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PRADNYA

Let there be light!

2006-2007

Brahmavidya Sadhak Sangh



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DISCLAIMER

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



Editorial

Greetings,

What does a great guru do? He breathes life into his disciples. The life of wisdom: based on right understanding, right resolution, right speech and right action. He does not merely preach from a high pedestal, but with his own right living becomes a silent inspiration to one and all. That is precisely what our beloved Guruji Shri Jayant Divekar has been doing ceaselessly right from the inception of Brahmavidya Sadhak Charitable Trust in 1998!

The Trust is dedicated to the sole purpose of spreading the light of Brahmavidya to one and all. Brahmavidya is an all-encompassing science, the regular practice of which brings wondrous results to one and all. The science however, needs to be taught by genuine and dedicated teachers. Creating such teachers from common men and women living the so-called materialistic life, is no simple task, it takes great vision and right endeavour to enable such goodness to flow from many such individuals, this is one more task that our beloved Guruji has been able to accomplish over the years. It is therefore his vision fortified by his limitless love and compassion and dedication to bring about the best in humanity that has served as the support system for all teachers and volunteers of Brahmavidya Sadhak Charitable Trust.

This is the third successful year in which Pradnya English makes its mark. It has received wonderful response from all followers of Brahmavidya and is in great demand. As always, we have dedicated different sections of this edition of Pradnya to 'Contemplation', 'Experience', 'and 'Brahmavidya for children.' These write-ups are not only informative and thought provoking but are also based on true facts, experiences and ideas penned down by those sincere *sadhakas* who have made an attempt to practice the tenets of Brahmavidya in day to day life. Some of their thoughts also flow from their meditative practices and therefore transcend normal purposeful thinking.

Some experienced doctors have attempted to decipher the link



between practices of Brahmavidya and its hard core scientific and physiological importance for the modern man.

Though bringing this wealth of information to our readers was not an easy task and has involved the spirited efforts of a team of editorial members, co-ordinators and more. Some of them whose work deserves special thanks include Anil Date, who has designed the cover page and visualized the design of the entire Pradnya. Vijay Bhirangi has extended his whole hearted support to the co-ordination and has served to be a vital link between Brahmavidya Sadhak Charitable Trust and Mouj Prakashan, where 'Pradnya' was designed and printed. On behalf of the Trust I also thank the page donors, other donors and advertisers.

Let us pray :

“Those are now in darkness and obscurity, may be led into the radiant sunshine and the joyous glory of the unfoldment of true spiritual goodness.”

Rajaram Surve



Pradevak student Shri Chandrakant Kulkarni from Dombivli has designed this in plywood



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Your Key to Health & Success Learn Brahmavidya

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



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

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

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

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

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

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



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

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

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

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

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

What ailments are cured with Brahma Vidya?

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

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



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

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

What is the Origin of this teaching?

This is a very ancient system of Spiritual Practice or Sadhana. The System of Practice originated in India, then migrated to Tibet and has now come back to us from Tibet.

Jayant Divekar



Teachers' meeting



The universal friend



The power of hope in human life can never be undermined. It is one power that remains unconquered in every adversity. A senior teacher of Brahma Vidya reiterates the importance of 'hope' by calling it the 'universal friend'

Can you imagine life, without the Universal Friend, Hope? A small baby of 9/10 months old takes the first step and then the second. It falls down gets hurt, bawls. But in a few minutes forgets everything, is smiling and ready to take off and the journey begins. A student is not very happy with her own performance, is disappointed, but revises her schedule and starts again. A sick person tries different ways and regains health. We all are motivated by the thought that what seems to be impossible today will be possible tomorrow.

I am sure, as you, read this something within you is being stirred, our Universal Friend 'Hope' is at work. Hope constantly, unceasingly and untiringly brings different dreams inspiring possibilities in us. Hope works with equanimity. She never discriminates between man or woman, young or old rich or poor. She paints motivating pictures for all of us as per our need - of strength in weakness, of courage in fear of success in failure, of order in chaos, of perfection in imperfection. Sometimes it may appear that sky has fallen. One may be depressed heavily disappointed with oneself and with others. At such a time hope comes on her own and consoles, come-on, do not be disheartened, shed aside your tears. Look around, observe the transformation that takes place at spring time. Observe and learn from your friends and colleagues. Be of good cheer. You have done this before you have overcome your difficulties. You will be a winner. Get up. We are enthralled. We begin again. We are ignited by the ray of light brought by hope. Hope never comes alone. She is accompanied



by joy, faith, strength, power and many more companions. We try in right earnest and the dreams come true. But on certain occasions, we simply refuse to get up. But hope does not give up. She comes again and again. She brings different dreams, if not the first, second, third and on and on.

We need a path for fructification of our dreams. We have to tread the path only then the dreams brought to us by hope will come true. Otherwise it will remain only a dream. Brahmavidya gives us the novel path. Students enroll for Brahmavidya course with different hopes. The lessons that we study show us the path. They teach us breathing exercises and simple techniques of meditation, for all round progress in every field. The company of our classmates is valuable, their experiences motivate us to march on and to practice regularly. It is practice that is of utmost importance. It assures us that we are never alone. The creative intelligence is always there with us, to guide and help us. Thus, this universal friend ‘Hope’ is constantly by our side, bringing to us the soothing balm. The least that we can do is to constantly give thanks to our friend.

Hope springs eternal in the human breast; Man never Is, but always To be blest: The soul, uneasy and confin'd from home, Rests and expatiates in a life to come. Wrote great poet, Alexander Pope.

Swati Jog

“What I may merely tell thee, thou wilt neither believe nor understand. The art of learning is to prove things for thyself. What thou findest for thyself, naught will ever efface from thy memory.”... How very true that is!

~My Life in Tibet



Macrocosm-Microcosm



The forthcoming write-up is based on the rationale of microcosm being an exact replica of the macrocosm. The writer lucidly explains to the utilitarian mind, most logically what Brahma Vidya is and how it works both in the macrocosm and microcosm...

A happy life is each man's desire (whether spoken or silent, conscious or unconscious). All efforts and actions of man are in pursuit of this goal. Everyone is in search of a path which leads to a good life. One can lead a good life by studying the macrocosm in relation to microcosm, understanding the laws that govern them and bring them in one's life.

Macrocosm is the term referred to denote a large organised system considered as a 'whole' whereas microcosm is used to denote a small place, society or situation which has the same characteristics as the former. In other words, microcosm is a smaller version of the macrocosm. Let us study few sets of macrocosms and microcosms.

If we consider our earth as a microcosm then the entire universe becomes the macrocosm. The universe has millions and millions of stars, yet there is harmony in the entire universe. Each star follows the laws governing them. Birth of a star, its growth into maturity and finally its extinction all follow certain laws. Modern science can calculate with precision the life cycle of a star. The same is also applicable to our solar system. We observe great harmony in our solar system. The time cycle of each planet for revolution around its own axis and also around the sun are precisely known. We know the minutest details of eclipses (solar as well as lunar) many years in advance. All this shows the great harmony and laws pervading the universe.

On a lower level, if a human being is considered as the microcosm,



the earth – oceans, rivers, mountains, plants, animals and human race becomes the macrocosm. This too is governed by distinct laws and harmony. Monsoon cycles, climate patterns throughout the year, life cycle of animals emphasise this. Another thing we notice is that their interdependency maintains the ecological balance. In summer, water evaporates from the oceans and rivers and comes back as downpour in rainy season giving us fresh water. Carbon dioxide exhaled by animals and human beings is used by plants and oxygen generated by them used by us.

On a still lower level, if each cell in our body is microcosm, our body is the macrocosm. All the cells in our body follow the laws which govern them, sustaining and maintaining our body.

When we observe that everything in this universe, including all cells in our body have a definite order and harmony a question arises in our mind - Why is there chaos, disharmony and all miseries in human life? On deeper thinking we realise that though each cell in our body has consciousness it is in tune with the consciousness of its master that is our consciousness. Each cell carries out its designated task without asking questions. No cell stores more than its requirements. It is amazing to learn how cells sacrifice their 'lives' to protect the body from attack of disease-causing germs. Just imagine what would have happened if cells of heart and lungs had refused to accept impurities coming through venous blood or cells of excretory system and kidneys had refused to accept toxins and waste matter of other parts of the body or white blood cells had refused to fight with disease germs or the cells our vertebral column as well as other bones had refused to bear the weight of our body? These cells teach us that one should live not only for oneself but for the benefit of others too. One should carry out the designated tasks assigned by our master-God. We as human beings, through our thoughts and feelings in our subconscious mind order these cells.

The same picture is also seen at the macrocosmic level of which we are a part. What would have happened if oceans and rivers had not parted with water through evaporation or plants had not parted the fruits, flowers etc. for benefit of others? Members of mineral, vegetable



and animal kingdoms carry out their designated tasks. They follow the order of the great master, God aligning their consciousness in tune with His consciousness, they maintain harmony in this universe. They do not have ‘me’, ‘my’ attitude as we humans have.

