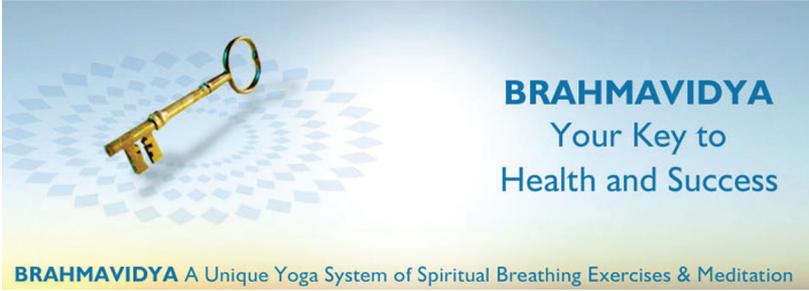


VISIT OUR WEBSITE



An overwhelming response

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

To all Brahmavidya students

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

Visit www.brahmavidya.net

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Bh. Bank of Maharashtra, Naupada, Thane (W) 400602
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DISCLAIMER

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



Teachers' Introduction



Bapat Rajendra

Conducts Basic Course
in Belapur

☎ 25924462, 9969224462



Sawant Ramesh

Conducts Basic Course
in Pune

☎ 020-24254644
9423174862, 9371021278



Pravin Mankar

Conducts Basic Course
at Grant Road

☎ 26460425
9870052022



Godbole Ruchira

Conducts Basic Course in Airoli

☎ 21714654, 9987383384



Sathe Sanjeevani

Conducts Basic Course in Pune

☎ 020-25468557, 9011064870



Dravid Narendra

Conducts Basic Course
in Pune

☎ 020-25449939
9822027388



(CA) Apte Jayant

Conducts Basic Course
in Malad

☎ 9821125965



Nagane Rajan

Conducts Basic Course
in Pune

☎ 9822049024



Participants practising breathing exercises at the Advance Course Annual Gathering, Dadar



Participants demonstrate spiritual breathing exercises at Atmadarshan residential camp



Proposed Ashram of Brahmavidya Sadhak Sangh

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

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

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

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

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



Brahma Vidya Sadhak Sangh

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

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

Note :

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





Editorial

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



Alka Purohit

'Pradnya' has completed 12 years and this is the 13th year of its publication. All those who are practicing spiritual breathing exercises and meditation taught in the Basic Course of Brahmavidya are experiencing excellent results. Basic course is now being taught in Marathi, English and Hindi, therefore, in just over a decade. Thousands of sadhakas are drawing benefits from the same. This progress proves the efficacy of this science. This has been possible because of the able guidance of the Chief Trustee, honorable Shri Jayant Divekar and the relentless efforts of teachers and volunteers.

'Pradnya,' the annual souvenir published by the trust has also played a key role in creating awareness about Brahmavidya. This souvenir is a treasure trove of inspiring experiences of various sadhakas.

All programmes charted out by the Trust are conducted successfully and information about these programmes is available in Pradnya, as well as on the website. Last year, for the first time, two Hindi Advanced Course batches have begun. In Borivali a new office of the Trust has been opened. The next milestone in the progress of Brahmavidya Sadhak Sangh is building the 'Ashram.' I hereby appeal to all members of the Brahmavidya family to donate generously for the Ashram Project.

Many sadhakas are sending in their 'experiences' for publishing in 'Pradnya,' however, due to limited space we could not publish all articles that we received, apologies for the same.

We would like to thank all of those who have helped in the publication of *Pradnya 2012*. We thank sadhakas who have sent their experiences



in article form for this *Pradnya*. We also thank page donors and life members of Pradnya souvenir. A big thank you, to the cover page artist and Mouj Prakashan.

I pray to the Lord, 'May all those who are reading this souvenir for the first time join the Basic Course of Brahma Vidya and those who are practicing Brahma Vidya teachings enhance their practice and live a more healthy, happy and peaceful life.'





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NEW BASIC COURSE BATCHES STARTING IN APRIL 2012

Place	Class Address	Time	Teacher	Date
Vashi Navi Mumbai	Indian Education Society's, Secondary School-1, Near Police Station	Morning 9.30 to 11.00 am	Mrs. Godbole 9987383384	15.4.2012
C.B.D. Navi Mumbai	Bharatiya Vidyapeeth School Sector-3, Near Ambedkar Garden, CBD, Belapur	Morning 9.00 to 10.30 am	Mr. Bapat 9969224462	15.4.2012
Goregaon (W)	Jawahar Vidyalaya Highschool, M.G. Road, Behind City Centre	Morning 10.00 to 11.30 am	Ms Dharashivkar 9869184393	15.4.2012
Malad (W)	Ghanshyamdas Saraf College Sunder Nagar, S V Road	Morning 8.00 to 9.30 am	(CA) Mr. Apte 9821125965	15.4.2012
Andheri (W)	Shri Ram Welfare Society's High School Shri Ram Nagar, Upasharya Lane	Morning 8.00 to 9.30 am	(CA) Ms Apte 9870227746	15.4.2012
Bandra (W)	MMK College of Comm. & Eco. 32nd Rd. TPS III, Behind National College	Evening 6.45 to 8.15 pm	Mr. Mhatre 9867400834	13.4.2012
Vile Parle (W)	Bhagini Seva Mandir, Kumarika Stree Mandal, S N Rd., Nr. McDonalds	Morning 8.15 to 9.45 am	Dr. Ms Shevade 9820056943	15.4.2012
Mulund (W)	Mulund College of Commerce, Nr Mulund Rly. Strn.	Evening 6.30 to 8 pm	Mrs Jog 25476818, 9820107317	15.4.2012



Brahma Vidya Sadhak Sangh

Kandivali (W)	Pancholia High School, Mahavir Nagar, Kandivali (W)	Morning 8.00 to 9.30 am	Mr Bhirangi 9819335031	15.4.2012
Borivali (W)	Babhai Municipal School, Babhai Naka, Gorai Rd	Evening 7.00 to 8.30 pm	Mr Karandikar 9869264623	14.4.2012
Chembur	Chembur Education Society, Ramkrishna Chemburkar (RC) Marg, Chembur Naka Near State Bank of Patiala.	Evening 7.00 to 8.30 pm	Mrs. Godbole 9987383384	13.4.2012
Anushakti Nagar	Atomic Energy Central School No. 1, Anushakti Nagar, Mumbai 94	Evening 7.00 to 8.30 pm	Ms. Bapat 9969224462	13.4.2012
Churchgate	PVDT College of Education, 3 rd flr, SNDT College, Nr Stn.	Evening 6.45 to 8.15 pm	Mr Vikas Pandit 9320972347	19.4.2012
Grant Rd. (W)	Fellowship School, Gowalia Tank August Kranti Maidan	Evening 6.30 to 8.00 pm	Mr. Bhirangi 9819335031	14.4.2012
Dadar (W)	Chabildas High School, Room 12, Opp Vanmali Hall	Evening 7.00 to 8.30 pm	Mr. Dalvi 9820227104	19.4.2012
Thane (W)	Laxmi Keshav, 3 rd floor terrace, Behind Bank of Maharashtra, Naupada	Evening 6.30 to 8.00 pm	Mrs Kulkarni 25422768	14.4.2012
Thane (W)	Vasant Vihar, Anmol Vidya Mandir, S.V. Nagar, Old Mhada, Pokharan Rd 2	Morning 9.00 to 10.30 am	Mr Wakankar 9820524143	10.6.2012



The order, harmony and beauty of life

*Chief Trustee of Brahmavidya Sadhak Sangh, **Shri Jayant Divekar** explains how Brahmavidya can help achieve order, harmony and beauty of life*



Brahmavidya brings to our lives a definite order, harmony and beauty. In the exact proportion in which we recognize this order, harmony and beauty of life through our practice, our life is filled with that much happiness.

Let us now examine these three words (order, harmony and beauty) because these are not mere words, they are important milestones in our spiritual development. Order here means a set of rules. The varied manifestations of life are all defined by a certain set of rules. On examining every life form one realizes that every manifestation has its own order (set of rules). If we examine in detail any form from either the mineral, vegetable or animal kingdom, the various rules that determine that particular form are revealed to us. Science uses an objective method to discover various rules of Nature. All these researches are driven by one thought – that even if one is not aware of the exact nature of laws in which the varied life forms function – there is a law that governs their existence. Science, through continual research and development efforts has compiled a lot of information about the mineral, vegetable and animal kingdom.

