mere bread and butter  
and his life manifested teachings of Brahmailydia in the most pure form.  
Read on to learn some more about him...*

India is known to be a land of great saints. Though modern life seems to have surpassed these bounds of sainthood. Spirituality though on an all-time high has not yet penetrated daily life in the real sense of the word and most people use it more as a stress buster rather than a way of life. What is important is that Brahmailydia has to be made a way of life, in order to achieve its full benefits. For it to manifest divine intelligence and divine order in true form, the great masters have left behind for generations to practice and research a supreme science that surpasses the ultimate knowledge of ages and is arguably the best summary of available spiritual resources. The greatness of a science is tested in many ways through its manifestation in human life. One such life, which has manifested this divinity in entirety is the life Great Master Guru Jyotirmayananda.

K S Ramanathan, as was his original name was born on July 31 1922. His father was a teacher in a Sanskrit school at Punnicheri Nambi. His grandfather, an astrologer, proclaimed, on his birth declared, "A yogi is born. He will be a true yogi and do not expect much from him." He grew up in the humble surroundings of a village in Tamil Nadu and was known to have spiritual inclinations since the beginning. His parents too were religiously inclined therefore the values of worship, prayer and meditation were imbibed in him since early childhood.

In 1949, 23-year-old Ramanathan saw an advertisement of the Mentalphysics Course conducted by Ding Le Mei, in a foreign magazine. Ding Le Mei had learnt the course of Mentalphysics from Tibetan Monks and had passed it on to his disciples. Guru Ding Le Mei

not only had a very distinguished record of achievement as a writer and geographical explorer, but also explored the realm of thought and spirit in China, India and Tibet during 20 years of travel, both explorational and professional experience. He lived for a time in a Tibetan Monastery and studied under a remarkable Tibetan Master. Adapting the knowledge gained into a super-yoga for the western way of life, he founded The Science of Mentalphysics. He also founded the Mentalphysics Teaching Center and Spiritual Retreat in Yucca Valley.

It was a determined Ramanathan who enrolled for this course to further his spiritual quest. Despite the financial constraints, young Ramanathan also enrolled himself into the Inner Chamber Course of Mentalphysics for 124 weeks and after completing that he enrolled for the Advance Preceptor's Course.

It was finally in 1984 that Swami Ramanathan was able to go to America to attend a convention of Mentalphysics wherein he received the title of 'Guru Jyotirmayananda,' the blissful embodiment of light! In 1992, Mentalphysics was renamed as Brahmailydia by Guru Jyotirmayananda for the Indian region.

## **Some personal experiences**

We visited Guru Jyotirmayananda's house in Nerul in February 1999. It was a warm clear day and the journey from Andheri to Nerul too was smooth. An office colleague V Sashidhar, was interviewing Gururji for our fortnightly tabloid 'Alchemy.' I meekly accompanied him for the sheer pleasure of meeting Gururji of whom I had heard so greatly from Brahmailydia Sadhakas in Thane. I had completed my Basic Course then and therefore was acquainted with



Brahmavidya theory and practice. Guruji welcomed us with utmost humbleness in word and action. He narrated some incidents from his childhood, when he realized that a supreme power was functioning through him. To quote his words, “When I was barely two years old, a cow hit me. It actually lifted me on its horns and then dropped me. When my mother saw this she rushed to the scene and dressed my wounds. The very next day the cow died. Many more such incidents began to take place as I grew up and I found that no one could do any harm to me. My spiritual inclination was very high and I would meditate for hours together daily. I used to have visions of various deities during meditation, each one blessing me in different forms. Later in life when I mastered the techniques of Brahmavidya and was practising the circulation of light. My wife was watching me meditate and she could actually see my body full of light. She actually fainted with shock.” At this point his wife, interfered and said, “Yes, I could see his whole body was enveloped in light. A powerful light was radiating through his body. I was surprised and yet was all the more overcome with awe for his divine self.” It is said that Guruji had great healing powers. Many persons from all over the country sought his help to heal chronic diseases. In Chembur, where he lived in his youth many people believed him to be just like Sai Baba and also referred to him as ‘Chembur ke Sai Baba.’

Guruji asked us to place our hand on his spine, and we could actually sense a flow of current. He also asked us to hold our palm straight between his two palms, which were held at a distance of over ten inches on either side, and we could distinctly feel a magnetic force from both sides. “All this is pure science, with the increase of Prana energy in the body man can do miracles, but it is not to perform such simple tricks on common people that the science is used. This science is all encompassing and all those who practice Brahmavidya with utmost sincerity and unflinching faith will surely succeed.

There is great power in the exercises as well as the affirmations and you need to follow the instructions to the word,” he said.

We left Guruji’s house in complete humility and were awestruck by the forces and greatness of Nature. It was indeed painful to hear the news of his demise and also a realization of the fact that the supreme self has now transcended to a higher realm of existence. ❖

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## The Life Eternal

— Guru Jyotirmayananda

The ocean of life is wide and deep  
Limitless and endless, beyond the horizon,  
Where countless embodiments swim and play  
Diving and coming up again.

The waves of the ocean in grace and rhythm  
Bring the embodiments together, in groups.  
If the play goes foul, they begin to feel  
The waves of the ocean, painful and violent.

So long as you remain in the group, you feel  
Attached and loved in the family bond,  
A feeling of bondage, so strong and deep  
That keeps you away from the purpose divine.

Whenever you dive in the ocean so deep,  
You fear you are lost, dead and gone –  
And all in your group bemoan your ‘death’  
In the thought that you’re dead and lost forever.

But who listens to your fruitless call  
“Here I am, behold me again” when you rise  
With a totally different group, away!

Heavy with frustration deep and vain,  
You begin to forget the recent past  
As you grow in family bondage again  
With a renewed attachment in a different group.

And so the story repeats, the eternal one,  
The story of birth and death, but alas  
The eternal truth none wants to realize –  
The truth that life is eternal, everlasting!

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# Know thyself

*Some pearls of contemplation are scattered in the present article by a sadhaka who has learnt to live the truths documented in Brahmavidya. His thoughts provoke more thoughts and thereby build a Universal Thought, which will surely pave the way to spread the light of Brahmavidya far and wide...*



Sudhakar Sule

I am now entering upon the greatest teaching accessible to man, for, 'I am learning the secret of existence.' Greatest! this superlative degree is aptly used, as we cannot think of any other 'teaching' greater than this. Brahmavidya is the only teaching that very emphatically tells the Learner - 'You are the creator embodied in human form! You are the master of your destiny and the author of death! You can live as long as you desire and can achieve whatever you desire! Oh student! you have the power and ability!' This is the most heart warming assurance given to any student of any faculty of learning, in any school or university on this planet!