This shows a way to happy life. Rather than thinking about ourselves, we must also consider our fellow human beings. We must try to merge our consciousness with His consciousness, find His desire and direct our efforts and actions to fulfill His desire.

But how this can be achieved? The answer is simple: By practicing Brahma Vidya. Life within us expresses through two things, breath and thought. Man is made by his habits and all his habits come from two main habits namely the habit of breathing and that of thinking. Hence to change ourselves, we must change our habits or more specifically change two main habits one of breathing and the other of thinking.

And this is what we learn through practice of Brahma Vidya teachings. By practicing Spiritual Breathing Exercises, we learn correct breathing and by practising Meditation, we learn right thinking. Through practice of Brahma Vidya techniques we learn to hear His voice, His desire for us and eventually lead a happy life.

Prasad Dalvi



Editorial team of Pradnya in office from L to R
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Effects of Brahmavidya, proven medically...

Brahmavidya is a spiritual science. It has nothing to do with superstition or blind faith. A doctor traces how this science brings about beneficial effects on the physiology of a person...

Our voluntary functions are controlled by somatic nervous system, which is the part of our central nervous system. But our involuntary functions like those of heart, blood vessels, respiration, gastrointestinal functions (like secretions of digestive juices, movements, absorption of food) etc. are controlled by our autonomous nervous system through nerves. In addition to nervous system. There is another system called endocrine system (consisting of ductless glands, which pour their secretions directly into the circulatory system. Some of the secretions are like thyroid hormone, adrenaline, reproductive hormones (Oestrogen, progesterone in women and testosterone in men. There are many more hormones, which control our body functions and in response to adverse (or otherwise) external or internal stimuli, regulate our bodily functions.

Pituitary gland - anterior (front part) and posterior (back portion of the gland) is situated at the base of the human brain and has been termed as 'the conductor of endocrine orchestra.' It is also known that this Master is controlled in turn by a structure of brain called Hypothalamus, which is affected by our emotions (like anger, fear, grief) and by stress (mental and physical). In human beings, cerebral cortex in turn can control this hypothalamic stimulation. Thus God has given us a precious gift of cerebral cortex capable of thinking in a proper way, using our intelligence. In other words, even though there are many difficulties and stressful situations, we can make our way out of it successfully without affecting our bodily functions (that is



with minimal secretions of endocrine glands - observed in higher levels during stress like Adrenalin, Adrenal Corticoid, Growth hormone etc.) Therefore, we say whenever there is a will there is a way.

Thus we have to keep our hypothalamus, head ganglion of autonomous nervous system under control of cerebral cortex by concentration (control of thoughts) on good thoughts and deep and slow respiration (especially long slow expiration - exhalation of air) which is a passive process, puts our body functions at resting levels and deep but shorter duration of inspiration by relaxing our throat and larynx through which air (oxygen primarily) is supplied by maximum expansion of our chest wall following which lungs also expand maximally. Training of this is given in the Basic Course of Brahma Vidya, which has to be daily and regularly practised. This will surely give beneficial results, as increasing infusion of pure air in the system will surely open the doors of the good health for all.

Dr Shubhangi Kulkarni



Brahma Vidya office staff from L to R Mr. Shukla, Mr. Bhagare, Mr. Vivek



Coming closer to the peace within...

Of the most beautiful gifts Brahmavidya showers on its sincere followers is that it acquaints them to a great inner peace. In the present article a student describes her experience with the practice of Brahmavidya...

Recently, I completed the basic course in Brahmavidya conducted by Shri Prasad Dalvi at Borivli. The knowledge imparted by this study is as profound as its name, but simply put, it teaches one how to breathe and think. You would ask, “We all breathe and think, what is the need to teach it?” Yes, all of us indeed do, because without either of them we could not survive. Both are basic to life. But the way most of us do so, is faulty. Consequently, many of us live our life utilizing 1/10th of our capacity, achieving and enjoying less than we could. We fall prey to fatigue, irritation, depression and various illnesses resulting in discord and dissatisfaction. This causes unnecessary wastage of precious time and energy. Only a healthy mind in a healthy body is the best instrument to acquire knowledge and live a productive and joyful life.

Brahmavidya tells us :

“My body is transcendently beautiful, infinitely intricate and the most gloriously accurate instrument in the Universe.” It is that amazing machine, which is capable of healing itself as well as remaining healthy all life long. But alas! A large majority of people have an incomplete and insufficient knowledge of how this wonderful machine works.

Our mind and body are interconnected. What happens to one, affects the other. All of us have observed that when our breath is rapid and irregular, our thoughts also become unsettled and vice versa. Likewise, rhythmic breathing has the power to calm the mind. Thus, if we want



to run our body and mind efficiently, the key is to control breath and thought.

Our scriptures tell us that ‘I’ am not my ‘body’ or my ‘mind.’ But we are able to experience this gift of life only through our body-mind complex. Yet, sad to say, we pay less attention to it than we would to our car. We would not accept polluted fuel for our car, but we often ingest wrong food and thought in this unique and marvelous machine – a one-time gift from God. Just as we cannot expect our car to give us good service in return for bad maintenance, so also we cannot hope that our system will serve us well if we ignore its needs or take it for granted. If we fall ill, because of our ignorance and carelessness, we are entirely responsible. Thus, it is our first duty to know our body – we must become familiar with our wonderful organs like heart, brain, lungs, digestive and endocrine systems etc. and learn how they work. Man is a walking physical, chemical, electrical marvel! We must resolve to feed only the very best inputs so as to maintain this superb machine in peak working condition.

And this is where Brahma Vidya comes in. It is a unique discipline which trains our respiratory system to function normally (as it did when we were infants) and restores purity of thought which together brings a cornucopia of blessings into our life. This is achieved through a set of simple and scientific breathing techniques, affirmation, visualization and meditation.

The breathing exercises 1. increase lung capacity 2. improve stamina, 3. provide resistance to cough and colds 4. restore balance 5. makes us enthusiastic and cheerful. To breathe is to live. Correct breathing flushes out toxins, transports life giving oxygen to every cell and brings in precious prana energy which together revitalize and rejuvenate our system.

Likewise correct thinking removes toxins of negative thoughts from the mind. French philosopher Rene Descartes said, “I think, therefore I am.” And most importantly, we are what we think all day long. Germs can multiply and illness can take hold in a dirty atmosphere – be it physical (body) or mental (mind).

What we habitually think is what we become. Many of our thoughts



are repetitive, irrelevant and harmful. Our mind has been described as a mad monkey. If it gets an upper hand, it makes a horrible master. Once a negative thought gets hold in the mind, it brings in its wake, fear, worry, guilt, anger and reduces our effectiveness and excellence as human beings. Over a period of time, the dominant thought pattern gets reflected in our body. Thus, wrong thinking causes psychosomatic disorders. But trained properly, the same mind proves to be a wonderful servant. Thus, a harmonious mind has a main role to play in our overall health and well being. For this it is necessary to cleanse the mind of life destroying negative thoughts and replace them with healthy ones. And meditation teaches us, just that.

Meditation awakens the sleeping giant within. Once, our inherent powers become functional, we can overcome any obstacle in our path to progress. We can control our destiny, if we but learn to control our mind. Yet, this is easier said than done. We need a specific knowledge to learn how to do this. With the simple methods taught in Brahmavidya this becomes easy and enjoyable.

Ralph Waldo Emerson has said, "All the wonders you seek are within yourself." Within each one of us is an inner wisdom. Which talks to us all the time, if we but learn to listen." For being able to listen we must be able to look into the depths of the mind when it is still, we must stop throwing stones (thoughts) into it.

Eileen Caddy has said :

"Go into the silence

For it is in the silence things unfold

In the silence you reach the heights

In the silence you are reborn, renewed, revitalized

Silence is golden.

All things spring from divine silence.

In silence

Give thanks for everything

Count your blessings

Be consciously aware of my limitless love of my limitless abundance."

Even with moderate practice I was able to touch, for a few fleeting



moments the peace that passes all understanding. It is beautiful. Just as no amount of words can convey the sweetness of sugar to one who has not tasted it himself – so also, the peace felt in meditation has to be experienced to be understood. I have only one regret—that I did not get the opportunity to learn this wonderful science earlier.

I am however, very happy to hear that children are also getting an opportunity to learn Brahma Vidya. Unless we learn to know our body and mind our education is incomplete. Just as we make efforts to learn so many different forms of knowledge, likewise we must strive to know ourselves.

When we tune in to ourselves, will we also understand God and His Universe of which we are a part. When our instrument is tuned in to the harmony in the Universe then music is bound to flow. And from individual peace we also come to peace with our family, the society and the world at large.

Brahma Vidya is a very simple and effective way to take charge of our own life. It has been the best investment of time and energy giving rich dividends. It has put me on the threshold of the most exciting discovery.

Mrs Nayak



Welcome song at Thane gathering



Pranayam my best friend

The most important part of Brahmavidya practice is that its exercises are simple and very effective. They can be practised anywhere and by anyone, their results are relatively instantaneous in most cases...