Apart from the lower life forms, human beings have been able to discover a lot of information about the functioning of the human body. All of this information shows that life in every form is governed by order. Even though this order is existent, it is quite unobvious and secret in nature and therefore unless researched accurately it cannot



be discovered. Whatever knowledge human beings have gathered through the observation of the varied elements of nature has been in existence since the past thousands of years. All the same, because of lack of research this order was not earlier discovered by human beings. Just as we see an order in the external world, a similar one exists within us – in our thoughts, emotions and life energy. This order can be discovered through individual efforts alone. An individual alone can actually examine (introspect) his thoughts, emotions and life energy closely, no other person can do it for him. A scientific discovery is applicable to everyone, or all life forms. It is not so in case of an individual's introspection. Brahma Vidya teaches us important techniques of such introspection.

Harmony simply means a peaceful co-existence. To understand harmony well, one can think of an orchestra or even about the human body. In an orchestra there are different musical instruments played by different people, which together form a beautiful symphony. In the human body also there are different organs, which function differently as well as their needs are totally different, yet they all function with great mutual understanding and therefore the human body functions efficiently. We have seen in these two simple examples that the whole universe functions harmoniously.

All forms in this universe are different from each other, after a superficial observation one may feel that these forms are in a constant struggle against each other and only the fittest will survive. However, in essence, since all these forms have emerged from the same universal creative force, all are interconnected and there is a natural harmony between them. Scientific experimentation over years of research proves that all these forms are related to one another. Take the case of our environment. At the outset, no one would understand how trees actually help nourish the environment; control and determine rainfall. However scientific research clarifies their role in the ecosystem.

Beauty is a personalized phenomenon and therefore a generic definition is impossible. We can say that the thing which attracts us or gives us joy seems beautiful to us. But, something that seems beautiful



to one may not appear the same to others. Just as, order and harmony are established in all life forms, so also, beauty is an integral part of these forms. But our definitions of beauty are so narrow that we really fail to appreciate the beauty in Nature. For instance, flowers of different types are beautiful. Each one of us will agree with the fact that each flower has its own beauty. But we may not like all flowers, because we have pre-decided as to which flowers can be called ‘beautiful’ and all others therefore though being really beautiful fail to attract our attention. This example of flowers applies to all life forms in the universe. All these forms are individually beautiful.

Having thought about these things, one would surely want to know how one can recognize this order, harmony and beauty of life. The only way to recognize this is to understand and acknowledge the presence of divine order, harmony and beauty in one’s life. In the proportion one experiences the truth of this statement in one’s own life one can experience it holistically as well. At the beginning of this understanding lies ‘order.’

Divine order manifests itself in our life in two fundamental ways: breath and life. Spiritual breathing exercises and meditation taught in Brahmavidya Basic Course and its practice will enable us to experience divine order in our life. The experience of ‘order’ will lead us to the experience of harmony and thereafter beauty. This will fill our life with immense joy and contentment.

Therefore I request all sadhakas to hold on to the consistent practice of breathing exercises and meditation. All those who haven’t learnt Brahmavidya should learn it by enrolling in the Brahmavidya Basic Course to experience the aforementioned truths.



What is Brahma Vidya?



Rajaram Surve

This article introduces readers to Brahma Vidya and Brahma Vidya Sadhak Charitable Trust under the aegis of which teachings of this unique spiritual science is imparted across Maharashtra

Brahma Vidya Sadhak Charitable Trust is an organization, which is dedicated towards spreading the teachings of Brahma Vidya. There are three graded courses of Brahma Vidya which ensure steady and gradual progress of a student. The courses are: Basic Course, Advance Course and Teachers Training Course (i.e. Pradeepak).

In the Basic Course students are introduced to the science of Brahma Vidya its basic tenets are explained in detail. Eight spiritual breathing exercises and meditation is taught lucidly over a period of 22 lectures conducted once every week, for one and half hour.

The Basic Course stresses the importance of right breathing and right thinking, two aspects that are meant to correct one's living. Every student is given adequate attention and all queries put forth by students are answered by the teacher accurately. The science of Brahma Vidya is an age old one, which has been preserved over hundreds of years, and in the past few years it has been introduced to all common people.

The science aims to bring about a total transformation in an individual and empowers him to discover his true potential and purpose in life. Due to the presence of a trained teacher, every student gains through the sincere practice of Brahma Vidya.

Here, we are discussing the importance of complete and correct Breathing for healthy living. During Brahma Vidya Basic Course students are slowly and in a phased manner introduced to eight types of spiritual breathing practices. Many students have experienced good health and



vigour due to regular practice of these exercises.

Let's see why is breathing, which one has been doing since birth needs to be relearned and how do breathing exercises help improve life? We rarely pay attention to our breathing. Due to disuse, rest of the lung capacity is wasted and thereby only a limited amount of fresh air along with pure oxygen is circulated throughout the body. With regular practice of breathing exercises, additional attention given to breathing and because of new techniques of breathing, most students start using full lung capacity which invariably results in invigoration and thereby enhanced health and better capacity. Good health is an obvious result of better circulation and infusion of prana energy (the primordial life force) into the body.

At the mind level these exercises are known to improve memory, concentration and alertness. These effects go a long way in enabling an individual to achieve his aims in life and therefore are known to bring about unprecedented wellness. That's why Brahmavidya has been instrumental in bringing about life-altering changes for many sincere students.

Everyone should practice Brahmavidya and gain rich dividends through this wise investment of time and effort. As one advances in the understanding of Brahmavidya there's always more and more to learn and gain in experience. It's a beautiful journey on which every human being should embark once in a lifetime to understand the true meaning of life and live it as fully as possible.



A Silent Revolution



Kalindi Teredesai

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

Classes of Brahma Vidya are being conducted under the aegis of Brahma Vidya Sadhak Sangh. Over the years, number of students enrolling for these classes is on a steady rise. The credit of this progress primarily goes to the able guidance provided by Shri Jayant Divekar and trustees of the Sangh in addition to the relentless efforts taken by all teachers and volunteers. Each year Brahma Vidya Sadhak Sangh undertakes many new initiatives. Last year, it has taken up the task of building the Brahma Vidya Ashram. Details about the Ashram Project are provided hereinafter.

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

So in all, every Brahma Vidya teacher has successfully completed six months of Basic Course, two and half years of Advance Course, and two and half years of Pradeepak or the Teacher's Training Course.



Each of these courses are progressive in nature and content and therefore train the would-be teacher on the physical, mental and spiritual plane of existence. Unless a sadhak clears all these courses successfully s/he is not allowed to teach Brahmavidya under the aegis of Brahmavidya Sadhak Sangh. Apart from these courses, teachers of all Brahmavidya courses: Basic or Children’s Courses are required to attend regular workshops, which help evaluate their progress in Brahmavidya and allows them to revise and update their knowledge and teaching techniques. This meticulousness allows for accuracy and uniformity in the teachings of all teachers of the Sangh.

Details of Brahmavidya classes, teachers and students from 1.1.2011 to 19.9.2011

Particulars	Children’s Course	Basic Course	Advance Course	Hindi Classes	English Classes	Teacher’s training course
No. of teachers	83	124	25	08	15	01
No. of classes	118	174	31	13	17	04
No. of students	1,658	11,102	1,626	114	246	520

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

Residential camps: Those students who cannot dedicate 22 weeks for learning Brahmavidya, the Sangh organises a five-day residential camp where these students learn the Basic Course. Most camps are conducted at serene and beautiful locations. Thereby, most sadhakas



learn this science in a healthy and positive environment, and thereby are able to learn it quite well. Till date, residential camps have been conducted at Khandala, Panhala, Bhayendar (Uttan), Nashik, Jalgaon, Karjat and many other places. During the past year, a full-fledged Basic Course and Advance Course were conducted at Nashik. Basic Course has begun at Satara.