Although in our ancient scriptures our learned sages have expressed this ultimate knowledge through their years of penance and meditation and realised beyond doubt, that there is a 'spark of the Divine' in every one of us. *'Aham brahmasmi'* and *'Tatvamasi.'* Every human being is an embodiment of God!

As years passed by, man by way of his imagination and brain power made progress, wonderful progress! He made discoveries and inventions that enabled him to land on moon! He developed innumerable devices that made his life comfortable and prosperous but in the process he forgot to discover himself! With all

this prosperity is man really happy? No! he is not happy at all. He is under constant stress and tension and it keeps on increasing everyday as man's wants are ever increasing. He wants all the luxuries of life, he indulges himself in enjoying life, his idea of enjoyment centers on his body. He does not realise that the pleasure thus derived is momentary! Once the object of pleasure is not available he becomes restless and angry. Then he does things, which again put him in trouble, physical as well as mental trouble. Thus the stress and tension increases.

How to get over it? How to come out of it? Yes, there is a way to come out of it. 'Brahmavidya!' 'Learn Brahmavidya, Live Brahmavidya!' Brahmavidya says, there is a part of the Divine in every human being. Brahmavidya merely helps you to realise this more clearly and to use the supreme intelligence within, in a very practical way. Have you made attempts to find out the treasure of hidden knowledge within oneself? The real joy of living can be found in only one way - In one's communion with this eternal source of hidden knowledge! To know thyself! Brahmavidya teaches definite methods for this and once you know, you can overcome all physical and mental problems and lead a better, happier life. Never



feel small or helpless. Trust in yourself, Brahmavidya teaches and especially 'Exercise of Visualisation' to create the new physical you, perfect self and so close to the thoughts expressed by none other than our Honourable President of India, Dr. A P J Abdul Kalam Azad. As you all know, Dr. Kalam came from a very humble family and achieved what you and me would only desire to achieve. In his famous book *Wings of fire*, He writes and I quote:

'Each individual creature on this beautiful planet is created by God to fulfill a particular role, whatever he has achieved in life is through his help. Never feel small or helpless. We are all born with a divine fire in us. Our efforts should be to give wings to this fire and fill the world with the glow of its goodness. Your willingness to use your inner resources to invest your life, especially your imagination will bring you success. As

Pythagoras had said twenty five centuries ago, 'above all things, reverence yourself.' You, me everyone on this planet is sent free by Him to create all the creative potential within us and live at peace with our own conscience.'

He writes further: 'Desire, when it stems from the heart and spirit when it is pure and intense, possesses awesome electromagnetic energy. This energy is released into the ether each night, as the mind falls into the sleepstate. Each morning it returns to the conscious state, reinforced with the cosmic currents. That which has been imaged will surely and certainly be manifested. You can rely, young man, upon this ageless promise as surely as you can rely upon the eternally unbroken promise of surprise!'

We must consider ourself very specialness, as the chosen ones by Him. Chosen to spread their message of Brahmavidya far and wide.

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*Each individual creature on this beautiful planet is created by God to fulfill a particular role, whatever he has achieved in life is through His help. Never feel small or helpless. We are all born with a divine fire in us. Our efforts should be to give wings to this fire and fill the world with the glow of its goodness. Your willingness to use your inner resources to invest your life, especially your imagination will bring you success*

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*This picture was shot at Godrej Industries, Vikhroli, where sadhakas are seen meditating. Meditation is the key to unleash the power of the subconscious mind and 'know thyself.' This knowledge dawns on one and all as per the sincerity in practice and firmness in faith* ❖



# Brahmavidya for corporate authorities

Chandrashekhar Wakankar

*Some experiences at Godrej Industries...*

Since last year, Godrej Industries Ltd., Vikhroli has been seen taking initiatives for its employees for promoting 'Work-Life balance' 'Health awareness' etc. Towards the end of November 2003, it came accidentally to my knowledge that our Company is thinking of organizing spirituality workshop for its employees (i.e. Works) on a limited scale.

For last couple of years, I was thinking how to introduce Brahmavidya in our company, for helping my colleagues to improve their health, manage their stress and improve their personal effectiveness in general. Coincidentally, I had just completed the 'Pradeepak Course' (Teachers' Training Course) around September / October 2002. When I came to know about this initiative planned by Corporate HR Dept. in conjunction with Personnel Dept. (Works), I thought of offering my services for conducting Brahmavidya Basic Course in our office.

Accordingly, I spoke to the concerned officials. They were kind enough to organise my introductory lecture on 'Brahmavidya Awareness' in Marathi, which was open to all the employees in the organization. Necessary arrangement was also done with the officials of the Workers' Union.

There was an overwhelming response for the first lecture and thereafter another lecture was organised for covering some more employees, who could not make it for the earlier lecture on awareness. Although there was an encouraging response, it was decided, as a part of the Company Policy, to restrict the number, since the course was going to be conducted during office hours, at the office premises, for the convenience of the employees. It was kept open to all categories of employees and for workers, the company decided to reimburse 50 percent

of the cost, which was a nice gesture.

Incidentally, I was also keen that all the participants should be asked to bear at least some cost of the course. The first batch in Marathi began on 3rd January 2003 and completed by Mid-June 2003. The results were encouraging for all and it was decided to continue the next batch in English for non-Marathi audience. Accordingly, I have been conducting these two batches since July 2003 and it is really satisfying to see the positive response. In fact, the Frequently Asked Questions (FAQs) were placed on our B2E portal, so that all the employees in the group could come to know about Brahmavidya.

No distinction is made in the classes in terms of any category. From a worker to a Senior Manager people do not mind sitting together and learning Brahmavidya. As regards the feedback of the first batch in Marathi and the interim feedback of the second batch in Marathi and English, it was delightful to know that quite a few workers could give up bad habits like chain-smoking, drinking etc. This is apart from other things formally reported in other classes like getting rid of cough and cold, acidity, indigestion, blood-pressure problems etc. One of the employees was so impressed that he sent his entire family for our residential course. The supervisors/superiors of the employees from the first batch have also reported separately, having noticed improved behavioural pattern in the employees, who had undergone Brahmavidya Basic Course.