First and foremost, I am basically a very inactive person except for a daily temple visit and 11 *pradakshinas*. After hearing about the inactivity among the new generation, I wanted to change my pattern of life for the good. I was at the same time reaching my 40's. Though I should have started when I was 35, I now began with some basic Yoga.

In the meantime, I started developing breathlessness, dark circles appeared under my eyes, I lost a lot of hair and was in an overall state of mental confusion etc. That's when my friend Aarthi Parab told that it will do me good. I spoke to my husband and he too agreed and we started Brahmavidya course in April 2006.

During the month of May we visited Shimla, Kullu and Manali As we were passing the high mountains from Shimla to Manali I did not admire the mighty glory of the mountains or the beautiful scene, which is so different from Mumbai because of a severe chest pain which troubled me and caused breathlessness. My family was enjoying the scenery and behaved like normal awestruck tourists but I just stood there like a patient in no mood to enjoy. Not wanting to scare my husband I practiced pranayam. Believe it or not I bid adieu to my pain and thereon enjoyed my trip from that day on pranayam has been my daily companion.

Then of course the light affirmations and the mirror exercise. I had two main personal problems to be solved. It was bothering me, but my ego stopped me from taking my first step towards solving it. Doing



the mirror exercise twice, you may well assume that the two problems seemed distant. I felt happy and proud. It may even be very unreal but yes the mirror exercise helped me. I knew I could do it. Brahmavidya has helped me tremendously.

Making my life seem new to me and enabling me to regain immense peace in my life. I am sure I will be cured of my anemia and dark circles and my hair loss too.

Mohana Subramanyam

The arrogance of sanctity

The Zen monk spent ten years meditating in his cave, trying to find out the path to the Truth. While he was praying one afternoon, a monkey came up to him. The monk tried to concentrate, but the monkey drew closer and seized the monk's sandal.

“Damned monkey!” said the hermit. “Why have you come to disturb my prayers?”

“I’m hungry,” said the monkey.

“Go away! You are disturbing my communicating with God!”

“How can you talk to God if you cannot manage to communicate with humble creatures like me?” said the monkey.

And the monk apologised, feeling ashamed.



Brahmavidya : The way to experience life!

A sincere seeker words her thoughts and experiences with this wonderful science and is filled with gratitude towards Brahmavidya, which she feels is truly a 'life-changing' one...



Firstly, a big 'Thank You' to Brahmavidya and all the teachers for imparting this universal knowledge to us! It is in my quest for seeking spiritual knowledge that Brahmavidya entered my life. The purpose of our lives differs because of perception and hence the paths are different. Until the perception of what 'I am' is not clear, how can the purpose of this entity be known? This is what Brahmavidya is helping in bringing forth - Perception.

Sometimes, we know what we should be doing. At times we even do certain things because we have to. In the end we all have to be 'that' because 'that is' what we are. But how does it happen? Such questions are always on the mind of most spiritual seekers. The change has to come about... but who will guide us? What do I have to do? And in today's world where so many profess to know so much but have so little truth to give, then whom do we trust?

Brahmavidya takes nothing from anyone but gives a lot to everyone. No matter what we are seeking we find it through it. Whichever rung of the ladder we may be on, the science enables us to climb onto the next one. Whatever path we may be walking, Brahmavidya helps us go further.

It is like a catalyst that brings about that change, that growth; but remains unchanged. However, the result depends entirely on one's efforts. People always tell me it is not my age to seek. What does one do when the world around you does not make sense? You cannot fight the world but have to learn to accept it the way it is. And this needs a



shift of perception. You have to be patient, balanced, tolerant, understanding and a lot more. But between knowing and becoming lies the journey called life.

A change of perception cannot be a deliberate effort; you have to let it happen. It has to be first brought about from within, only then will it reflect in the outer world. And Brahma Vidya is the medium through which this transformation takes place. It accelerates the process of evolution by helping us exist in the state in which we all are created.

Our lives are so knotted with worldly things that we have forgotten how to stay in tune with our inner self. Few decades ago, our lifestyle was comparatively simpler and therefore the need to seek was less. At present, especially with the advancing technologies and increase in material wants, the so-called 'sufferings' have risen on all levels physical, intellectual and emotional. For a person to remain balanced in such circumstances, the only solution is to go within and seek. Brahma Vidya creates a balance between mind, body and soul. It shows us the reason for our existence, what we are and how we can be what we are meant to be. What we already are but not aware of?

It's disheartening to see so many people believing in the existence of only one lifetime and living by that understanding. It is sad to see so many people programmed like robots by blind faith. It is painful to see the games of the mind chaining the freedom of the soul. We are not created to belittle ourselves but to live in its glory, spread its joy and rest in its peace and grow in its love. The more we see around the less we choose to be a part of it. Nevertheless, what we choose to be needs nurturing and that is the role played by Brahma Vidya. It nurtures the seed so that it can grow.

The most beautiful gift that Brahma Vidya brought in my life is the courage to believe in myself. It empowers us with the wisdom to take responsibility of our thoughts and thereby words and deeds. The subtle laws, which govern us are made known to our conscious mind so that we can work on the cause of the circumstances around us and not get suffocated by their effects.

Brahma Vidya does not make anyone depend on its teaching but empowers everyone who practises it. Life stops being a struggle. It



begins to feel like ‘Life,’ once again. Faith, strength, compassion are just a few of the many attributes which are within us. Till now, they are asleep. Brahmavidya wakes them up!

We can express gratitude by accepting and practising the teachings of Brahmavidya in our lives. For when we let Brahmavidya fulfill its purpose, we fulfill ours.

Avan Thanewalla

Unlimited Power of Genuine Forgiveness

Once a warrior asked a monk, “What is the difference between heaven and hell?” The monk replied, “You ignorant brute, you are nothing but a savage. Why would I waste my time on you?” Filled with anger and hatred, the warrior started beating the monk.

After a few minutes, the warrior realised, what a heinous act he was committing and stopped. The monk smiled and said. “That fit of anger is hell.” The warrior was so ashamed of his violent act that he begged the monk to forgive him. The monk again smiled and said, “Your asking for forgiveness is heaven.”

(Compilation)



Faith

A student brings forth the importance of 'faith' in the practice of Brahma Vidya. The system works for those who have faith in it, and how does one develop faith in the science? The present article answers these queries...

What is life? Life is not just a living body. Life comprises of our thoughts, our emotions, our feelings, our powers, our actions and reactions. Everybody knows that life depends on breath. In other words, this whole composition of life depends on breath. So, we can improve our physical conditions, our thoughts, our mind, our aspirations, our powers, our actions and reactions by taking care of our breath... by improving our breathing. Isn't that most logical? Brahma Vidya has given me this knowledge. Brahma Vidya has taught me the techniques of right breathing and has helped to develop my firm faith in them.

In all spiritual learnings the most integral part is 'Faith.' Faith in the creative power that is the base of everything in the Universe. Some people say that faith in God is a blind faith since God is an imaginary concept and cannot be proved with the help of reason. Aren't they undermining the power of 'imagination' as compared to that of reason? Not only artistes but professionals like engineers, architects and even scientists, astronauts use their imagination in achieving their goals.

They have strong faith in their knowledge hence they are able to give proper direction to their imagination. We all use our imagination but many of us turn out to be *shaikhchillies* (one who resorts to wishful thinking). This is because all of us do not know how to control and direct our imagination.

When our efforts meet with success while sometimes with failure the difference is mainly made by the direction given to the imagination. And in giving right direction to one's imagination faith plays an



important role.

If one has faith in the existence of God and His infinite creative power and one can imagine himself to be part of the omniscient, omnipotent Almighty. His efforts backed with such faith will be successful because he strongly believes that nothing is impossible for him as he is the part of divine creativity. On the other hand, one who doubts the existence of the infinite creative power would have doubt in his own ability. He will imagine himself to be helpless, hopeless. Such a person will seldom have success, despite the reasoning capacity he may have applied. We call this positive thinking and negative thinking respectively. In other words, positive thinking is nothing but having faith and negative thinking is lack of faith.

Here, I would like to draw attention to clear understanding of positive thinking. Some believe that they are the only power. Since they are all powerful, nothing is impossible for them. Such people experience a lot of stress and all stress related problems. This is because their understanding is wrong. This cannot be called positive thinking but just overconfidence. Brahmavidya is a spiritual science, which gives us a positive frame of mind to believe in Truth and builds our faith in Truth. Faith, which directs our imagination and thereby our efforts towards success physical, mental, and spiritual success.

B. R. Tendolkar

“Murmur not at Life’s dispensation, nor of thy
God, but correct thine own heart. Thy station is
appointed by the Wisdom of the Eternal.”

~My Life in Tibet



A doctor speaks...



Brahma Vidya helps one and all. A veteran medical practitioner shares her experiences with the science...

I joined Brahma Vidya classes to satisfy my curiosity, wondering what else can be there which is not taught in Yogic classes or transcendental meditation courses. I have found Brahma Vidya is a beautiful blend of both and a lot more.