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

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

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

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

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

Number of page donors is increasing every year. *Pradnya* is published every year in Marathi and English and is distributed to all sadhakas. *Pradnya* is released every year in the annual gathering of Advance Course students by honorable Shri Jayant Divekar.

All contributors of *Pradnya*, writers, page donors, etc get a



complimentary copy of that particular Pradnya.

All sadhakas should attend Brahma Vidya gatherings along with their family and friends. Interaction with other sadhakas and teachers during these gatherings is quite important for students. It keeps them updated about activities of the Sangh and helps improve their learning and practice of Brahma Vidya. A copy of Pradnya is given as a gift to all participants at the gathering at which it is released.

Amazing facts

Human body

The lungs contain over 300,000 million capillaries (tiny blood vessels). If they were laid end to end, they would stretch 2400km (1500 miles).

Human bone is as strong as granite in supporting weight. A block of bone the size of a matchbox can support 9 tonnes – that is four times as much as concrete can support.

Each finger and toenail takes six months to grow from base to tip.

When you sleep, you grow by about 8mm (0.3in). The next day you shrink back to your former height. The reason is that your cartilage discs are squeezed like sponges by the force of gravity when you stand or sit.

The focusing muscles of the eyes move around 100,000 times a day. To give your leg muscles the same workout, you would need to walk 80km (50 miles) every day.

In 30 minutes, the average body gives off enough heat (combined) to bring a half gallon of water to boil.

A single human blood cell takes only 60 seconds to make a complete circuit of the body.

The eyes receive approximately 90 percent of all our information, making us basically visual creatures.



Life is a battle!



Swati Jog

This article highlights the various problems that grapple the contemporary urbanite and how Brahma Vidya helps solve all of them

I am running short of time. I am too old to make a fresh start. I am just twenty five years but I am so weak and exhausted.

I would like to write poems, draw pictures and do so many things but I know I cannot as nobody in my family has ever been a poet or a painter.

I am afraid I cannot complete this project in hand.

I want to climb up the mountain but I have failed twice in the past.

I would like to sleep peacefully in the night but it seems to be a dream.

There is no expiry date for tensions and worries they will expire with me.

I am short tempered person but I cannot do anything about it.

Dear reader, have these type of thoughts bothered you? Was it yesterday, one hour back or a few minutes back? Thinking is a continuous process for us. But very rarely we are aware of our thoughts. These type of thoughts creep into our mind. Sometimes they catch us unaware, assault us and render us helpless.

Negation is a creation of our own mind. It appears to be a necessity. Irrespective of our education, financial, social status each one of us is an owner of a great estate- OUR MIND = OUR BOX. This is the only estate we all possess.

Since we are born we lay idea after idea, good ideas, truthful ideas, bad ideas, horrible ideas, indifferent ideas, ideas that are right, ideas that are wrong, ideas that are of no value. They are all in this box. We are the sum total of all these layers. All these ideas are stored in the box, in an orderly manner. You or I, the thinker, has only this box to



draw from everything we need. Our point of reference is always this box. For example, as I start climbing up the mountain, immediately something from within pops up, reminding me how I had failed in my last attempt. People around me, caution me reminding me of my great fall (point of reference their box). Since childhood, we have been observing that our parents, grandparents, great grandparents have been the victims of age old negations like old age, senility, disease, decay, doubt, failure and many more. Knowingly or unknowingly, all these ideas are stored in our box. A problem free life, seems to be problem. These negations lead to fear and gnaw at our vital physical, mental and spiritual energies. We waste our valuable resources. This results into disorder at all the levels.

Now, the question is how to solve this problem? How can I lay right, constructive layers and get rid of the wrong layers? How to replace fear with courage, weakness with strength and so on?

To quote Guru Ding Le Mei “No matter how we view it, life is battle and it is good that it is so. We must be grateful for the struggle and to fight the battle heroically and well is the great purpose of every man’s existence. To stem the strong currents of adversity and to advance inspite of all obstacles is to fight well the battle of life.”

To fight this battle heroically, rectification has to be made in the box – our thoughts. But most of the time we try to rectify the action (the end point). For example to climb cautiously, to wear good shoes. Then it becomes merely a cosmetic surgery. It is necessary to weed out the negations from the box.

To win this battle, we have to believe that we can conquer. It is in our own interest not to entertain, not to believe in these negations.

Brahma Vidya teachings help us in this regard. It teaches us that we are the conquerors, Generals of a great army of cells. It teaches us that within each one of us, though we may not know yet, that there is a power that causes the universe to be what it is. It is possible to contact this power and utilize it for our wellbeing.

The students of the basic course and children’s course have successfully begun to uproot these negations by their practice. They are gratefully leading a healthier and more successful life.



Learn Brahma Vidya!



Sugandha Indulkar

Why should someone spend six months from one's busy schedule to learn Brahma Vidya, what difference will it bring in one's life? How will it actually help? The following article answers these questions aptly

When one learns Brahma Vidya one realises that at the level of breathing one becomes more and more aware of one's breath. One learns to breathe rightly. Paying total attention to the breath gradually trains the mind to pay attention to anything that one chooses to. Training of breath develops into training of mind. It's a gradual and involuntary process. With regular practice of Brahma Vidya from breath to mind and then to thought, one doesn't realise how and when one actually graduates in understanding all these elements. Awareness of these elements empowers one at every level of one's existence: the physical, mental and spiritual.

Thoughts maketh man. Philosophers from time immemorial have repeatedly explained how thoughts can help realize one's destiny. In Brahma Vidya, in the form of its theory texts, one comes across sets of different affirmations, forewords to meditation and so on. These are actually thoughts worded by great gurus of the past. By planting these thoughts into one's subconscious mind through meditation, one emerges into a better human being. There is a remarkable transformation. It's something that each one should experience for oneself. Reading or hearing about someone else's experience can act as mere inspiration to learn Brahma Vidya. Actual learning and practice will bring you the experience. Every word mentioned in the lesson notes, which are distributed in every class is true. These words are very potent. They have the power of becoming real.

Some ideas taught in the course may seem familiar, some may be



totally new, while some may seem unreal. They seem so because they have been worded by superior intelligences. Gurus of the past have through meditation and experience authored these lessons, which have been handed down from generation to generation. That is why they are so powerful. Having said this, it goes without saying that Brahmavidya is indeed a life-changing science, which works upon the body, mind and soul of every person who practices it. Individual effort, one's attitude and aptitude may bring in the differences in the degree of results achieved. Regardless of these factors, however, sincerity of practice always brings good results. Honesty, dedication and commitment to one's goal, which one wants to achieve through practice of Brahmavidya determines the rate of success and the time span in which one achieves it. That's why Brahmavidya is a true sense: 'Your key to health and success.' Use it to unlock your destiny!



Bhagyashree Tendolkar

Journey to Light

Wandering has got over;
The goal is in my mind,
That I am on a journey,
from Ether to Sublime.

No doubt it will be long,
with secrets that it hides
But, I have as my Guide,
my own Eternal Life,

There ahead are foot-steps,
and on my left and right;
So, like me many Nobles
are on their way to Light.



What is Brahma Vidya?

Here's a sadhaka telling us in simplistic ways, his understanding of Brahma Vidya...

Brahma Vidya covers important aspects of life and attempts to lead us through the worldly maze. Various spiritual pathways are laid out in front of us by our saints and surprisingly each one aims at the same philosophy, e.g. know thyself, acknowledge the presence of God, follow certain rules and aim for peaceful coexistence and love.

Brahma Vidya is very explicit about Creation particularly the term death, the creative force, light, relaxation, harmony, love, functioning of our body parts precisely the endocrine glands, connectivity with the entire universe and above all the true function of mind.

Our body is an excellent creation by God and using our sensory organs, the environment in which we live, we can enjoy a good and healthy life. The only secret is His controlling medium, which is beyond our comprehension. Be it a scientist, philosopher, spiritual guru or anyone who has attempted to understand the higher reality of life, all have realized that there is a super power beyond our life.

In Brahma Vidya, what impressed me the most was the importance given to the breathing and the governing power of our mind. Our own feelings are the tools used by God or the Divine Power to lead us through our life. Breath and feelings made an impression on my mind. I was lucky to recognize them spontaneously and therefore decided to study them in depth.