Personally, I feel happy that I have been able to do something for my fellow beings by spreading the light of Brahmavidya. In fact, my experiment in starting this course in our company, spurred me to conduct separate classes for other members of the society. ❖



# Old age - A myth

Jayant Divekar

*The essence of Brahmaidya lies hidden in the power of faith, the belief that enables man to bear the fruits of his endeavors. The great Master who brought this science to us, demystifies this secret and explains in great detail how and why Brahmaidya makes us look and feel young, how it cures our illness and where lies the secret to longevity. Read on and enrich yourself for life!*

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 the ageing process.

Hence looking past the illusion around us we have to ask ourselves. Do we have to grow old? Thousands of years ago, one of the greatest 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 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. The most obvious answer would result from the calculation of a mathematical figure, which in the modern medical terminology is called 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 differ 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, 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 for instance, 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 different from each other. Most experts now believe that ageing is not a result of a single mechanism but represents many phenomena working together.

The basic building block of human body is the cell. Each cell has its intelligence, which is called DNA. Scientists have found that 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. There however, 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 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. We however, do not find so in reality. 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 Brahmailydia will find this fact about DNA interesting. In Brahmailydia 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 conducted to another polygraph in a separate room. It was found that when the person got excited his cells, which were in, another room totally disconnected from him also got excited and



showed similar results. This simple 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 Brahavidya must have had his experience, that while in meditation we lose sense of time.) In silence we come closer and closer to our real self, which is 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 in all its cells to respond to the demands made upon it. It has been found those athletes who train rigorously for competitive sports develop their body well. This means that particular organs within their

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*Human body contains tremendous intelligence in all its cells to respond to the demands made upon it. It has been found those athletes who train rigorously for competitive sports develop their body well. This means that particular organs within their body become stronger and more powerful as required by the particular sport activity*

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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. With regular exercise even in 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 an answer to this myth called old age. It appears that the more he uncovers, the

more complex the problem becomes. The sages of the past however, 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 the ageing process is immaterial to us in Brahavidya. 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. ❖



# Meditation and Beauty Rajaram Surve

The word 'meditation' has become very popular in the present day. Few people regularly do meditation in the right sense. There are different types of meditations. For example transcendental meditation, objective meditation etc. also there are different methods to teach meditation. Many people have numerous misconceptions about meditation.

Let us first clearly list some of the misconceptions about meditation:

- *Meditation is something automatic only few persons can meditate effortlessly* – No this is wrong. For proper meditation one has to develop habit of meditation by daily practice.
- *Only elderly persons can meditate* – This is clearly wrong meditation can be done by anyone irrespective of age, so long as they want to.
- *By doing meditation person becomes passive and he loses activeness in daily life* - Totally wrong, on the contrary person practising meditation is active and more happy in his or her day to day life. Due to practice of meditation his or her efforts are well directed.
- *Meditation requires lot of time daily* - No according to time available one can do meditation. Daily meditation is an investment of time and not a waste of time.

Let us learn more about meditation: Meditation means knowing ones' existence by establishing perfect peace. Why should we practice meditation? Does it improve health? Is there any direct relationship between happiness and meditation? These are some of the questions generally asked by a new practitioner. In other words let us know the benefits of meditation:

## 1. Concentrating the power of the mind

Generally, our mind is capable of doing many things at a time. By these practices we are unknowingly pooling together the diverse

faculties of the brain. We need presence of mind in every activity. Without the presence of mind we cannot function properly. Therefore, we need full attention for every activity we do conscious execution of work reduces tension to minimum levels. In other words, daily meditation reduces stress and strain thereby enhancing the power of the mind. Proper concentration and attention can be attained by meditation.

## 2. Leads to thoughtful attitude towards work

By daily practice of meditation we can reduce irritation of the minds. Quarrelsome nature can calm down considerably. Thereby we can save our energy and channelize the flow of energy properly towards achieving our goals in life. Quiet attitude or feeling from within reduces wrinkles. Facial muscles are fully relaxed. We can avoid wrinkles without using external cosmetics.

## 3. Enhancement in positive emotions

Meditation enhances positive emotions like love, respect, happiness etc. Positive emotions are very useful for balanced secretion of vital hormones within the body. Functioning of glands becomes balanced and proper. Negative emotions like anger, hatred, jealousy etc. are harmful to the body. Process of ageing accelerates by excessive negative emotions. Positive emotions make us young and energetic, happy and joyful. It is through meditation that positive emotions can be increased and we can remain in the zone of positive emotions throughout the day.

Brahmavidya affirmations when accompanied with appropriate visualisations and strong emotions can make your dreams come true. By this way you can make yourself happy and beautiful. We have everything within us we should not totally depend on outside things. Therefore make a resolution and daily meditate for a beautiful body and mind forever. ❖



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Best  
Compliments*

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**Maharashtra Traders**





# Better late than never...

Surekha Divekar

*Honest opinions authored with equal intensity go a long way in convincing many, read on and see if this experience reinstates your faith in this supreme science...*

One morning, about 20 years ago, when my mother had come to stay with us, I got up with a start. I heard a sound, like the whistle of a pressure cooker, at around six in the morning. I went to investigate. The noise was coming from my mother's room. I saw that she was making that peculiar noise, while doing some exercises, so I kept observing her with interest. Finally when she had finished, she saw me and asked why I was looking so surprised. She reminded me, that she had already mentioned earlier, that she was doing the Brahmavidya course, where she was taught these breathing exercises.

After some days, one of our close relatives came to stay. He was already well advanced in the very same Brahmavidya practice. My mother would often question him, trying to clarify her doubts, which he proceeded to patiently explain in detail. Seeing our interest, he asked us to join the regular class. I already knew that he was doing some *sadhana*, but I had never really taken any particular interest in his activities. He kept persuading us to join, so we finally attended a course in Tardeo. Unfortunately I did not practice these exercises sincerely, even for a couple of months. Hence I did not get my benefits and ultimately gave up doing them.

Some years passed. My relative had now started teaching Brahmavidya. Once again, he tried to coax us to join the course. He even took the trouble to personally come over to our house, to demonstrate the exercises. However, being a lazy, I still did not take things seriously and once again quit. There is a saying in Hindi *ghar ki murgi dal barabar*.