During this course, practice of Pranayam and eight spiritual breathing exercises are taught along with affirmations and meditation practices. Altogether new viewpoints towards disease, old age and death were brought forth in the class and psychosomatic diseases were explained scientifically. The knowledge of how to deal with diseases of mind and body is not given elsewhere but in Brahma Vidya only. Our place in universe and being one with the God is a unique concept. Brahma Vidya teaches you to get rid of all negativity and slowly but surely cleans our subconscious mind.

Thinking over, all the benefits achieved by practice of Brahma Vidya and looking at it physiologically, I think breaths like Pranayam, memory developing breath and others definitely improve oxygenation of blood and thus enhance the thinking faculties too. It helps to the keep body and mind in better condition. Other breaths and affirmations improve vital capacity of lungs. Meditation brings all body elements in same rhythm as universal force. They calm the troubled mind and direct it towards more proper and useful direction.

Every breath and affirmation takes you to the state of *sat chitta ananda*. The chitta being the universal mind substance itself.

At the age of 62 years my medical practice (of 35 years) had started



becoming challenging by each passing day. Everyday, I come across many new drugs, procedures and investigations and remembering them and applying them in my clinical practice had started becoming a little difficult. I started getting worried about my advancing age. I could neither stop my practice neither I could do proper justice to it. This doctor-patient (a guardian like) relationship with many people cannot be broken suddenly. I suffer from asthma. After joining Brahmavidya course my asthma almost disappeared and my memory greatly improved. Thus I am rejuvenated.

My outlook towards disease and old age has been transformed. This has had a beneficial effect on me and my patients. In today's fast life, improving self, mind and body (temple of God) is very important. Brahmavidya teaches you to keep the body and mind away from harmful effects of negativity. Improving oneself goes a long way in improving human relations and society at large.

I think people in the medical profession should necessarily do the Basic Course of Brahmavidya, which will surely benefit them and their patients.

Dr Sushama Kudalkar

THERE IS WISDOM—the silent director of the energy of The Law, abides ever and is found else wither never than in Truth. Wisdom is Life's science—the science of all sciences, and the only science of itself. Happy the man that findeth Wisdom!

~My Life in Tibet



My Experience with Brahma Vidya

Modern day professional pressures have aggravated many physical hazards. Neckache and backache are the most common ones. A student finds cure for her pain with the help of Brahma Vidya...

I work full time and my job deals with working on computers most of the time. Last year around June-July, due to some personal problems and work overload, I started having severe pain the neck region. Within one month the pain became so unbearable that my neck movement stopped almost completely, I could not turn sideways at all. Even the slightest sudden sideway movement would cause pain. Even when I turned while sleeping, I woke up immediately due to the pain. The condition kept worsening and after some more days the pain became so severe that getting up each morning became a big chore. Every morning, after I was awake, I had to massage my neck for 5-10 minutes and try different positions to get up from the bed. The whole process of getting up was so painful that I stopped lying down to sleep. I arranged pillows and slept in a seated position. Even after this, the pain continued. I couldn't turn and I couldn't sleep properly.

I was sick and tired of waiting for the pain to end. I had changed my office computer position and chair also. I had reduced working on computer and tried a few neck exercises, but to no avail.

One night, when I couldn't sleep for a long time even after trying for two to three hours, I prayed, to God that if He wants me to be well, He should show me the way. If not, I will stop fighting it and accept the pain as a part of my life. Next morning, the Brahma Vidya pamphlet came with the newspaper. My mother showed it to me. Normally, I am totally against all organisations preaching devotion and generally stay far away from them, but this time, I took it as a direction from my



God. I joined the class even though I was going to shift my residence within one or two months and the class was in Marathi.

I did what was taught by Ms Warik. Our teacher I started lying down to sleep within two or three weeks but didn't realise the change in me till about five weeks later when I was sitting in the bus to come to attend the class. I turned around and asked the conductor for my ticket. I didn't even realise that I was turning my neck for the first time after two to three months. I did feel different when I turned but couldn't understand why I was feeling odd. After about five minutes, I realised what had happened. I was so shocked that I had to turn my head 3-4 times to confirm that my head had actually turned. That day I was so happy that I couldn't stop smiling. I reached the class and told Ms. Warik how her lessons helped me.

After that I have had minor neck pains from time to time, but I do not have any problems either while sleeping or while doing any other day to day work. Thanks to my God and Brahmavidya, now I can lead quite a normal life.

Sudha Balaji

“Almighty and Eternal Fount of Wisdom, grant us knowledge, understanding and wisdom to speak here words of truth, love and hope. We ask for Light from the Higher Spheres, and may our guides guard and control our mind and tongue that nothing but the Truth may here be given, and that the good seed sown may find fertile spots, may live and grow that those who are now in darkness and obscurity may be brought into the radiant sunshine, and the joyous glory of the unfoldment of true spiritual goodness.”

~My Life in Tibet

Experience



Brahma Vidya can only be experienced, not described



The benefits that practice of Brahma Vidya brings to lives of sincere students are immense and all-round. A student enumerates those that helped him...

Initially when I joined the course, I had a lot of apprehensions like :

- Will I be able to complete the full course?
- What benefits likely to arise?
- What if it doesn't work?
- May be I really know all this and it is not for me.

In short, is it worth all the time and effort? Midway through the course, I realised that Brahma Vidya has really revolutionised and redefined breathing and meditation through breakthrough methods and pioneered a world of possibilities. In fact, it is one of the most effective techniques and we can keep the transformation alive by continuous and regular practice. I am of the opinion that Brahma Vidya should be made compulsory as part of the curriculum in schools and colleges.

I would like to share with you some of the benefits, which I have personally derived from the Basic Course :

- It has totally eliminated negativity from my vocabulary.
- It taught me that today is the best day of our lives.
- It has made me so strong that nothing can disturb my peace of mind.
- It has also taught that we should always talk about health, joy and gratitude to all.
- It has added momentum and strength in my life and has become a part of my daily life.

After doing Brahma Vidya, life will never be the same again since I



have realised that :

- I have reinvented myself
- I am full of vitality and creativity
- I feel a sense of accomplishment
- I have started living life fully and enthusiastically
- Brahmavidya is one course, which has to be experienced to avail of the following benefits and which cannot be described:
- Tranquility and serenity
- Goodness in all human beings
- Create our future with full of possibilities and promises
- Strength to face all situations with courage and optimism

I would like to conclude by affirming that Brahmavidya is a journey; not a destination and the time to do it is ‘right now.’

G Subramani



Advance Course Gathering inauguration by Guru Shri Jayant Divekar



Meditation in Brahma Vidya and my experience



In the present article a student of Brahma Vidya recounts the numerous 'positive' effects of Brahma Vidya in his life...

From my college days I have been hearing about meditation. Many of my classmates and close friends used to go for the meditation camps at Igatpuri and used to ask me to join them. But somehow, I was not fascinated by the idea, thinking that I will do it probably when I need it, the most. But today, I realise that I was wrong.

Last year, I participated in one of the competitions in our corporation and for a token of appreciation won a book – 'The Monk who sold his Ferrari.' The book is really an inspiring one and after reading it I realised the importance of strong resolution. From that day, I decided to give importance to my health and peace of mind and find a way to achieve best of the health and serenity. The first resolution I made was to exercise daily and to get benefits from correct breathing and meditation join any yoga class and get inputs for the same. I came across the word Brahma Vidya in Vashi Plus. Frankly speaking, I never heard of this word before. But now I am feeling so happy for coming across it at that stage when I was so desperate.

Today, after completion of this Basic Course I have a deep feeling of relief that finally I got a solution over my unstoppable negative and over riding thoughts that were killing the joy in my life. It was not only affecting my physical and mental status but also my family. My wife was always telling me about the negative sphere that I have built up around me and was warning about its adverse effect on my life. She was right. I was in a confused state between a sense of contentment and under-achievement. I needed something that would make me



realise my goals in life and enlighten my path of reaching these goals. I found it in this divine Science, Brahmavidya. And today, I feel happy that I got a tool to tackle every problem in life. In fact, I can say that the problem was not there at all and it was entirely my mental concept.

I know that everyone thinks a lot about the past, the future and also about the circumstances around him. These thoughts are switched on as soon as you are alone and not doing any work. I used to get carried away in such thoughts. I have now developed a habit to watch my thoughts continuously and whenever I feel that the thoughts are getting more negative and I am getting carried away by the same I stop myself and start thinking about the positives in life.

The positive affirmations given in our lessons help a lot to come out of such negative feelings. Despite the unnecessary talks going on around me, I know that not participating in such talks is beyond one's control, but I am trying to avoid any loose talk whatsoever from me.

When I joined the class the very concept of remaining imperishable, young forever, generated so much interest in me that I started imagining the same in me and slowly the pain in my neck (which was developed few years back) started reducing. I started feeling energetic throughout the hectic working day. The breathing exercises and my daily physical exercise are improving the conditions day by day. I know that I am not putting the efforts to 100% yet as of now, but the results are astonishing and I am sure the eight fold path given by Brahmavidya will enlighten my way to the highest level of success, peace and happiness.

I have started telling these simple truths about the benefits possible from this greatest teaching of Brahmavidya to my friends and colleagues and I am sure this will give benefit to all of them if they join this course.