I read the lessons of Basic Course again and again and every time every word came in front of me with startling new meaning. When I read books about new scientific discoveries like the string theory, I could equate every sentence with the very concept expressed in those books.

It is necessary to change the way we look at things. Our mind can be in tune with divinity only when it is free from disturbing thoughts and associated vibrations. This automatically leads us to importance



of meditation, (dhyana), the relaxation (vishranti) which is considered as difficult by many. It is made simple by Brahmavidya through a process of concentration. Breathing exercises provide a regular systematic flexing and relaxation of our body to bring in vitality, every exercise when done with suggested feelings and emotions provides instant relaxation and joy besides their long term benefits. Each individual experience is different and par excellence.

S N Balsari



Brahmavidya cures depression

Here's an honest report by a student about how practice of Brahmavidya brought 'miraculous' changes in her life...



Namrata Kamat

I came to know of Brahmavidya through my sister-in-law from Pune. When she told me about it, I was under severe depression (in the year 2004) and used to feel lonely, not wanting to talk to anyone, not feeling like working at home or outside, felt lethargic. I would not talk to anyone even with my husband. When my sister-in-law, Vijaya Kulkarni told me, I wasn't sure how Brahmavidya would help me. But because of her encouragement, I joined the class in March 2011. I decided to try it out. I was on medication for my depression. I completed my Brahmavidya Basic Course and the teaching was so impressive, that I started practising regularly. This practice has helped me feel peaceful. I feel active and energetic all the time. I have regained my confidence and enthusiasm. I have joined painting class and I am doing quite well in it. My active participation and work with Rotary Club has improved so much that I was made the First Lady of Rotary Club of

With gratitude to ever loving supportive encouraging in-laws and parents from Kothare Deepashry Sundeep

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Bandra-Kurla Complex.

I could get rid of my loneliness, lethargy and backache. Some other small ailments also do not trouble me anymore. It is only through Brahma Vidya that I learnt the right meaning of the word concentration. My husband (Dipak Kamat) and my children too have noticed the immense change the practice of this science brought in me and have extended wholehearted support towards me. I am indeed happy to see the miraculous effects, practice of Brahma Vidya has brought about in my life and feel grateful towards this great science. Brahma Vidya is indeed a complete science which gives us knowledge on physical, mental and spiritual level.



Brahma Vidya for better fitness



Bala Raman

Regular practice of Brahma Vidya has inculcated discipline and positivity in the life of this student, read on to know more...

A childhood friend of mine, Bhavana, told me about Brahma Vidya and I joined Brahma Vidya Basic Course on October 10, 2010. Our teacher through effective teaching methods inculcated in all students a discipline and taught us to practice regularly and accurately. The theory part also was explained very well in class, at times with the help of powerpoint presentations. I was greatly impressed by this teaching and therefore have started practicing regularly. These teachings have also taught me the power of positive thinking.

After completing the course, I make it a point to practice it regularly at home. I can feel the difference now in my attitude, in my energy level and my heartbeats. Previously, my heartbeats would be approximately between 100 to 102. But, now they are between 80 to



84. I am well equipped now to deal with day to day chores. I don't get frustrated. The best part of this course is expressing gratitude to everyone. Whenever I get up in the morning I recollect whatever my Guruji taught me. Besides this, I am also, spreading the benefits of this course to my friends and persuading them to join this course.



Brahmavidya, an enriching experience

Practice of Brahmavidya allows students to experience benefits in every aspect of their life, enriching each one holistically, here's one such experience...

I am working as a senior manager with Bank of Baroda. I came to know about Brahmavidya through a pamphlet. Our deputy general manager, Ruckmini Veeraraghavam was a student of Brahmavidya and she told me about this wonderful science. Therefore, I decided to join the Basic Course. Regular practice of Brahmavidya brought a lot of benefits and made me a happier person. At the physical level I have realized that I can climb steep slopes as well as many flights of stairs without feeling breathless.

I was posted as Business Development Manager at the age of 57 for developing business of 72 branches from Worli to Vashind and Worli to Johe, Raigad Dist. Many of my colleagues and the young direct recruit officers working with me are surprised at my stamina and energy at the end of each day.

Because of practice of Brahmavidya I experienced a personal growth and skill development, stress management and emotional intelligence development. Brahmavidya has taught me to fill my mind with positive thoughts and give no room for negative feelings. With this I save a lot of energy and time.

At the spiritual level I realized the true meaning of some hymns from Bhagwad Gita, which I used to chant since childhood. I am indeed

- With gratitude to Bhalnath H. Garg from Kavita R. Agarwal
- With gratitude to Mr. Nirmal Ganguley from Debjani Mukharjee



grateful to Brahma Vidya for having given a new meaning to my life and making me a better person. I am indeed grateful to all teachers of Brahma Vidya who manage their personal commitments, family and work and yet find time to impart the teachings of Brahma Vidya voluntarily to so many students. Their dedication and teaching has made us better and healthier human beings. I give thanks to all my Gurus in Brahma Vidya.

R B Bhuvaneswari



Towards a new improved YOU...



Deepashry Kothare

Brahma Vidya which has beautifully reformed this student and made her a happier being

Under the able guidance of my teacher I was fortunate to pursue and complete Basic Course of Brahma Vidya in 2009 at Thakur Complex, Kandivali. Gradually I started to witness a paradigm shift in my levels of tolerance, patience, attention, alertness, empathy which made me more joyous than before. Worry, anxiety, anger etc. started taking a back seat which made me more and more grounded in the teachings of Brahma Vidya. I'd like to thank my close kith and kin who recommended this path to me. Practice of Brahma Vidya has made me lot happier, and in fact transformed me completely. I am deeply indebted to this wonderful science for bringing about this wonderful change in my life.





Brahmavidya: A life-altering science

Brahmavidya acts gradually at every level of human existence and showers a sincere sadhaka with many blessings

Slowly but surely, Brahmavidya has changed me as a person. I have become more confident and strong by nature. Earlier, I was not aware of certain lacunae in me, however with the help of Brahmavidya I was able to keep all of the negative feelings at bay.

Regular practice of Brahmavidya exercises with affirmations and using the lessons learnt in class, in my day to day life helped me tackle my fears and doubts.

I have been able to face my personal and professional life with a lot of courage and retain a ‘happy’ state of mind throughout. Gradually, I gained good health both at physical and mental level and find myself more capable and efficient as an individual. I thank Brahmavidya Sadhak Sangh for bringing about this change in me.

Ranjana Maneck



Of health, happiness and success

Brahmavidya is a holistic spiritual science. And its regular practice is immensely beneficial and acts at various levels of human existence

I have been learning Brahmavidya since 2008. Initially the practices helped me clear my sinuses and develop very good immunity. But recently I realized it has helped me build great stamina and endurance. I learn Taekwondo which is a Korean martial art. Before I started with regular practices of Brahmavidya, I used to feel really tired during the Taekwondo class and would just rush to drink water. After the class I used to feel a bit worn out, after the very high endurance

- With gratitude from Gulzar Gulam Rasul Kazi
- With gratitude from Kishin G. Punjabi



activity. But once I started with regular breathing exercises and meditation I did not even realize when I developed a good stamina. I realized it only when I don't need the bottle of water. After a few months, in case of some sports injuries, I saw that the healing was so speedy, almost as if there was no injury, just a mild soreness. Brahma Vidya is an amazing tool. It really is the key to health, happiness and success.

I am very grateful to Brahma Vidya and the teachers for helping me on my way to health, happiness and success. I wish everyone would benefit from Brahma Vidya and experience the same kind of joy that I receive from it. Thank you.

Jaie Junnarkar



Brahma Vidya, the best tonic!

Practice of Brahma Vidya works at the physical, mental and spiritual level of every human being. It improves stamina and helps one perform better professionally as well...

At the time when I was doing my Basic Course of Brahma Vidya I was working in a multinational company and my working hours were very long. I used to start from house daily at 8.00 a.m. and return only at midnight. The working conditions were also very stressful. I was practically working everyday for 15-17 hours.