One morning, I woke up to find, to my

horror, that I could not use my left thumb. Making *chapattis* or even trying to lift anything with the left hand proved to be too painful. Although I had an X-ray taken, the doctor was unable to diagnose the problem. He concluded with the statement, that this was probably the start of a painful condition called Arthritis. This was when I started getting really frightened, because I had seen the painful condition of a close relative, who suffered from Arthritis.

This was when I remembered about Brahmavidya, and rushed to join the Course, where he was the teacher, and started doing all the exercises in earnest. In spite of the discomfort of travelling with a crepe bandage, on my left thumb and hand, I managed to regularly attend the classes and at length completed the course. Doing the exercises regularly, resulted in a gradual improvement in my blood circulation and easing of the stiffness of my thumb, so that my thumb returned to normal. I occasionally get a little pain, but it has almost healed now.

This was one of the major benefits. After the regular practice of Brahmavidya I have started keeping better health in general and better relations with others. Now having realised the joy of helping others I am a happier person.

There is a saying in English - *Nothing succeeds, like success*. This beneficial experience transformed me, from a doubtful person, into a faithful convert, like no other type of coaxing would! Now that I am convinced of the efficacy of the methods taught, I will maintain my Brahmavidya practice till eternity. All this thanks to the blessings of our Gururji, Shri Jayant Divekar, who also happens to be my nephew. ❖



# Brahmavidya for stress-free life



Prachi Purohit

*Migration to the US is an important step in the lives of those who wish to carve a niche on the global scenario. The writer has penned her experiences in the practice of Brahmavidya in a land where she was all alone and had no one except this supreme science to her aid... It worked wonders for her and she now opines that it can work wonders for you too!*

There was a time not too long ago when the all-consuming question tormenting me day in and day out was how to pay the next month's rent. The financial recession in Silicon Valley had acquired grotesque proportions, threatening to extinguish the livelihood of many. Four months into my new temp-to-hire job, I had still not been permanently hired due to a company-wide hiring freeze. I had debts and had spent all my savings just struggling to survive in California. There had been that 2000-mile-plus road trip, necessitated by the fact that I had no money to fly and get my belongings transported. Then there was increased car insurance, and a wild scramble to save for H1-B fees. Yes, I did wake up sweating in the middle of the night, and yes, I did suffer from frequent crying bouts.

But then the killing summer passed into a glorious spring, and it was simply difficult to not enjoy. Voices from home came back to me, urging me to practice what I had learnt all those years ago; *Pranayam*, *Smaranvardhak* and everything else. I hunted for those forgotten lessons and cassettes and managed to find a few. I was not too interested even then. But I resolved to keep myself happy, and to not entertain negative thoughts. I kept thinking to myself that I had already succeeded, that the recession was a thing of the past, and that I was finally debt-free.

And voila! It worked. Well, at least it kept

me happy, far from fears, with a new strength to face all odds. The recession continued, and so did the hiring-freeze in my company. But I got a new job, and slowly paid off my debts. Not once did I think I could not manage it. And this was when I really understood what Brahmavidya urges us to do. It encourages us to discover the hidden strength in ourselves, the divinity in ourselves.

I do not regret not having practiced Brahmavidya for four years after I was first introduced to it. I think I needed that time to overcome my cynicism towards what I thought was another gimmick for selling instant spirituality. For spirituality can never be instant, and neither can self-realization. They have to be painstakingly worked towards and achieved only when the body and the mind are absolutely ready. And to me Brahmavidya is that process which prepares us to attain that ultimate purpose.

I now practice regularly, and am trying to unlearn my prejudices in favour of learning Brahmavidya anew. I now understand why it is so important to rectify our breathing, and what the *prana* energy can achieve if only we have faith in it. I will not be presumptions enough to say that I have already benefited from my practice but I firmly believe I will in the future. So what if it took me four years, and countless obstacles to arrive at this conclusion! ❖



# Right is might

Kiran Kakatkar

*Honest experiences of a wonderful science are indeed eye-opening. Here is a beautiful experience of a sincere sadhaka who has penned it in truly humorous and life-like style. Read on to find out more on why he opines that 'Right is Might' in Brahavidya*

It was breakfast time on a Monday morning, when Sushama, my wife brought up the subject of Brahavidya. Pushpa, her close friend had told her of the benefits of Brahavidya. After explaining to me what she had understood about Brahavidya, Sushama said, "I want to join the class. Why don't you join too?" I said, "Okay".

Sushama could not believe her ears. As a rule, whenever Sushama proposes something, my immediate answer is "NO", - although ultimately, I end up doing whatever she wants. Secondly she knew that I was indifferent to religion, religious philosophy and anything remotely connected to it.

"You need not join, if you do not feel like, after the introductory lecture. Fees are to be paid only if you continue," she added. I said, "Okay" and left for the office leaving her in a bewildered state.

Shri Divekar Guruji gave the introductory talk and it was followed by a question and answer session. "Have you found the God within you?" I asked. It was rather a provocative and impolite question. "Not yet." Guruji replied calmly with a smile. "But I know I am on the right path".

I was already intrigued by the logic of importance of right breathing but it was Guruji's answer that tilted the balance. Both me and my wife joined the class. It was perhaps the third week when the lift in the premises had conked off. As I huffed and puffed to the third floor

where the classes were held, I was wondering whether I was on the right path. The lift repeated its non-performance a couple of times thereafter. But by then I was too involved in Brahavidya to turn back.

When I joined the class I had made a firm decision - that I would not question any proposition made during the lectures and practice it as faithfully as I could. I decided that I would not apply the test reason to the lessons and have full faith in them. I would apply the test of experience, to decide whether something was helping me or not. In short, I decided to curb my Kokanasthi attitude so far as Brahavidya was concerned. It was after the seventh lesson, in February 2003 that Guruji explained the importance of Right Resolution. He suggested that we make our own Right Resolutions and write it down. It took quite some time for me to put the suggestion into practice. I wrote down or rather typed in my Right Resolutions on the computer on July 21, 2003. Guruji had advised that we should write the resolutions in a manner as if we had already achieved it. So one of my resolutions read as under:

"I am physically fit, strong, agile and energetic. I weigh 72 kilos. I have an attractive and impressive personality. I dress well."