Avinash Gadekar



Brahma Vidya my God Mother

Cervical spondylitis is a painful disorder and Brahma Vidya helped a student find relief from it. Read on to know how...

Four years ago, that is before I had started Brahma Vidya I was suffering from cervical spondylitis. Due to which, when I could not even hold a pen for writing or a pencil or brush to sketch, after a few minutes my right hand would go numb, I would have no sensation in my fingers and my whole hand would begin to ache, my neck would throb making it impossible for me to draw or write, and that is why I had given up writing letters and drawing, almost completely.

I was also learning to play sitar and that too had become impossible, since the posture in which we need to sit was uncomfortable for my back. I used to have back and hand ache, so I had to give up playing sitar. My sitar strings are rusted and my sitar is resting in the cupboard especially made for it.

Even when I would hold a book to read, my hand couldn't bear the weight of the book, not only big books, even small ones. While stirring vegetables or just anything that needed stirring, would make my hand and neck pain, I could never carry any weight even less than 2 kg. I used to have black-outs and fall anywhere. The doctor told me that I had cervical spondylitis, which was a common disorder, and a neck band would help. But that was not the cure.

I joined yoga classes, and was very regular, but it did not help to my satisfaction. I also did 'Reiki' and 'Silver Mind' side by side. I was so frustrated by the pain that I would follow any advice given to me.

It was very depressing, and lack of sleep started showing on me. I



was quite short-tempered and a reserved person, and this made things worst. One day my husband on his return from work handed me a pamphlet giving information of the Basic course of 'Brahmavidya,' which was going to be started in Mahila Sangh School near my home, in Vile Parle (east). I was ready to do anything that would bring my life, my confidence, my work, my sleep and my will to live to a normal unpainful life.

I joined the course. Though Phadke Sir was very kind and explained the lesson in such a 'motherly' way, it was difficult for me to understand the spiritual and mental part. But I sincerely practised all the physical breathing exercises regularly and religiously right from the day one, right from the expanding of the throat and Pranayam.

After three months of regular practice the results were visible. Gradually, it started working. Later my husband too joined the course. I rejoined the class to assist our guruji. After my husband completed the Basic Course we joined the Advance Course at Dadar, conducted by Sule madam and completed it in April 2006. I am doing my advance course again, which is in English with Divekar Sir.

I cannot imagine the wonders Brahmavidya has done. I also go to Churchgate to assist Guruji for his Basic Course. Brahmavidya lectures are such that the more you listen to them, each time you understand them better. On December 5, 2004, the children's get-together for those who had completed their Children's Course was held at Vile Parle and I was asked to do posters based on the nine universal truths of Brahmavidya, and I am so happy, I completed them, all by myself in 10 days.

I am very grateful to Dr Nitanta Shevde who showed great trust and confidence in my ability. Of course, I cannot forget 'Brahmavidya' that helped me in my work, that which was impossible for me, for 15 years! I am who grateful to Mr Gharat who introduced it to my husband and because of them both, I could attend Brahmavidya Basic Course.

I thank all my teachers and reverently thank Mother Brahmavidya, which is beyond breath, sound, and light, for curing my spondylitis, initial depression and has given me the love to live life happily .



I am whole – to live life wholly
I am perfect – in every aspect
I am strong – and healthy
I am powerful – and enthusiastic
I am loving – life is full of love
I am harmonious – with the universe
I am rich – in body – heart and head
I am young – enjoying healthy, happy life forever
I am happy – for always and evermore

Shailaja A Kulkarni



Participants of Khandala Camp doing practice of spiritual breathing exercises



Aham Brahma Asmi...

Brahmavidya documents this important holistic truth. The tenets of the science lived appropriately prove to be a panacea to almost all. A student lists some of the benefits he derived from his practice



What attracted me to Brahmavidya first was the talk given by Divekar Sir on 'Sahyadri' some two or three years ago. However, for some reason or other, I could not join earlier than in January, 2006. Having completed the same under the able guidance of Manohar Kumbhare recently. I regret for not having done it earlier. Perhaps it could have developed my perspective vastly.

"We all need an education in the obvious," said Oliver Wendell Holmes. Brahmavidya course re-inforces the above truism. Since childhood we have been told, 'Health is Wealth.' If you have your health you have everything in life. "The human health is the best picture of human soul," said Ludwig Wittgenstein. Herophilus C, the ancient man of medicine in Greece said in some 300 BC, 'To lose one's health renders science null, art inglorious, strength unavailing, wealth useless and eloquence powerless.' The Shastras also say, *Shariram Adya Khalu Dharmasanam.*

Brahmavidya course conceptualises what is good health. Health is energy. Energy stimulates action, with energy everything in life becomes real and possible. The quality of our life is based on the millions of cells contained in our body. The concepts of powerful breathing exercises, and well directed mind are explained to us. Meditation techniques help us to understand the tremendous power of a sound mind over the soundness of the body. Empowering beliefs tell us, there is always a way if you are committed. After successfully completing the course, it is a great joy to watch how our body responds to the physiology of vibrancy, when we practice breathing techniques.

With gratitude from Mr. Ashoke Roy

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A compelling future is instantaneously created within us when we realise fully the meaning of 'Tat Twam Asi,' 'Aham Brahma Asmi, Brahma Evam Aham Asmi.'

I am 65 years, a old retired banker. After 40 years service (20 in India and 20 abroad - Uganda, Nairobi, Dubai, Pakistan), I retired at the age of 62 years. While working in the bank, I used to give lectures on various banking subjects as a Guest Faculty at the Emirates Banking Training Institute Sharjah (similar to Reserve Bank of India Training College in Mumbai).

I have a keen interest in human and personality development and public speaking. In this connection, I came in association with experts in the field like Dr Bharatha Chandra, MBBS, Bangalore, Anthony Francis, Bangalore and Swami A R Parthasarathy, Lonavala.

Initially, I was hesitant to join Brahma Vidya course in view of the open-heart surgery performed on me in USA in Oct 1973 (known as the 'total correction of Fallot's Tetralogy'). However, after successfully completing the 22 weeks Brahma Vidya course recently, I can now say that, "You're only as handicapped as you want to be."

The benefits derived by me are :

1. Cough and cold, which were my constant companions for quite some time, have vanished
2. My snoring habit has been totally cured
3. Now I get six to seven hours sound sleep. When I get up in the morning my purse is magically filled with twenty-four hours, the most precious of one's possessions
4. An attitude of gratitude has been developed. I now resolve to live with zest and enthusiasm. I consider myself to be fortunate to have a life to live, work to do and people to know
5. My eyesight has improved
6. After the age of 60, I used to bend a bit while walking. At 6'2" I now walk straight and tall

I shall be most grateful if 'Brahma Vidya Sadhak Sangh' considers me to be of any help, say for the purpose of writing, spreading the thought process, as I love writing. I intend to continue the advance course of Brahma Vidya commencing in September 2006.

Nitin Desai



Brahmavidya makes us better human beings

In the present article a student of Brahmavidya traces how her journey in Brahmavidya began and the destination at which she has now arrived...

‘Brahmavidya,’ I had no idea what the word meant, not a clue! One day, I read an advertisement about a free lecture and just out of curiosity I decided to attend it. Shri Jayant Divekar, our guru for the next six months certainly did a wonderful job about explaining what Brahmavidya is all about. This was just a rough outline of things to come.

What followed in the next 22 weeks was simply an amazing and an enriching experience. The spiritual breathing techniques, meditations and the meaningful affirmations have not only changed my thinking and my perception but it has transformed my life. I have always been an optimist with a positive attitude, always looking at the brighter side of life. I generally don’t feel low easily, and Brahmavidya has taught me to know myself better, to realise many truths in life, which we are unaware of. It has brought me closer to God and made me realise that all of us are part of this wonderful universe and it shows us this glorious path to lead us to the ultimate truth that God is within us - part of us, part of our being and that God and we are one!

The more we practice these exercises, we become better human beings – more compassionate, humane, loving and vibrant, making us feel younger everyday, wanting to help others and bringing joy in other people’s lives.

Brahmavidya has made me calm and helped me manage my emotions better. It has improved my health tremendously. I have lost four kilos. I feel light (physically and virtually), wonderful and very



healthy. My bad throat used to bother me. But ever since I started practising Brahma Vidya the trouble in my throat has been cured. My voice has improved and I have also been able to sing much better and it has improved my stamina and I have learnt to appreciate life very much. I am grateful to our guru who has guided all of us so well.

Mangala Nath

The arrogance of force

A village was threatened by a tribe of barbarians. The inhabitants were abandoning their houses and fleeing to a safer place. At the end of a year they had all left—except a group of Jesuits.

The army of barbarians entered the city without any resistance and held a great feast to commemorate the victory. In the middle of the dinner a priest appeared.

“You came in here and drove out peace. I beg you to leave at once.”

“Why haven’t you fled yet?” shouted the chief of the barbarians. “Don’t you see that I can run you through with my sword without blinking an eye?”

The priest answered calmly:”

Don’t you see that I can be run through by a sword without blinking an eye?”