At that time, I joined the Basic Course at Vile Parle. I used to practice the Breathing Exercises and affirmations. They gave me the strength and stamina to work for such long hours. These practices helped me to remain fresh and full of energy even during late hours in spite of having hectic work schedule. I am indeed grateful to the teachers for their 'super-human' efforts in preserving and spreading these divine teachings, I wish everyone could follow them.

Dinesh Sharma



Brahmavidya, a way of life!

Here's an experience of a professional who found his whole attitude towards life undergo a drastic change and improvement in skill and confidence due to practice of Brahmavidya

I am a chartered accountant by profession having my practice in Mulund, Mumbai. I have done the Basic Course of Brahmavidya in 2010 held in Mulund at Mulund College Of Commerce.

I have been immensely benefited by doing this course. Before this I was indecisive and impulsive and also had certain fears in my mind. After the course my decision making capacity enhanced and I was able to reduce my impulsive behaviour to the great extent. The breathing exercises have increased my confidence and my fears have been alleviated.

I enjoy the freedom and my creativity has improved. I am able to recognize my true nature and control negative thoughts. Brahmavidya has become a way of life. My whole attitude towards life has been transformed. I am able to recognize my emotions and able to express love towards all those with whom I come in contact.

Kirit Gada



Brahmavidya for peace and wellbeing

Wealth cannot buy peace and wellbeing. It's something beyond material means and therefore one needs a strong spiritual science which can fill our life with peace and wellbeing. Brahmavidya can be practiced by anyone of any religion, caste or creed...

By nature, I am a softspoken person. But some uncertainty in life tends to disturb one's mental as well as physical balance. I realised

- With gratitude from J.J. Shetty
- With gratitude to 'Sarve Janaha' from K. Anuradha



this and I was looking for good yoga classes and someone showed me Pradnya magazine and advertisement of Brahma Vidya.

I contacted the Brahma Vidya teacher and asked my doubts and told him that my religion is Islam. My teacher explained that Brahma Vidya has nothing to do with religion. It is meant for all regardless of caste, religion, creed and gender.

I joined the classes and found them to be very interesting. The whole idea of improving one's breathing and correcting one's thinking brought many positive effects in my life. I felt assured that I am on the right path.

As a result of my practice, I have developed patience and can face any difficult situation calmly and coolly. Today, I experience a lot of peace and wellbeing due to the practice of Brahma Vidya.

Ms Meimuna



Brahma Vidya: Key to peace and prosperity



Vijay Wadagbalkar

A sincere Sadhaka gains from his practice of Brahma Vidya breathing exercises and meditation, here he tells you how he benefited from his practice

I am 55 years old and I am a practicing company Secretary and Registered financial Consultant. At the outset, I would like to express my deep sense of gratitude to my friend, Ashok Saraf and my neighbor Rajendra Bapat because of whom I was introduced to Brahma Vidya. I completed my Basic and Advance Course. To describe my rich experience from the practice of breathing exercises and meditation in few words is a very difficult task, nonetheless, I will make an effort.

At physical level, the frequency of my gout attack has substantially



been reduced to once a year from once in two months earlier. My HDL (good cholesterol level) has gone up to “48” from earlier “30”, I believe its due to practice of breathing exercises.

At mental level, I am more at peace from within and have become a happier person as I realized that happiness is a state of mind rather than looking for external sources of happiness.

At spiritual level, the practice of meditation coupled with prayers has helped me understand “Divine Nature” within me and I cannot express the same in words.

Life is all about GIVING before you get. I have pledged myself to invest one hour daily to spread light of Brahmavidya.



Brahmavidya : A cure-all

*Where there is a will, there's a way and
Brahmavidya channelizes one's will power!
Regular practice brings immense benefits to one
and all*

I was detected with Hypo Thyroid initially, which in turn developed to Vitiligo. My doctor was treating me with outmost care. It was on her insistence that I joined Brahmavidya class. She assured that the white patches on my skin will get cured but it will take time and will require lots of patience. Along with my daughter I joined the class and decided to give this a try.

I read the lessons and practiced spiritual breathing exercises regularly for 30 minutes. Brahmavidya definitely has benefited me. My white patches have slowly started vanishing and I feel much positive and lighter at heart.

This indeed has given me a ray of hope, that anything is curable in the world, if we desire it from within! The triangle of Brahmavidya (Joy, Reverence Gratitude) is truly magical!

Laxmi Krishnan

- With gratitude from well wisher Umesh C. Saksena
- With gratitude from Sanjeev R. Agarwal



‘I am perfect!’

Brahma Vidya brings perfection in life. It brings to each one a new knowledge, a new perspective and makes each one ‘perfect’

‘I am perfect’ before learning Brahma Vidya, it never occurred to me to state this, it could have sounded pompous. During the course, one day while making tea I stood mindfully in the kitchen watching the water and I realised that the water is ‘perfect’ at every temperature. We don’t judge or condemn it at any temperature. It would be pointless and futile to do so. Yet, we do that to ourselves and to people around us.

During the course at some point I had cold. I took some steam for relief and marveled in reverence at the ability of water to bring relief. I realized the enormous power in the change of state. There is immense power in every person which can be unlocked by conscious change of state.

Once the vision is articulated and one starts to visualise it, it is necessary to release attachment to desires. Trust the universe and yourself. Don’t get dismayed by the transition phase. The power of affirmations is immense and establishes the much needed communication with one’s self.

Savitha Rao



Brahma Vidya is the best medicine

Brahma Vidya brings relief to one and all. Regular and accurate practice of breathing exercises and meditation is bound to bring excellent results to the sadhaka

I joined the basic course as I was referred by an office colleague who had a similar asthma problem like mine. The first introductory



lecture itself was enough to convince me that I was at the right place. A few weeks into the course and with regular practice, I immediately started feeling the difference. The accumulation of cough that would start every 20 days was nowhere to be seen upto two months at least. The sudden breathlessness at night was also gone, giving me a good sleep. From twice a day, I could reduce my medicine to once a day without any discomfort. In spite of taking several medicines over the couple of years nothing gave me relief the way the Brahma Vidya breathing exercises did. It just felt like some magic to me. It helped me to conclude that Brahma Vidya is the best medicine giving fastest results without any side effects.

Meditation taught in class helped me to become a much calmer person. It helped me to look at things and people in a different positive perspective. I am really glad to have taken this decision of joining the course.

Rachana Patel



Of joy, good health and more

Brahma Vidya is a spiritual science which brings joy, good health and more to every sincere sadhaka

I came to know about Brahma Vidya from an uncle of mine who is doing Advance Course at Thane centre. Before joining the course I was suffering from one of the most rampant disease of modern era, depression. Almost all the population at one or the other time suffers from this problem, as seen in my medical practice.

After learning and doing breathing exercises and implementing the thoughts in day to day life I can say that I have considerably overcome depression. My family members can see a change in me. I feel a lot more energetic and fresh. I was suffering from hypertension, which is also under control.

- In memory of Late K. Venkatesh Mallya from K. Jayavanta Mallya
- With gratitude from Ratnamma P. Kartha



I feel everybody should learn Brahma Vidya breathing exercises and do them regularly. Just learning will not work, practice is very important for right benefits.

Dr. Tushar M. Dedhia



Towards health and happiness



Bhanumati Challa

Sincere practice of Brahma Vidya yields good results, even if it is learnt through correspondence. Practice is the key to success

I live in Jamshedpur, in the State of Jharkhand. During my visit to Mumbai my friend Sadanand S. Prabhu, insisted that I learn Brahma Vidya. That time I was suffering with severe health problems like high unbalanced pulse rate, irregular heart beats, hypertension and high blood sugar.

At first I was in doubt, how far this science will be helpful to me since I had to learn it through correspondence. But as soon as I started the initial breathing exercises in the morning and meditation at night, to my surprise my unbalanced pulse rate and hypertension were under control.

And now I have finished my Basic Course. My sugar level is under control, sleeplessness, breathlessness and last but not the least the impatience are all things of the past. Now I am able to perform my work at home as well as can concentrate upon my official work. Now I truly feel that life is blessed and blissful!