Frankly, I was feeling a bit ridiculous when I wrote it I had packed over 90 kilos in my five feet six inch frame. I had hypertension, the



neglect of which had resulted into a slight enlargement of heart. My pulse rate was high. I had spondilitis and suffered from frequent bouts of back pain. As I recall, I could not perform The Grand Rejuvenating Breath when it was taught in the class, as I had severe back pain on that day. I was not sick. But by no stretch of imagination I could be called physically fit or agile. I certainly had an impressive volume, but I am not sure whether it was of any help to my personality.

I read my Right Resolution whenever I started the computer, that is practically every day. (I read it even now). Now, I weigh 75 kilos. (I lost over 15 kilos in about 15 months period). My blood pressure is normal; although I take one tablet daily to keep the doctor happy. My pulse rate is normal. I have not had the bout of back pain since September last year. The spondilitis has not bothered me for over six months. Though, I am not 72 Kgs yet. But I will be there, perhaps, in next three or four months. I am reasonably fit and getting fitter.

Do I mean to say that I did nothing else than reading the Right Resolution and achieved it? The answer is 'of course not.' I controlled my diet and I did regular light exercises like walking and swimming. But I had tried all that many times in the past. It had never worked. I used to achieve some success initially and then end up having more weight than what I started with. I always had an excuse of tours and lack of time to avoid exercise. I somehow could not stick to my diet, but now I tour almost as much and am still able to find time for Brahmavidya as well as exercise - not daily - but regularly.

I am talking about this one resolution, only because it is quantifiable and easy to explain. I had nine other resolutions, in three of which

(including fitness) I have achieved good progress. In the other two I have made some progress. In the rest four resolutions I have made little progress or no progress at all. But I am not worried about it. As Guruji said during the introductory lecture, I know I am on the right path!

Remember the first three steps of the noble eightfold path? Right Understanding, Right Resolution and Right Speech. I read my right resolution in the same manner as I recite the affirmations - gently aloud. I think, when I followed Guruji's advice, I, unknowingly, took the first three steps and advanced on the noble eightfold path. That perhaps motivated me or made me take the next two steps of Right Conduct and Right Effort - again unknowingly. I have no other explanation for this phenomenon.

I urge all Sadhakas to experience the might of Right Resolution.

1. Write down whatever you keenly desire to achieve. It may be quantifiable or otherwise. It may seemingly be far fetched. But do not worry. If it is

according to your understanding and if you are keen to achieve it, do write it anyway.

2. Write in a language as if you have achieved it already, as if your aim has been achieved by you.

3. Read it daily if possible or as often as you can. Read it gently aloud in similar manner as you recite the affirmations.

4. Do not come under pressure of your own resolutions. If you do not seem to have made any progress, do not worry. The progress will come in its own time.

In politics might may be right, but remember in Brahmavidya - Right is Might! ❖

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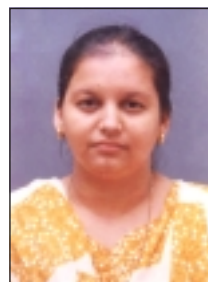
*The first three steps: Right Understanding, Right Resolution and Right Speech. I read my resolution as I recite the affirmations, gently aloud. I had unknowingly, taken the first three steps and advanced on the noble eightfold path*

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# Brahmavidya and childbirth

*Childbirth is often considered a re-birth for the mother. It is at such a crucial point that Brahmavidya the 'mother' of all spiritual sciences comes to the aid and ensures a smooth and happy childbirth. Here is a real-life experience of a mother who has been practising Brahmavidya and how it helped her nurture and give birth to a healthy baby*



Suchetra Amberdekar

In August 2003 I joined primary classes in Vile-parle (East). I joined out of curiosity and also because at that time I was at lowest ebb in my personal and professional life. My health was floundering, my confidence faltering.

Phadke sir taught us breathing techniques one by one and also meditation process. He made us repeat till we got right. On practicing breathing techniques daily I found spring in my steps and new confidence buzzing with me. I developed a new attitude towards life. I saw a new hope on the horizon of my life. Now every problem had a solution.

During one lecture sir urges us to "write down about life and what we wanted from our life." I had problems conceiving for the second time. I was told to meditate for harmonious body rhythm. Soon I conceived. In first trimester '*mi bahwan aabe. mi shaktishali aabe. (Shakti ne paripurna ...)*' I am imagined and thus imbibed my cells to believe that universal energy was taking care of all requirements of the baby.

Each and every cell is helping the baby to live and take shape.

In second trimester I was told to watch sunrise and deeply ingrain each and every aspect of sunrise in my memory. Every day I meditated on sunrise and imagined a golden halo around me and also around the baby. It was truly a wonderful experience. I imagined a beautiful

puddle of golden rays and the baby swimming in it happily, pirouetting, gurguling. A child who is healthy, robust, energetic.

In third trimester I stopped imagination and allowed only positive thoughts. I enveloped myself in gold sunrise glow and did all breathing techniques mentally, sitting in meditation.

*"Vahata divya prakash purna sharira bohvati, arogya ni paripurna donhi jeev"*

I imagined golden celestial glow during the process. As per my imagination a happy healthy baby boy was born.

Experiences of this sort are not new to sincere *sadhakas* of Brahmavidya, life is beautiful and Brahmavidya teaches us to live it so. The wholeness of mind, body and soul that *sadhakas* of Brahmavidya experience and enable others around them to experience as well are one of the many aims of this supreme science. ❖



# I am the captain of my soul



*'It matters not how straight the gait...How charged with punishment the scroll, I am the master of my fate, I am the captain of my soul...' Brahmavidya teaches to surrender himself to the light within, here are some inner thoughts of a sincere sadhaka worded for those who wish to proceed onto the path to spiritual supremacy...*

**Burzore Chothia**

I have been fortunate to have Shri Divekar, as my teacher in both Basic and Advance Courses. When I joined Brahmavidya, I thought this was a course teaching Pranayama and other commonly known breathing exercises, least realising that this is a system which teaches us the science behind spirituality.

Earlier Guru Shri Pandurang Govind Satvakar, had predicted that I would learn the science behind spirituality. We called our Guru 'Bhau.' Bhau expired on Guru Poornima Day at 2 am (1999). He had told us, that he would leave his mortal remains behind on that day, at that time, a month before the incident. He thereby demonstrated the very Principle advocated in Brahmavidya.

Hence I was elated to learn as we progressed through the Basic Course that I was right on the track, I had got what I always wanted to learn.