Surprised by such serenity before death, the chief of the barbarians and his tribe abandoned the place the next day.



Brahmavidya corrects breathing ailments

*Brahmavidya helps cure respiratory ailments.
The following experience supports this truth...*

I am practising Brahmavidya since the past three months. My experience with the science is very interesting and helpful. I have a sinus problem. After joining Brahmavidya I understood the importance of right breathing. In the beginning, I was a bit skeptical, as to whether the class will really help me. But as I started practising the first breathing exercise and the next ones, regularly, I came to know the importance of inhaling *prana*. Now I realised that I may have been taking insufficient breath, which was resulting in frequent cough, cold, headache and tiredness.

Also the understanding of right living, right thinking, right behaviour as taught in the basic course led to a better understanding of life as a whole. It has also helped me in reducing tension and depression.

I feel all exercises are equally important and beneficial. Therefore, I sincerely thank 'Brahmavidya Sadhak Sangh' for preparing this helpful, easy to understand and easy to practice curriculum, which takes little time and gives maximum benefit.

Sanjay Wankhede



Brahma Vidya, the ‘problem solver’



Brahma Vidya helps enhance the curing process in case of an ailment. The present experience tells us how...

I was suffering from diabetes and pain in the ankle joint for a very long time. My doctor advised me to get operated, as I had over-weight and had high cholesterol levels, which needed to be operated on and would cost around Rs 25,000. I decided that I would not get operated and cure my problem by natural healing. I increased the practice of Brahma Vidya breathing exercises and started taking more care of my health.

I started with pranayam, memory-developing breath along with meditation. I practised daily for at least two hours. Brahma Vidya thereby became an integral part of my life. I regulated my eating habits too. I increased consumption of fresh fruits, salads and started drinking plenty of water. As a result, I lost five kilos. Now, I am not over-weight. My dedicated practice has not only cured the pain in the ankle, but has worked wonders on my sugar and cholesterol levels too. All of this without any operation! I am indeed thankful to Brahma Vidya, which is truly a ‘problem solver.’ I have not had any physical ailment for whole year. But I am feeling better, powerful and happy. I completed Basic course and am presently doing my advance course in Chembur.

Chandrakant G. Bhonsle



Brahmavidya is the perfect spiritual practice

Sincere practice of Brahmavidya allows each one to 'evlove' on all planes of existence - the physical, mental and spiritual. The science imbibes deep within each sincere follower a deep reverential attitude and peace...

A close friend of mine was repeatedly asking me to join Brahmavidya. I had noticed lot of changes in her after she had started the practice of Brahmavidya. She was looking very happy and free of her chronic backache. Everything seemed to be working well on her family front as well.

I joined the Basic Course of Brahmavidya in July 2005 and completed it successfully. After which, I am pursuing the Advance Course. I was looking out for a good method of meditation and some physical exercises which could be practised on a regular basis. Therefore, I feel my search for a perfect form of exercise or spiritual practice which caters to the body and mind has come to an end here.

Paying attention to the posture before starting the exercises, slightly contracting individual muscle groups from toes upwards till the finger tips and then relaxing gives us the feeling that our body is listening to us. I particularly feel the muscles relaxing, when I say, 'no pressure in the neck and back.' At the end of the exercise during relaxation we feel the cells vibrating may be they are recharging and revitalising.

The beauty of spiritual breathing exercises is the chanting of spiritual affirmations following each exercise. So well structured and meaningful they are, that mind adopts them instantly and their hidden meanings dawn upon us. They teach us to respect ourselves, encourage positive thinking, teach us to love all the living things to see the divine light, in self and all the living things created by the Almighty. Towards the end of each affirmation, the words, 'feeling happy, giving thanks'



are truly beautiful and imbibe within us a reverential attitude. I used to automatically say 'Thank God,' when something good used to happen, now I have developed a grateful feeling of bliss and contentment throughout the day.

As our teachers say, practice, practice and practice. Read and re-read the lessons these will definitely elevate us physically, mentally and spiritually. I too, am now thoroughly established into the divine light of Mother Brahma Vidya and her grace runs through me each moment.

Tilottama Premnath



Participants of Indore Camp doing practice of spiritual breathing exercises



Why is Brahmavidya necessary for children?

The seemingly unessential question assumes large proportions when teachers of Brahmavidya Children's Course need to step out of their house and approach a new school - principal or its authorities to convince them of the importance of this course for children. Here an attempt has been made to bring forth the importance of this science in the lives of youngsters of the day, in discussion with a teacher of Brahmavidya for children...

Is it a religious science?

The science is not a 'religious' one. It is a 'spiritual' science not belonging to any particular religion, cult, caste or creed. Anyone above the age of ten years can practice it.

How many children have learnt Brahmavidya till date?

Over 10,000 children from all over Maharashtra have practised the science and have been able to derive wonderful results from their practice. There are about 30 teachers teaching the science avidly to children in the seven-week course, or five-day camps conducted throughout the year across the State. With the help of annual gatherings conducted for children, at least 1,000 sincere child sadhakas come together to practice the science and share their experience with their friends in Brahmavidya. Usually, these gatherings are conducted in the month of April after the school final examinations are over and before the children leave the town for vacation.

Coming to the crucial question: Why Brahmavidya?

Brahmavidya is a holistic spiritual science having beneficial effects on the body and mind of all those who practice it. Among children it has been observed that they evolve as good students and the science imbibes in them a sense of responsibility and enables them to 'grow' in the real sense of the word.

For instance, Amol* (13) from Thane has been practising



Brahmavidya regularly for two years and has been able to concentrate better on his studies. He can control his urge to watch TV and play with friends more easily than before, as a result his score at the class VI final examination has gone up to 80 percent. He used to score a maximum of 75 percent marks in his school final examinations till then.

How does Brahmavidya work in children?

No class at school or elsewhere tells students what they should think and how they can direct their thinking powers, except Brahmavidya. The power of right thinking is immense. It can make geniuses out of an ordinary student. It gives them vision to think big, dream big and empowers them to draw up an action plan to realise their dreams with the blessings of Brahmavidya. These are things, which will leave an indelible mark on their lives for years.

Adolescence is a period when the body and mind undergoes a lot of changes. Introducing Brahmavidya to children in this tender age imprints the science and its tenets in their psyche. It actually programs the way their growing minds think and dream and thereby act. They learn to be more humble, humane and reverent towards the laws of the Universe and at the same time, know that they have a definite place and importance in the Universal Plan. This boosts their righteous self-esteem and enables them to distinguish between their vanity and true worth.

When teenaged children learn and practise the techniques taught to them in Brahmavidya class they realise the positive effects that the science has, on their lives.

Take the case of Shruti* (15) from Mulund. She used to face some problems with seniors in school and in her locality who used to jeer her all the time. She had few friends and thereby felt lonely, and depressed. She used to sit at home, sulk all the while, think bad about children who used to tease her and look down upon her. Slowly as she started practicing Brahmavidya, the prayers and breathing exercises infused her with greater zeal for life. She started feeling happy on her own, she started feeling healthier in body and it started showing in



her whole demeanor, which was more confident, correct and upright. She no longer felt the pangs of contempt that she used to feel earlier. She discovered a new talent for painting and drawing within her and her pictures started depicting the Nature's beauty in vivid colours. She participated in many drawing competitions and started winning prizes for her work. Slowly, the children who used to jeer her before realised that Shruti had more talent than them and started befriending her, she was no longer lonely and depressed and owes all credit to Brahmavidya, which blessed her with the clarity to discover her talent and express it successfully.

Are there any noticeable changes that the science brings about?

At the physical level noticeable changes occur by reduction in their frequency of catching colds, cough, headaches, back aches, etc. When children start feeling the vibes of cleanliness or the distinctive 'pure' feeling within them, in their body and mind they are all the more attracted to the science and start practising it regularly. This regularity percolates to their other activities also, gradually making all their activities more ordered. They learn to manage the sudden and impulsive emotional outbursts that are more common in this age more successfully. Thereby, creating a harmonious atmosphere everywhere they go. These changes happen for sure, when students start practicing and living the truths taught to them in the class.

The case of Ninad (15) from Thane (east) is a wonderful one. He used to get angry on trivial reasons. The fits of anger were very strong and uncontrollable. Once in a fit of anger he hit his elder brother and uttered bad words to his mother. That was when his father became very concerned about his younger son and sweet-talked him into joining the Brahmavidya course conducted in his school. Ninad actually cried in the class, when he was taught the importance of respecting elders, and his family members and how God's love fills his life through these people around him. His tears of repentance were honest and as impulsive as his anger and from then on, he changed for the better. He loves his family members and his brother more than anyone else. He helps his mother willingly in her household chores



and has developed a reverent attitude towards his teachers in school. His father was speechless when he saw the wonderful changes the science had brought about in his son's behaviour. He too joined the Basic Course and practises Brahma Vidya regularly.

To conclude one may sum up, the important reason as to why Brahma Vidya is so effective in bringing about good health in body and mind is simply because it brings about a steady transformation in the belief system of an individual. This brings about a change in the thought pattern, then in the speech and actions of an individual. Meanwhile, the physical exercises ensure that the body is strong, healthy and disease-free. That is how it is a holistic science and indeed a gift to mankind.