Brahmavidya: Greatest teaching in life

Brahmavidya is truly the key to good health and success in life. It is unarguably the greatest teaching in life



Suryakant Bhosale

I am working as a principal in a pharmacy institute in Mumbai. At the outset, I salute the greatest teaching of life I have ever come across: Brahmavidya. Last year in the month of August-September I had some chest pain and increased cholesterol levels. That time I was quite worried about my health. After attending the introductory lecture, I knew I had found a lasting solution to my health worries.

As I started performing the Pranayama and spiritual breathing exercises, my chest pain reduced and cholesterol is in control. As I started learning Brahmavidya lessons, my confidence in day to day activities and interactions improved. Also my stage fear is reduced, now I can communicate with any number of people without any inhibition.



Advance Course gathering at Dadar, participants are performing a breathing exercise

- With gratitude from Mahanish A. Sethi
- With gratitude to Bhavna A. Laljee from Jayesh C. Desai



Brahma Vidya for self improvement



Raghunathan Lakshman

Brahma Vidya brings forth the best in every person. It gives a fresh perspective and inspires right living...

Before starting the Brahma Vidya Basic Course, I felt overly stressed and used to worry over little things. But after regular practice of breathing exercises and meditation, I have become more composed, relaxed, and learned not to fret over little things. I have been able to replace worrying and negative thoughts with positive ones using regular recitation of positive affirmations. Both the breathing and meditational affirmations have been very effective and enabled me to sculpt good thoughts.

I learned something new in each of the sessions. Learning the practice of gratitude by giving thanks was something new to me and it made me realize how one has to be thankful for so many things that we often take for granted in life. I also understood the relationship between positive thoughts, emotions, our endocrine glands and actions. Since thoughts govern our actions, I realized how important it is to improve the quality of our thoughts, which has a direct bearing on our emotions and thereby actions. Some other key lessons learned were being humble, speaking right, stop complaining and understanding that happiness lies within each one of us.

I look forward to the mornings for practicing the breathing exercises. They have now become a part of my morning rituals and I feel energized after the completion of the same. I also make sure that I meditate before I retire for the night. This practice of meditation and giving thanks enables me to sleep well. The importance of patience and regular practice is the key to long-term benefit.

I am blessed and fortunate to have attended the Brahma Vidya Basic



Course and would strongly recommend this course for everyone. It has opened my eyes in many areas and broadened my views on life and right living. I strongly feel that it has made me a better person and I am truly grateful to Brahmavidya and my teacher for imparting the knowledge. May Brahmavidya continue to spread its goodness for the benefit of all.



Brahmavidya for healthy lifestyle

This article shows how regular practice of Brahmavidya can help a septuagenarian maintain an active lifestyle



Dhirubhai Mrabhaker

I am a young man of 70 years. I have almost completed 22 weeks (6 months) basic course of Brahmavidya. At that point of time I knew nothing about Brahmavidya. There were three words in the advertisement I had seen, Breathing exercise, Meditation and spiritual science which caught my attention and I decided to join the class.

The scientific breathing exercise has brought tremendous change in me. It has changed my entire personality. Before I joined the course I was not in very good health. I used to feel tired after a short walk. Today I can walk long distances without feeling tired. I can climb 7 floors quite easily. I can run for a kilometre without stopping. My weight reduced by four kilos during the course. I am very happy.

I can assure all new students, that regular and accurate practice as given in the lessons will surely bring good results. Each one has a right to get good health and Brahmavidya allows all of us to exercise this right quite easily.



- With gratitude to Hirakant Kargutkar from Rebeco Noel David
- With gratitude from Ranjana H. Marol



Brahma Vidya for positive thinking

Among the many benefits that Brahma Vidya brings, positive thinking is indeed a foremost one. It brings renewed hope to each one

With regular practice of Brahma Vidya breathing exercises and meditation I could experience the following results:

Sustained energy through the day—I am a Dentist by profession and enjoy a busy practice, by the end of the day exhaustion used to make me consider reducing my working hours. The breathing exercises have tremendously increased my energy levels.

I recently had a close encounter with a dreaded disease. The thought of death and extinction used to haunt me night and day. The lessons of Brahma Vidya have helped me tremendously and allowed me to understand the positivity. Also having understood the divine energy within me I feel happier than before.

Dr. Sathya Nair



Brahma Vidya for being energetic and healthy

Practice of Brahma Vidya makes each one feel energetic and brings good health. It is holistic in its effect and directly proportional to the effort put in by the sadhaka

I have changed as a person because of Brahma Vidya. I am more energetic and healthy. I was very shy, could not talk in public but now to a large extent, I at least try to speak to small groups if required. I have also moderated one scientific session after being introduced to Brahma Vidya.

I have a phobia for water which I am trying to overcome. I have never stepped in a swimming pool but last year in January I tried to do



snorkelling in the sea at Tarkarli. I was in the sea for ten minutes!

I have been allergic to a lot of food substances till about four years back and was constantly on anti-allergy medicines – either homeopathic or allopathic. After the practice of Brahmavidya, I feel I am completely cured of the allergies, now I do not show any symptoms of the allergies.

Dr. Nirupa Rungta



Brahmavidya for stress-free life

Practice of Brahmavidya allows each one to rediscover themselves. It brings out the best in each one



Sujatha Sadananda

I am 31 years of age, married and reside in Mumbai. I have always been a very health conscious person and always take care of my diet and health by doing regular exercises. However despite doing all of this, I have not always been successful in feeling relaxed and calm. I felt that apart from physical exercises there also is a need for mental exercise- something that would help me be positive and peaceful. Hence I was looking out for an institution that could teach me meditation. Coincidentally, my friend's father had just completed his Advance Course in Brahmavidya and he encouraged me to try the course. That is how I came to know about Brahmavidya and joined it along with my husband.

Our classes were held on Sunday mornings and one of the biggest benefit was that our Sundays were more fruitful and we didn't while it away lazing around or watching TV. It really gave us a good start for the week.

Brahmavidya has also brought a lot of discipline in my life. I get up

- In memory of Late Balkrishna Shetty from Sunil Kumar 31
- In memory of Late Shri Shankar Narayan (Husband) from Prabha Shankar



early in the morning and do my meditation followed by breathing exercises. It gives me a great feeling of achievement when I accomplish this each day. The best part about practicing the breathing exercises is that I can feel my heart beating, the blood flowing and the sweat forming on my forehead. Something which I could not experience even if I would walk for an hour each day.

Reciting the affirmations has brought in a lot of positivity in my life. They are slowly being ingrained in my memory in such a fashion that at times when I feel anxious or worried, automatically the affirmations start playing in my mind and I become relaxed. I think day by day I am becoming more courageous, more proactive and more at peace with myself, accepting myself for what I am, loving myself and moving ahead with things in my life.

Overall, I feel I have taken one of the best decisions of my life by joining this course. I am extremely grateful to Brahma Vidya Sadhak Sangh for teaching this science and I am also thankful to all the teachers. I am looking forward to now joining the Advance Course as well.



Brahma Vidya for success

Brahma Vidya lays down a strong foundation of right living. It opens one's mind to the vast possibilities in life

I am 33 years of age, married and reside in Mumbai. My wife and I joined Brahma Vidya Basic Course six months ago and have recently completed the same. What I like about Brahma Vidya is that it is a very practical science that lays down a strong foundation of right living. It opens our mind to the vast possibilities in our life. It makes me realize that it is my thoughts, which are guiding my life and that I have all the power to control my life and change the course of my life according to my desire. Brahma Vidya teaches me that I am not governed by societal conventions or negative thoughts of fear and anger, but I am



empowered by my own hidden powers of creation. I have the power to create my own life!

When I read about great personalities such as Mahatma Gandhi, Steve Jobs, Albert Einstein, Abraham Lincoln, I realize that they all followed the same principles as mentioned in Brahmavidya. They knew the secret to success and right living and they knew that they had all the powers within themselves.

Brahmavidya helps to instill a strong belief in oneself and the power that we have to defy age and all the other negative elements of life and adopt all the positives of the universe and carve a beautiful, enriching and fulfilling life for oneself.

I am thankful to Brahmavidya Sadhak Sangh and all its teachers for imparting this wonderful knowledge to us. I hope to join the Advance Course soon.