To quote from the verse of noted English poet:

*It matters not how straight the gait  
How charged with punishment the scroll,  
I am the master of my fate,  
I am the captain of my soul.*

How true these words ring, when you learn Brahmavidya! I was surprised to find it in the Basic Course in the meditation booklet.

"I now learn that man is the master of his destiny, that man is the author of death."

Life is truly a learning experience, age no bar. We have learnt in our basic course, that a human being is nothing but breath and thought, and

both come from the universal source, we call God, or universal energy and it is better described as light energy as without light it is impossible to perceive that there could be life on Earth.

Kirlan photography is the proof of light emanating from the human body in many colours. All the different forms of healing call them by whatever name i.e. Reiki, Bowen therapy, Crystal healing, Mandala therapy and so on use either the light or thought or both as its healing course.

You will all have noticed in the basic course that stress is laid on the practice of the physical exercises, even though now and again they are termed as spiritual breathing exercises. It is difficult in the basic course to comprehend why they are called 'spiritual,' but they do unfold some of their reality in improvement of health, more energy, heightened intuitive power, calmness of temperament, more humbleness better understanding of fellow human beings and change in attitudes.

You remain more in the present, and your fears seem to disappear and your confidence increases. This in itself is the proof of the progress you are making. We are really trying to be better human beings. The ultimate goal is love in its highest manifestation, that is, the realisation of light. If the basic course can do all this, imagine what the advance course can do for you.

*May all success befall my fellow Sadhakas.  
May they all realise their Goal.* ❖



# Brahmavidya - The Supreme science

Rakshith Rangarajan

*This experience by a sincere student is enlightening to all,  
as it reinstates the beauty and glory of the science in appropriate words  
and incites others to come forward and study this life-changing science.  
The writer has tried out the science by living it and has experienced  
the sweetness of its fruits and shares it with our readers...*

The months - February to June 2004, will stand out as the most productive time of my life. It was in these few weeks, that I was introduced to the science of Brahmavidya. What immediately appealed to me was the power within each one of us, that this discipline (re)activates.

In no time, I found myself transformed into someone who has a better understanding of life. The first step, however small it may be, is most significant and I am glad to have made a move in the right direction.

The benefits of this practice have been many, some small, some huge. The simple Pranayam ensured that I was no longer bothered by recurring colds and similar irritations. The periodic breathing exercises gave my stamina a big boost. No more puffing and panting while climbing up stairs or while playing games! The very thought of re-energising your lungs and running them at full capacity is exciting. The eight breaths completely take care of the hardwork and are coupled with spiritual affirmations that, to me are really meaningful and empowering.

Today's world is such, that on many occasions, one is faced with complex problems. With each and every person running after 'Success / Game / Money,' it is a fact that many of us are never at

peace. One observes that in today's society, values are misplaced, and conflict between man and man is rising. What then is the way out? How do we bring our society back on track?

It is my firm belief, that Brahmavidya is the key. My experience with *dhyna* has been that it calms the mind. With our senses, the lower self innocently seeks materialistic pleasures. Dhyana

is the tool that controls the senses and diverts this energy to manifest itself in creative forms. Visualisations have helped me understand myself. To try and summon the energies locked in every cell enabled me to overcome obstacles; both physical and mental.

In this age, it is vital to remain calm and unruffled in both success and failure. The need of the hour is to escape

from the world of dualities and introspect. Brahmavidya offers man the path towards eternal happiness. It makes one realise that man is but an instrument in the hands of the Supreme Being. It is the way we use our lives, that decides how efficient we are. The laws of the universe are definite and unless we are in harmony with them, there will be friction. This realisation drives me and encourages me to practise this spiritual science to raise my intellect. I will always endeavour to achieve this state of eternal peace and the science will take me to my goal. ❖



## Your search ends here... C R Dorai Raj

I had never imagined an advertisement in *Sakal* newspaper will have such a profound impact on my life. The work *Gurukilli* caught my attention and dragged me to Garware College, Pune. The introductory speech by Shri Sanjay Sathe left no doubt in my mind, that, this is what I have been looking for. The initial curiosity turned into lifelong, commitment with Brahmailydia.

Before getting associated with Brahmailydia my life was wayward, apart from physical suffering. I was engulfed by depression. I was diagnosed to be suffering from acute 'Rheumatoid Arthritis' for which there is no known cure. I had visited various doctors and healers with the hope of finding a miracle cure.

After about a month into the course the

result started showing itself the stiffness in joints loosened, my confidence came back, there was joy in my stride. By the time the course was over, I had become normal doing all my activities independently, which was more satisfying than anything else.

To my great fortune, immediately after my Basic Course, they announced the commencement of Advance course. This course is even more enriching and I am happy that I got an opportunity to do it so soon. It has to be experienced to understand it better.

I have no words to thank the great souls, who formulated such a wonderful course. Shri Sanjay Sathe's commitment and dedication to his service to Brahmailydia and ordinary people is indeed a marvel! ❖

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## Brahmailydia for life improvement

R K Kamath

Today we have completed the 15th lesson and I feel like I am 15 years younger and I am sure, you all may be feeling the same. Brahmailydia has improved my health and I am able to manage stress at the work place better. Before I joined this class, I used to have a terrible time at work. It has helped me to improve my personal effectiveness in general. I got rid of my negative thoughts and began to live positively. I do not feel tired and now I am feeling

very much active throughout the day. These classes helped me to improve my way of thinking and attitude towards others.

Overall it is the beginning of a healthy life. I request all of you to take initiative for spreading the message of Brahmailydia to elite circles, offices, corporates, schools and colleges in the interest of humanity and mankind everywhere.

I am very much grateful to my Guru who has helped me excel in my life! ❖



# Brahmavidya practice and the benefits

Vikram Gokhale

*Here is a beautiful experience of a sadhaka who learnt to conquer his innate vices with the help of Brahmavidya which thereby changed his life greatly. He has unearthed the secret to success and has in these very convincing words bared his technique of practising Brahmavidya for fellow sadhakas to learn and excel in their lives too...*

I am a Marine engineer, formerly sailing world-wide on merchant ships. I have been teaching marine subjects and conducting similar training at LBS College, Mumbai, for the last ten years. I am also the co-author of 15 marine text books, Brahmavidya has contributed to so many changes in me, that I would like to consider all the effects separately.