(* Names have been changed.)

Sugandha Indulkar



Kolhapur Children's Camp
Children are practising of spiritual breathing exercises



Spirituality@school

India has always been marvelled for its ethnic history world over. Indians are always known to rediscovering ancient systems and ways of life. One such science is Brahmavidya, an ancient system of yoga and applied philosophy. The philosophy of Brahmavidya is the 'Advait' philosophy. The system originated in India, then migrated to Tibet and has now come back to us from Tibet. Divya Nair gives an update...

From last year, a school, PES New English School (English Medium) in Thane east had introduced this unique science to its SSC students. And it worked wonders for its students, thanks to the initiative and fore-sightedness of Sobha Nair, principal of PES New English School, Thane. She says, “When I had a look at my students in class X, I realised that most of them remain absent from school, stating reasons of ill health. Then I conducted an in-depth research on this, I found out that the academic schedule was more taxing than the subjects they studied. I was trying hard to find a solution to this, when one of my ex-students suggested the science of Brahmavidya to me. It was her idea to introduce it as part of the school activity with a nine-month programme.” And the idea bore sweet fruits of success. She beams, “Now, I can see that introverts have changed their behaviour and attitude. In a class of 200 students, two-thirds of them have managed to score above 80%. So now, I’m planning to implement it from class VIII itself.”

Jayant Divekar, chief trustee of Brahmavidya Sadhak Sangh has been teaching this unique science since the past 16 years. He says, “We have courses for all age groups starting from the age of 10. There are courses ranging from 7 weeks to a two-year full time course. These are graded courses, which start with the children’s course (for ages 10-18 years), the basic course (for all above the age of 18 years), advanced course and teachers’ training course (this is the final one, which prepares teachers who can then on teach the science if they



wish to). Among students, it has helped them to keep their body in balance and makes them feel happy from within. This also enables them to have a better awareness of spiritual faith in them. It gives them righteous confidence and empowers them to realise their dreams.”

Says Dr Nitanta Shevde, who teaches the course, “Brahma Vidya has cured people of diseases like spondilitis, asthma, psoriasis, to name some. It basically deals with correcting the person’s breath and thought. It has been observed that the imbalance between positive and negative prana is the root cause of diseases and the science aims to correct our breathing process through the right inhalation, thus increasing one’s lung capacity. (You will be surprised to know that average person uses only 10% of his lung capacity.) This would also mean getting your body in harmony and thereby restoring your normal self.” So this is how it actually works.

People who have practised the course have certainly benefited a lot. Rahul Railkar, who is currently studying for his first year computer engineering, at IIT Powai stood 9th in the All India IITJEE entrance exam. Not only this, he has several other ranks to his credit. He says, “I have been practising Brahma Vidya since I was in class VI, but it is only when I reached class VIII that I followed it regularly. It has increased my performance always, so I follow it even today. But first of all you need to have faith in the system, only then it will help you.” Another student, Neha Khopade shares, “This is a unique science that has no negative effects on the body. When it was introduced, we took some time to get used to it, but later, we began benefitting from it. I had spondilitis and my doctor had advised me to undergo a few exercises, but I could not do them. In this course, we were taught some exercises, after practicing them regularly the pain subsided. Moreover, I improved my concentration and managed to score 12 percent more marks than my usual score, in academics.”

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



Divekar, the chief trustee, “Depending upon the level of interest and availability of time one can devote more time, but minimum requirement is 20 minutes for breathing exercises in the morning and 20 minutes for meditation at night. The methods are simple yet very effective. Any person above the age of 18 years can learn and practice it without any difficulty.” As you can read, the results speak for themselves.

(The above article was published in the Student Edition of the Times of India on October 10, 2006.)

Immortality

As we are immortal,
We don't have death.
As we are immortal
Why should we scare ?
Why not dare ?
Jump in the fire
To rescue people,
Rise again from the ashes
Like a Phoenix bird
Fly again
In the beautiful sky.
As we are immortal
We will be travelling
From one phase into another
Living in harmony.
As we are immortal
Why worry about future
Live in present
Happy and contented.

Swati Desai



Letter of gratitude

Teachers of Brahma Vidya Sadhak Sangh had conducted a special session for students of Class X of PES High School and Junior College in Thane (east). The Principal of the school has written a letter to the Sangh expressing her gratitude. Excerpts :

Brahma Vidya has seen a full academic year in the People's Education Society and went onto the next year bearing productive results. Now, the institution has implemented this course from the class eight so that children rising towards higher classes have the mental strength and agility to cope with ever-growing pressure. It has been a wise decision to start with because implementation of Brahma Vidya has altered the mindset of students and hence changed the way they look at exams. This has helped us improve our results and enabled more students to pass and many more to score better in their board exams.

Introduction of Brahma Vidya started as an experiment, which now claims a permanent slot in my school's curriculum and is systematically practised everyday by most students.

Thank you, Brahma Vidya Sadhak Sangh for enlightening my students and adding another dimension of unlimited possibilities to their lives.

Yours sincerely,

Sobha Nair

Principal

PES Thane High School and Jr College

Kopri, Thane (E)



Festivals and Brahmavidya

A student brings forth the similarities in festivals and Brahmavidya both of which are a celebration of life...

Festivals are a symbol of beauty, peace and rejoice for humanity. They help us to generate relations between different languages and help us to express our thoughts and expressions towards our best friends. They bring our friends closer to us by gifting cards and surprises.

Some festivals are celebrations of historical events. They create a circle of friends, religions and languages. Most festivals are related to God - The Almighty who has created the universe, Earth and human beings. Baisakhi, a harvest day for Punjabis and a festival to offer holy prayers to God which marks the beginning of the blooming season and the arrival of happiness and prosperity all over.

On some festivals we thank God and express our gratitude through prayers, lighting diyas, making sweet offerings to the Lord and more. Almost all elements of rejoice, gratefulness and thanksgiving are taught in the Brahmavidya Children's Course, which helped me find the relation in the two easily. I therefore feel Brahmavidya can be called the 'festival of life' or a 'celebration of life.'

Rutuja D. Dhanukate



Brahma Vidya and Asthma

Asthma is a common ailment in the urban world today. Its causes are many, and Brahma Vidya helps in curing the disease, a student shares his daughter's experience...

I came to know about Brahma Vidya coincidentally, through a co-passenger while traveling in a local train. The gentleman briefly introduced Brahma Vidya as art of better living through breathing techniques, which influences our whole body and mind. Since my daughter is continuously suffering from breathing trouble basically due to asthmatic conditions. I had decided to take her to the course conducted at Muranjan High School, Mulund (W).

The course commenced from February 27 2005. It was for the children between 9 to 17 age group - but since my daughter is not well conversant with the medium of instruction Marathi, I had to join the course.

From the very first day I found that the breathing techniques taught are very useful. Even though I was familiar with yogasanas to some extent, these breathing techniques were unknown. Even on some occasions, doctors treating my daughter had suggested my daughter to do 'Pranayam' but no one told her how to practice it. After joining the course with regular practice of breathing exercises, I find there is some improvement in her breathing compared to her shallow breathing earlier. The most important thing taught in the course was to think positive because it was convincingly explained that 'as we think - so we become.' This is the most important lesson in achieving our goals in life.

The methods of teaching adopted are simple and interesting. I was present in all the sessions and observed that children were enjoying



the sessions. I wish more and more children should take advantage of Brahmavidya teachings, which is an ancient technique of better living. I am once again thankful to the Brahmavidya Sadhak Sangh for providing opportunity to the masses to learn and understand the teachings of Brahmavidya.

Shreekant A. Hoskeri



Quiz No. 1

I	A	M	I	Y	O	U	R	I	M	I	N	S
A	B	I	R	A	T	L	A	F	T	C	U	I
M	U	A	A	E	M	M	I	C	I	O	M	A
S	H	N	B	M	Y	L	E	R	I	I	I	M
T	E	I	I	O	P	F	O	N	T	A	T	H
R	T	V	U	V	R	O	O	V	M	M	Y	A
O	A	N	I	E	E	M	W	W	I	L	O	P
N	G	V	P	T	R	R	H	E	E	N	E	P
G	O	M	E	A	I	O	S	N	R	B	G	Y
L	A	F	H	N	L	S	I	A	I	F	I	F
I	I	M	I	E	P	N	O	B	L	L	Y	E
L	A	L	I	F	O	N	M	P	H	A	P	L
I	M	I	N	D	P	I	A	M	R	I	O	H

Find out from these squares following words :

- I am whole
- I am perfect
- I am strong
- I am powerful
- I am loving
- I am harmonious
- I am rich
- I am young
- I am happy
- Imbibe on your mind nine universal positives
- My Life in Tibet

Shalini Kulkarni

!! Attention !!