Amarnath Chayanam



Brahmavidya for good health

Brahmavidya improves overall health and ensures a hassle-free life for all sincere sadhakas

My wife, Vasudha wanted to join Brahmavidya Basic Course and she was enquiring in her friend circle if any one could accompany her; but due to some reasons, her friends were not available and I accompanied her.

I used to feel some imbalance while walking or standing straight. This imbalance completely vanished after practising Brahmavidya. Similarly I was not able to sit on the floor easily because of slight knee problem but now I can sit down effortlessly. My speech is now clear which was not so earlier.

All these positive things took place only after practicing Brahmavidya and all credit goes to the practice of Brahmavidya, our teacher and my wife Vasudha.

- With gratitude to parents in laws from Hansa D. Mehta
- With gratitude to Induprasad Trivedi from Jyotsna Pandya



My wife also informed me that her eye-itch and swelling have almost been cured. Her left leg used to be slightly swollen earlier, even that seems to be normal. Her sleep also has become much more sound and overall she feels much more at peace.

V M Bade



Power of Brahma Vidya

Brahma Vidya enriches life at every level. It brings seemingly 'miraculous' benefits to every sincere sadhaka, yet all of it is completely scientific

The beautiful journey of practicing Brahma Vidya during the past few weeks has given me a lot of confidence and developed faith in me. By practicing the power of silence I have started enjoying inner peace and happiness and satisfaction. I have become more energetic. I don't feel dull. Earlier, cooking food was becoming a boring chore of my life. I have seen a change in myself. I have started making different kinds of delicacies which makes my family happy and I get joy by seeing them happy. My attitude towards life has changed and has become more positive. If I have any problem, I visualize it being solved. I experience it like a miracle. I have found a new self within myself and discovered my own divine potential.

Chanchal Bahamania



Appreciate all life forms

Brahma Vidya respects all life forms and brings true harmony for all

Brahma Vidya taught me many path breaking thoughts. I am now able to understand and appreciate each and every life form. When a



situation comes, for which I am not prepared, I do not feel bad or sad about it, instead I have started taking it in a relaxed manner with the understanding that this situation is just “effect” of an earlier “cause” and will pass away soon. Also when people do not behave as I would like them to, I feel so much gratitude and reverence for that soul, that I am “Ok” with the fact that the other person has a different opinion. These and many more such instances have helped me grow as a spiritual person. I thank all the teachers of Brahmavidya for showing me this light and I promise to work upon myself in improving my quality of thoughts and spreading this light.

Parita Sanghvi



Scientific and holistic approach to Life

Brahmavidya develops in each individual a deep connect with the universe and teaches one to be content with oneself

Brahmavidya has an in-depth scientific base unlike other schools of thought, which help in one’s easy understanding in personal life, the clarity and purity of thoughts, resulting into holistic approach towards daily living.

Everyone has a mystic attraction towards the word meditation. Breathing exercises helps in purification of human body and practice of meditation helps in purifying the mind. The daily practice helped me to come to terms with my own idiosyncrasies which resulted in a lot of positive changes in my own life.

Brahmavidya helps in understanding the relationship between one’s own finite understanding and the deep connection with infinity. Joy, gratitude and reverence are qualities which create an invisible bond between the human being and supreme. I salute all the gurus of Brahmavidya for their true dedication and efforts in teaching and spreading the knowledge for wellness of the people.

Piyush Parekh

- With gratitude from Suvarna A. Shah
- With gratitude to Sheshgiri Rao from Krishna Havaladar



Brahma Vidya for health



Sushma Merchant

One of the primary benefits of regular practice of Brahma Vidya breathing exercises is good health

I joined the basic course of Brahma Vidya at the Andheri Centre. I was very hypertensive person and used to get irritated often. And I was suffering from Thyroid which was very high and I had severe pain in my left hand and I was not able to lift it. After doing the spiritual breathing exercises I have cooled down a lot and do not feel any irritation. My thyroid levels are normal now and pain in my left hand has reduced.



Brahma Vidya for holistic development



S Subramani

Practice of Brahma Vidya affects all aspects of life bringing about totalitarian development. It's something one can only experience with practice

I completed my Brahma Vidya Basic Course in September 2011. I was benefited very much by it both physically and mentally. I wish I had known about Brahma Vidya before. I'm sure I would not have had to suffer so much.

In December'10 & January'11 I was hospitalized twice for treatment of kidney and thyroid. The doctor who is treating me had warned that I may have to undergo temporary dialysis.



Fortunately it was not required and the immediate threat was overcome. I started attending office but was very weak. After looking at my condition, one of my colleagues suggested that I must do Brahmavidya and said that it will help me.

Today in spite of the fact that my kidney is still not 100% fine, my hemoglobin is normal. It was 9 when I joined the course. The breathing exercises are purifying my blood. My doctor now says that dialysis will never be required. I'm sure my kidney will become normal in due course of time. My thyroid is normal now and my doctor himself believes that the speed of recovery is not only because of the medicines.

I was a very impatient and short tempered person. I never used to listen to my colleagues or subordinates and used to force my opinions on them. Today even though I do get angry, I realize my mistake immediately and apologize to the concerned person. I have also become a good listener. My colleagues and subordinates who used to be afraid of me are now respecting me and I'm in turn able to get the best out of them.

I will once again recommend that each one of us must definitely experience this beautiful journey even if one does not have any physical problems. You will definitely be benefited.



Brahmavidya, a life-altering science

Brahmavidya is a life changing science. It brings to the fore hidden powers and skills from each individual which enable him to achieve success and holistic health

I recently completed my Diploma in Automobile Engineering and preparing for my Degree. I think Brahmavidya is combination of two words Brahma and Vidya, here Brahma means Universe and Vidya means knowledge. So according to me Brahmavidya means the process of acquiring universal knowledge.



As an Engineering student I am aware of the difficulties which we have to face in our day to day life. The difficulties are due to physical imbalance or mental imbalance. I am physically fit, but sometimes I feel some imbalance. Brahma Vidya has given me a lot more confidence to work with. Now I have finished my Brahma Vidya lessons. Brahma Vidya has changed my life to a certain extent and now it's my responsibility to use this knowledge to the fullest and change my life even further with great confidence and positiveness from mind to soul.

The important things that I have learned and happened to me after doing the Brahma Vidya are:

1. I came to know about the spiritual powers that one possesses and how to use them positively
2. I can control my actions and reactions better
3. I can control my mind as per the different situations
4. I also came to know that every human being is gifted with some special talents which he/she has to learn to use it.
5. Last, but not the least this is the most important factor I came to know i.e. always think positive, work with positive attitude and the outcome will always be positive.

Sahil Panchal



Of good health and happiness

Regular practice of Brahma Vidya does bring in surprising results and bestows the sadhaka with good health and happiness

I would like to share my experience of Brahma Vidya with you. I had joined this class in January 2011. I am a Thalassemia patient, before starting my class, I used to regularly take blood transfusion as my hemoglobin was always low (5.8 gms). But after joining the class, Brahma Vidya has entirely changed my life.

Suddenly my Hb fallen down to 4, although, I took transfusion but my Hb was not rising up. Doctors suggested me to go for splenectomy,

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- With gratitude to Colappan Mudadi from Harshakumar K. Mudadi
 - With gratitude to Merry Jambo Soaj from Veronika T. Gonsalvis



but due to low Hb, they refused to operate me. After several visits and conversations they agreed to operate me but they had not given any guarantee, for the same. Even if I got operated, I will have to take transfusion after 15 days, once I am being operated.

At the end, I was operated successfully. I started practicing meditation and breathing exercises regularly after one month. The day when I started practicing exercises and meditation my Hb was 7.6 gms/dl and weight was only 36 kgs. After two months my Hb was 9.3 gms/dl (without transfusion) and weight was 41 kgs, this was really surprising for doctors as well as me.

Today I am experiencing good health, having better relations and enjoying my healthy life. I really thank Brahmavidya.

Pravini Jadhav



The influence of Brahmavidya

Brahmavidya is a science which helps one find inner peace, harmony and goodness. It creates the ground for good health and success in all walks of life

Brahmavidya has influenced me in ways I never imagined. The most important way it benefited me is that it helped me find an inner peace which I never would have found otherwise.