On the physical side, the practice of correct breathing has cured me of persistent cough and cold, besides improving vitality and reducing the feeling of breathlessness, that I periodically suffered from earlier. The other benefits, that arose from practising the Advance course of Brahmavidya, were very much more significant and beneficial. I have tried to summarise them, in the following points:

## **Change in attitude**

Instead of cursing things that cannot be helped, I started appreciating things that have improved. I stopped blaming everybody for all my problems. I am now trying to avoid using stupid catch-phrases like: 'Why isn't something being done about corruption ... taxes ... over-crowding etc.

I asked myself: What have you done, to solve small problems? Then I started doing that. Whether it is a small pool or a large pool, it still needs to be filled drop-by-drop. Every bit, that you can contribute will help to make the world

a better place for everyone, including yourself.

Whenever I found myself stuck with a problem, I used to start blaming everyone that I (often mistakenly) assumed, must be responsible - everyone but myself! Now I realised, that it is far better to look for the solution. Every problem has a solution, no matter how hopeless the situation appears to be! Till that solution is found, it remains a problem - to keep troubling you.

I also realised that every problem is also a stepping-stone to success. It is only after overcoming problems, that you can reach success. The more problems you solve, the faster your progress. As someone put it very nicely : Success is not the absence of problems, it is the overcoming of problems.

I try to spend more time listening and less time talking. That way, I benefit more, by increasing my knowledge. I also try to always stick to facts.

Earlier, I used to mistakenly think, that I was impressing people, by exaggerating. When you state only the facts, these are indisputable. When you try to 'dress up' the facts with your own guess work, you invite ridicule and arguments.

I also realised that one of the most useless things to do, is to get involved in an argument - neither side is listening. Both parties are only interested in forcing their own version of the



story onto the other! Only when you logically analyse this, do you realise the foolishness of propagating an argument. The net result of an argument is, that neither side is convinced and both parties are only wasting their own time and breath!

I used to assume that life is a perpetual struggle, that unless you stay vigilant and one step ahead of the 'opposition', they will get you! These wrong beliefs have a tendency to push people into the 'Survival of the Fittest' mentality, where we become selfish and egoistic, both are negative qualities. Right Understanding can change these wrong beliefs, when we discover the numerous benefits, that arise from teamwork and coordinated efforts, essential for harmonious living.

I found that positive thinking is a habit. A discipline. Just like dieting or exercise. You need to work at it, to keep it going. And the best tool, I found, was to use affirmations. Affirmations also act as a wonderful source of inspiration and self-motivation. They boost your confidence

levels and put the extra zest into your life!

For positive affirmations to work, I needed to convince myself that I could eliminate the negativity around me. You must first believe, that only you can control your destiny. It must be a

positive, powerful belief, and not just a 'maybe, I will try and see if this works.' Affirmations, used together with meditation and visualisation, enable you to create the quality of life, that you want for yourself.

I try to be silent, for at least half an hour every day. Since my office is facing the sea, with a lot of trees and greenery, I spend that time hearing the birds chirping, feeling the refreshing coolness of the breeze on my

face - just appreciating nature, instead of boring my immediate neighbours, with endless problems or gossip. I realised that nobody is interested in your problems - they couldn't care less about your problems. Some of your listeners may even be glad, that you have problems. They have enough of their own, without having to listen to yours! ❖

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*You must believe, that only you can control your destiny.*

*It must be a positive, powerful belief.*

*Affirmations, used together with meditation and visualisation, enable you to create the quality of life, that you want for yourself*

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## Reduction in cholesterol levels

Shashikant Pandya

My total cholesterol in October 2003 was 346 mg. Now it is perfectly normal it is now 243 mg. On seeing this report I was very happy and surprised too. I used to take medications to control cholesterol levels, yet it used to rise. Now the cholesterol levels have come to a normalcy, therefore my doctor has stopped these tablets.

*Prana* has immense power I have come to believe in it more than ever. I feel it can dissolve blockages in blood circulation. It can cure diabetes any physical and mental disorders as well. Pranayama and eight breathing exercises

are very effective. The *kumbhaka* in these exercises is very beneficial. The emotions documented in our affirmations give wonderful results. The foreword in meditation helps change our very outlook towards life.

'The creator is within me and he is looking out on the Universe through my eyes.' This unique truth dawns upon us in these classes. In the 22 lessons of Brahmavidya this knowledge is documented in clear words. I am highly obliged to the Trust and bow down before this grand science. ❖



*Children are the future of the society and it is with Brahmailydia  
that we can nurture them into more responsible citizens.  
Following are some interesting experiences authored by those children  
who have completed the Children's Course of Brahmailydia*

## Brahmailydia builds confidence

Geetha Rao

I am practising Brahmailydia from Nov. 2003. I have experienced many changes in myself. I have improved mentally as well as physically. By practising Brahmailydia my confidence has increased. It has helped me secure maximum marks in my examination. My concentration has improved. It cools my tension.

Practising Brahmailydia for nearly one year has relieved me a lot.

This practice has changed my whole persona. I love practising it and will do so everyday. It is a very good experience for me. I thank my teacher for giving me such a lovely experience. ❖

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## Brahmailydia: A must for youth

Vidula Barve

Brahmailydia, it can be described as: breathing knowledge from the external environment. In the day-to-day hectic life, people do not have time to discover such things, or even to feel those things which are minute but important.

But the science of Brahmailydia deals in all such subtle things, which surround us but we can not feel them! It teaches us to take the fresh air in and exhale the impure air and at the same time builds confidence in us; helps to generate inner power. It includes various types of breathing processes like *pranayam* (which we may have only heard of), *smaran vardhak shvasan prakar*, *chaitanyadayak shvasan prakar* etc.

This science is essential for the youth as well. I do not say this merely because, I joined the class but because I practically experienced the truth of the science. I joined the class because my mother compelled me, yet I was not ready but she told me that you come with me if you feel good you may continue or else you can leave. So I went and I liked it and I continued. I joined

it when I was in FYBMS. Frankly speaking, I did not practice regularly, but mostly did *Pranayam* and *Smaranvardhak shvasanprakar*. These practices helped in keeping myself calm, increasing my memory improving my breathing and reducing frequent occurrences of cold.