Solve all of these quizzes and send them to Ratneshwar Bhuvan 1ST Floor, Gokhale Road Behind Bank of Maharashtra, Naupada, Thane (West) 400602 with your full name, address & phone no. before Jan. 31, 2007. First 20 correct entries will be given a prize. Winners will be intimated over the phone and they collect their prizes from the Trust's office.



All its advantages...

The following article enumerates the varied advantages that sincere practice of Brahma Vidya brings to its students...

Brahma Vidya led me towards my goal and it also filled me with confidence. By practising the breathing exercises, I felt very fresh and determined to achieve my aim. It took me towards success because all the exercises and prayers are very effective. They increased my memory capacity and helped enhance my concentration too. By doing the memory developing breath, I could memorize difficult formulae and theorems, much easily during my exams. So, I can surely say that Brahma Vidya eases the struggle element in achieving success and helps one progress smoothly.

Siddhesh Sansare



A life changing science

This student pens down the wonderful effects of Brahma Vidya in her life...

Brahma Vidya has changed my life. Before learning Brahma Vidya, I was always sick and weak but after learning Brahma Vidya, I am quite healthy and strong. Now do not fall sick as often. After learning Brahma Vidya it has also helped enhance my memory. I have improved



in academics. Brahmavidya has totally changed my life. If I feel weakness of any kind, I do Brahmavidya exercises, which help me overcome it. All this proves that Brahmavidya is a panacea for the problems of modern world. I can take out time for Brahmavidya easily as it takes only 10 to 15 minutes. The exercises are simple yet effective. I feel mornings are best do the exercises, therefore I practise them every morning.

Tanvi



Brahmavidya : A benevolent companion

A teenaged student of Brahmavidya shares his experiences with the science...

The seven sessions of Brahmavidya Children's Course were really helpful. It shows us proper way of inhalation which most of us do not know. During first few weeks of Practice of Brahmavidya Ocercises, boils and acne, on my face reduced. On the mental level, it helped increase my concentration. As a result I could perform well in my academics and improve my game of cricket. Its wondrous effects were seen in tuition tests where I observed significant increase in marks. I also suffered from neck and back pain, which was gradually eliminated. It helps me to relax thoroughly and rejuvenate myself at the end of the day. The list of benefits the science has showered on me are unending and according to me everyone must try learning it, which will form a good life-long companion for you and enable you to achieve success in all walks of life.

Siddharth K. Kadam



Quiz No. 2

R	C	R	I	G	H	T	S	P	E	E	C	H	A	N	I	M	G
I	L	E	A	R	N	B	R	A	H	M	A	V	I	D	O	N	R
G	B	R	A	H	M	A	P	R	A	N	A	Y	A	M	I	O	I
H	V	I	D	Y	A	H	P	T	H	E	S	T	P	D	S	O	G
T	H	U	M	N	T	S	S	T	E	P	S	T	N	E	P	T	H
M	N	O	B	A	L	A	E	L	L	T	R	A	M	I	A	C	T
E	V	E	E	E	M	O	A	A	R	I	T	M	N	G	T	U	R
D	G	R	V	H	A	E	I	O	G	S	O	R	O	H	H	D	E
I	B	I	A	Y	R	T	F	H	R	D	I	R	B	T	L	N	S
T	L	R	D	E	S	F	T	E	G	G	V	E	L	F	A	O	O
A	B	I	H	E	E	R	D	N	H	L	E	S	E	O	E	C	L
T	V	T	L	T	A	N	I	T	A	T	G	O	T	L	R	T	U
I	E	E	H	P	U	K	L	R	M	H	E	L	B	D	E	H	T
O	C	G	T	T	N	I	E	T	E	O	T	L	R	V	D	G	I
N	I	U	H	A	V	N	C	I	D	U	A	O	A	I	I	I	O
R	R	G	M	I	I	B	O	O	I	G	B	V	H	D	S	R	N
E	I	U	N	M	T	R	N	N	T	H	L	E	M	Y	R	A	P
R	H	G	A	N	I	M	A	L	A	T	E	R	A	A	T	U	R

See if you can find out following words from the above squares

- Right understanding
- Right resolution
- Right speech
- Right conduct
- Right effort
- Right Living
- Right meditation
- Right rapture
- Kingdom
- Ethereal
- Sidereal
- Mineral
- Vegetable
- Animal
- Human
- Celestial
- Noble eight fold
- Path
- Learn Brahma Vidya
- Live Brahma Vidya
- Love Brahma Vidya
- Steps
- Breath
- Thought
- The Pranayam

Shalini Kulkarni



Quiz No. 3

P	I	N	S	P	I	R	A	T	I	O	N	A	L	O	N	E	M
Y	H	F	L	B	E	E	R	H	T	B	E	H	T	A	L	N	E
O	E	Y	O	A	F	F	I	R	R	M	A	T	C	Y	O	U	M
Y	I	F	S	Y	N	A	N	E	D	L	I	I	R	I	P	A	O
R	G	I	V	I	R	V	A	V	A	R	T	O	T	N	T	H	R
O	H	O	F	E	C	T	A	U	P	E	M	A	E	E	A	A	Y
W	T	O	M	A	H	A	T	S	N	E	N	V	G	Y	P	A	D
N	M	A	A	I	Y	I	L	G	M	E	E	N	D	G	G	E	E
S	N	O	N	D	R	W	A	P	V	S	I	I	N	F	X	E	V
P	B	G	I	I	O	M	R	U	E	S	V	I	F	E	H	I	E
I	R	V	P	R	O	E	J	O	I	R	S	A	R	R	T	G	L
R	A	S	U	R	V	E	N	L	O	N	F	C	P	A	T	H	O
I	H	O	B	I	R	A	A	T	A	T	I	E	E	A	T	O	P
T	Y	I	F	D	M	T	O	E	T	S	T	L	C	H	G	D	I
Y	V	A	N	H	I	O	L	X	E	T	B	I	G	T	L	O	N
A	Y	A	A	V	W	C	I	S	E	O	N	I	I	O	I	T	G
L	R	R	E	T	A	S	B	L	N	A	E	E	F	F	I	O	M
G	B	R	E	A	F	F	I	R	M	A	T	I	O	N	S	W	N

Find out following words from above squares

- The Name of Breathing Exercises
- Spiritual Noble Eight Fold Path
- Brahma Vidya Affirmations
- Memory Developing
- Revitalizing
- Inspirational
- Physical Perfection
- Vibro Magnetic
- Cleansing
- Grand Rejuvenation
- Your own spiritual
- One
- Two
- Three
- Four
- Five
- Six
- Seven
- Eight

Shalini Kulkarni



Quiz No. 4

T	P	U	R	I	F	I	C	A	T	I	O	N	M	E	B	U	G	U	G
O	H	P	H	I	L	O	S	O	P	H	Y	N	A	H	G	U	O	H	U
F	X	E	R	S	A	D	H	A	K	O	T	O	A	A	R	W	T	T	R
M	O	U	G	N	A	L	A	N	D	A	A	G	H	U	T	L	U	E	U
I	O	A	F	R	S	A	N	G	H	D	W	D	P	C	A	R	G	A	J
N	Y	L	O	W	E	H	I	S	N	A	D	A	I	E	N	U	M	C	Y
D	O	I	U	A	T	A	N	A	N	U	D	S	M	R	R	E	T	H	O
A	U	V	R	A	R	E	T	G	B	M	A	E	A	U	T	E	Y	E	T
N	R	E	E	S	I	X	A	T	A	B	L	E	D	S	B	I	Y	R	I
D	O	R	R	E	Y	U	W	S	I	B	L	I	Y	I	Y	O	S	R	
B	B	U	F	T	T	D	A	E	A	B	N	S	T	E	T	D	G	T	M
O	O	I	E	M	E	M	E	H	E	G	E	N	K	I	N	E	A	R	A
D	L	N	T	R	B	V	S	E	L	K	I	T	S	A	E	X	C	A	Y
Y	I	S	D	H	O	I	S	E	A	E	S	R	A	C	N	I	N	I	A
N	E	N	A	L	R	R	M	M	F	A	E	N	N	N	S	L	O	N	N
T	U	V	Y	E	U	E	H	I	Y	V	A	A	B	A	G	O	F	I	A
H	A	E	P	O	I	A	L	D	I	V	V	B	B	I	S	U	A	N	N
U	N	M	C	R	R	Y	I	N	D	D	T	W	E	N	T	Y	R	G	D
O	I	G	U	B	M	V	U	A	A	A	N	C	I	E	N	T	G	U	A
T	G	U	R	U	I	A	Y	A	N	T	D	I	V	E	K	A	R	U	R

Find out following words from above squares

- Guru Padma Sambhava
- Bhagwan Gautam Buddha
- Guru Ding Le Mei
- Guru Jyotirmayananda
- Guru Jayant Divekar
- My Life In Tibet
- Our breath is our life
- Nalanda University
- Brahma Vidya is an ancient system
- Yoga and Philosophy
- Learn
- Live
- Love
- Purification of body and mind
- Basic
- Twenty two weeks
- Advance
- Teachers Training Course
- One Hundred Four
- Ninety Six
- Sadhak Sangh
- Your key to imperishable health
- Basic

Shalini Kulkarni