The youngsters of the day definitely require Brahmailydia as they are under a lot of peer pressure, they are forced to excel in academics as well as extracurricular activities. In our school days we used to play a lot, this used to enhance our stamina and give us good exercise. Nowadays, computer games have taken the place of outdoor games and this is sure to hamper their physical development and to a lot of extent mental too. Therefore, these children need to practice Brahmailydia even more. These exercises will provide them with plenty of oxygen and *Prana* energy which will nourish them well. Our exercises improve concentration and enable us to study well. This secret to success is opened up for us to come forth and live it! ❖



# Life breath

Siddhesh Gurav

Every human being who is a part of this vast sea of humanity evolves as he passes through the different stages of life, each having its share of joys and sorrows and moments of triumph and defeat; nevertheless sailing along, braving the rough weather, for each one wants to reach his destination. Yet you may ask an individual of the most cherished moments in his life; it would no doubt be those carefree and innocent days of childhood, when everything seemed joyful. I am very lucky that I got an opportunity to study Brahmavidya.

My name is Siddhesh Sudarshan Gurav. I am 14 years old. When my mother Sunita Gurav joined Brahmavidya Basic course, she was so attracted to this science that she forced me to join Brahmavidya Children's course, I was a bit apprehensive in the beginning.

But after joining Brahmavidya I realised that now I can breathe normally even after running fast. Before joining this class whenever I used to run fast, I used to have a problem in breathing. But now it has completely vanished. Before joining this class I was a little weak in

my studies. I used to neglect studies. But now I concentrate better on my studies. Also I was very mischievous in the class. Last but not the least. My black belt (Karate) exam was there in June 2004. From the month of April I had started practicing for this. Everyone was worried. Because this grading is so crucial that it takes place for almost six to seven hours. But I was not worried because Brahmavidya gave me power and so I passed. My confidence increased. So this science is the only way that ensured my progress in my life. I also pray that my father should also join the Basic Course. I think that each and every child should learn Brahmavidya because it helps one to progress in life. I have learned the ways to live a happy life by Brahmavidya. These are some points, I found important:

- (1) Do not expect
- (2) Be honest
- (3) Be content
- (4) Be happy
- (5) Give more
- (6) Live simple

---

## An effective stress-buster Pramod Mohandas

I am Pramod Mohandas. I am presently studying in tenth standard. I did my Brahmavidya course from Vile Parle under the guidance of Ms Nitanta Shevde. My mother introduced me to Brahmavidya. Learning Brahmavidya is a wonderful experience for me. It is a beautiful knowledge, the heart of which lies hidden in the mountains of Tibet!

I have been practising Brahmavidya for a year and a half. It has helped me immensely in my

studies by improving my concentration. I stood first in my school unit test. My performance in studies is improving from then onwards. I was a short-tempered person earlier. But after doing the Brahmavidya course, I can now control my temper. Now, I hardly suffer from cold or fever. Brahmavidya came as a boon for me at the age of 15. I am sure it will help me in fulfilling my dream of coming in merit list in my tenth standard Board exams! ❖



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## Basic Course Schedule

Place	Venue	Time	Day	Date	Teacher	Tel. No.
Airoli Navi Mumbai	Maharashtra Seva Sangh, Sector 17, Navi Mumbai	10.00 to 11.30 a. m.	Sunday	02.01.05	Mr. Surve	25446630
Bandra (W)	Mahatma Gandhi Seva Mandir, S. V. Road, Opp.Lake	7.30 to 9.00 p. m.	Thursday	24.02.05	Mr. Divekar	25681182
Chembur	Chembur Education Soc. Ramkrishna Chemburkar (RC) Marg, Chembur Naka.	7.30 to 9.00 p. m.	Friday	21.01.05	Mr. Divekar	25681182
Churchgate	PVDT College of Edn., 3rd Flr. SNDT College, Near Station.	6.30 to 8.00 p. m.	Tuesday	18.01.05	Mr. Divekar	25681182
Dadar (W)	Chhabildas High School	7.00 to 8.30 p.m.	Thursday	20.01.05	Mr. Dalvi	25644739
Mulund (W)	Mulund College Of Commerce Near Mulund Railway Station	6.00 to 7.30 p. m.	Saturday	08.01.05	Mrs. Jog	25476818
Thane (W),	Blossom Nursery School, Shop 1, Kohinoor Soc. Panchpakhadi	10.45 to 12.15 a. m.	Sunday	24.03.05	Mr. Wakankar	25403310
Vashi Navi Mumbai	Indian Education Society Primary School, Sector No. 2	Evening 6.00 to 7.30 p.m.	Saturday	04.12.04	Mr. Surve	25446630

## Advance Course Schedule

Place	Venue & Time	Day	Month	Teacher	Tel. No.
Dadar	On Enquiry	Monday	April 2005	Mr. Jayant Divekar	25339977
Chembur	On Enquiry	Sunday	April 2005	Mr. Jayant Divekar	25339977

### Practice Session Schedule

**Venue** : Pandit Auditorium  
S.L. Gadre Trust,  
L T Marg, Mulund (E),  
**Duration** : 11 weeks  
Every Thursday, 7.00 - 8.30 p. m.  
**Fees** : Rs 100/-  
**New class** : December 30, 2004  
**Contact** : Jayant Gore - 25686303  
Deepti Jadhav - 9821365988  
**For details about classes at other locations  
contact Trust's office.**

### Correspondence Classes

Brahmavidya Courses can be learnt  
by correspondence as well.  
For details please contact:  
**Shri Shankar Paranjape,**  
Block No. 26, Bldg No. 3,  
Chintamani Society, Babanrao Kulkarni Marg,  
Mulund (E), Mumbai - 81.  
**Telephone: 25677457**

# Feedback

Dear Sadhaka/ Reader,  
Greetings!

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

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

Name: .....

Address: .....

.....

.....

Telephone: .....

Class attended: .....

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



To,  
Brahmavidya Sadhak Charitable Trust,  
Jagannath CHS, Ground floor,  
Block no. 1, Anaji Sundar Rd.,  
Thane (W) – 400601.  
Ph: 25347788, 25339966

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

## **VISION**

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

## **MISSION**

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

## **OBJECTIVE**

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

*Brahmavidya is an ancient system of  
Yoga and Philosophy*

*Brahmavidya teachings emphasize on  
breath and thought*

*Breathing exercises purify the body  
and meditation purifies the mind*



Brahmavidya Sadhak Charitable Trust's  
**Brahmavidya Sadhak Sangh**

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