Brahmavidya also gave me the idea of the divine power within all of us and to believe in it in times of hardship, as well as to achieve success. It taught me to give respect and take respect as it spreads happiness, due to positive vibrations, as well as the production of good chemicals in the body. It has increased my concentration levels. It has helped increase my capacity and stamina. To sum up, I can say that it has helped my mind and body work together in harmony which helps me to be more efficient and happy in my life.

Anuroop Ashok Shivdasan

- With gratitude to Late K. Vijay Raghavan from K. Vinod
- With gratitude to Prof./ Dr. John V. Ferreira from Phyllis C. Ferreira



Brahma Vidya for right living



Naresh Padia

Brahma Vidya highlights all aspects of goodness and divinity, which allow every student to make his life more meaningful and 'right'

From amongst the various teachings that one learns in the Brahma Vidya Basic Course, the one that impressed me thoroughly is about 'right living,' I liked everything that was taught in the Basic Course, every teaching left an indelible mark on my mind. It taught me the importance of practicing 'joy, gratitude and reverence,' in our daily life.

I found answers to all my questions with the practice of Brahma Vidya. By doing various breathing exercises followed by various affirmations and due to practice of meditation I feel totally relaxed and peaceful. I discover a new meaning in life. This course actually makes you feel thoroughly 'happy.' It gradually eliminates all negative thoughts from one's mind. One truly understands the importance of divinity within each one of us.



- With gratitude to Lowrence Fernandes from Les Fernandes
- With gratitude to Lily D'Souza from Rasy A. Soares



How does Brahma Vidya work in children?

*The forth coming article is written by **Sugandha Indulkar**, who has been conducting children's course for the last few years. It strives to answer a basic question - Why is Brahma Vidya important for children and how exactly does it help them?*

The creative power to make use of their circumstances and opportunities is inherent in every child. Brahma Vidya simply allows this creative power to develop in every respect. This process takes place at three basic levels: the body, mind and spirit of the child. Of the two primary levels one can discuss at length and try and explain with examples how this happens and has happened in the various Brahma Vidya classes for children conducted all over Maharashtra. For instance, the breathing exercises infuse their body with high amounts of *prana* energy, which purifies their whole body and improves its functioning. They feel energetic, their immunity is built, respiration improves and so do the other bodily functions. As far as their mind is concerned, children are basically malleable by nature, they are programmed to learn, grow and evolve in life. How they do it, determines their success in future life. Brahma Vidya helps in improving their concentration, retention and grasping.

The course for children comprises eight spiritual breathing exercises and prayers. The duration of this course is just two months. During which children are acquainted with the basics of Brahma Vidya theory, its origin and historic significance. The entire curriculum stirs in them the power to think independently, respect elders and the Laws of Life and acquaints them with the omnipresence, omnipotence and omniscience of the Almighty. Towards the end of every class, all children invariably feel that the class was indeed short and should have been extended further. They express a desire to be associated with Brahma Vidya throughout their lives.





Brahma Vidya for better living

I am a student from Turbhe Village studying in Modern School, class IX. I came across a newspaper article on Brahma Vidya and was interested in learning this unique spiritual science and therefore I joined the class which was conducted in Vivekanand School, Sanpada. After learning and practicing Brahma Vidya I can concentrate better, which is helping me in my studies. I learnt the importance of respecting elders. I feel happy to help elders at home, thereby my relations with my parents and grandparents have improved a lot. I acquired more patience, I feel a lot calmer than before. I feel a considerable difference in myself from what I was before joining the class and after its completion. People around me also can see the difference in me and appreciate the same. Myths about God and spirituality have been dispelled, making way for a clearer and more scientific understanding.

Sumeet Patil, Class IX



‘My first step towards real progress’

My mother told me about ‘Brahma Vidya’ and so I joined the class. I started liking it from the very first session. Earlier, I used to find it difficult to concentrate on studies, I used to get bored easily and get distracted quite often. I used to get a lot of scolding from my elders as well, for not being a good student. I had developed a lot of negative thinking mostly out of fear. However, practice of Brahma Vidya has allowed me to overcome all these flaws, I feel a lot more confident now. I scored well in my exams. I no longer get irritated or frustrated with my studies. Having known what positive thinking is, I can correct my thoughts at will and therefore I can get rid of my negative thoughts. I have become more alert and active, therefore all elders now appreciate me.

Vaishnavi S Wable
Class VII



Brahmavidya helps develop memory

I am 14 years old and study in 9th standard of Ryan International School, Sanpada. I came to know about Brahmavidya through a pamphlet which was distributed with our newspaper. I requested my parents to allow me to join Brahmavidya class which was held at Swami Vivekanand Sankool, Sanpada.

If I have to write about its benefits, I would fall short of words. Before joining Brahmavidya I was very forgetful. To give an example I once forgot the place where I had kept my hall ticket for an important exam, though I had kept it only 1-2 days ago. But, after joining Brahmavidya, I was able to overcome my forgetfulness and I started remembering things better. Also my concentration has improved. Joining Brahmavidya gave me immense pleasure. In the class I learnt correct and beneficial techniques of breathing. It also helped me to overcome my stage fear. Learning Brahmavidya was a very nice experience and I am sure that it will prove useful for me lifelong.

Mallika S Kelkar



Children's Course (Pune) students are seen practising Brahmavidya



A process of self discovery

I joined this course after constant nagging from my parents, who had got innumerable benefits from it. At first, I did not take it seriously. But after sometime I started taking interest in the exercises. Brahma Vidya taught me to look at other people with respect. I developed a better understanding of human life. The scientific aspect of this spiritual course was indeed enlightening. I encourage other people to take the course to discover their inner self and maintain good health as well. As I play many sports, the breathing exercises helped me in improving stamina. Thanks to Brahma Vidya, for helping me discover myself.

Shreyas Meher, class X



A new beginning...

Since I started learning Brahma Vidya, I have come across significant changes in my daily life. I feel much more dedicated towards my studies my family, and I have changed the way I communicate with my parents. I feel quite confident about all the good things I do nowadays. I feel I am at peace and I have never been sad, guilty or dejected ever since the first day of Brahma Vidya class. All the exercises I have learned till now, have taught me how to concentrate better and be physically fit.

Brahma Vidya has made be a better and happier person. It has shown me the positive side of life, and I am sure to continue walking on the same path for the rest of my life.

Vikram A





Of improved health

Before joining the Brahmavidya I was not able to concentrate in my studies and with every slight change in climate, I used to fall sick. But after doing the Brahmavidya my concentration has improved. The effect of improved concentration is seen in good results. My overall health has improved and I feel a lot better. I am thankful to my teacher who taught me this wonderful science.

Prince C Zalavadiya, Class VIII



Learning Brahmavidya is a wonderful experience

Brahmavidya has changed my life. It is a wonderful experience. Till now I was just inhaling and exhaling normally, mostly unaware of what I was doing. But after joining this class, I have understood the importance of scientific breathing. Right breathing has helped me gain better health. I feel refreshed, energetic and exuberant. My concentration has improved.

I have a very interesting experience. After practising these exercises I have seen that I can learn my lessons by heart, absolutely word to word in just two readings. I can learn more in lesser time, as a result I save a lot of study time.

Before I used to sleep in afternoon after coming from school, nowadays I don't sleep in the afternoon. This exercise has increased my energy levels. Physically and mentally I feel a lot healthier. I feel revitalized from within. I have developed near perfect health of mind and body because of the regular practice of Brahmavidya.

Siddhant Kakasaheb Mote





Better results in exam and in life!

After going to Brahma Vidya class my examination results have improved. My health is good. I don't fall ill every now and then. I have become more peaceful and relaxed. With regular practice of Brahma Vidya breathing exercises I am feeling a lot better and refreshed. I don't get tired easily. My mind is also alert. Till now, I used to read mythological books like the Ramayana, Mahabharata and more. I used to be fascinated with stories from Indian mythology about Goddess Durga and such others. However when I studied Brahma Vidya Children's Course many ideas about God have become clear and I am able to strike a balance between faith and scientific thinking. I like Brahma Vidya a lot.

Dimple Malhotra



Children stage a dance show at the Dombivili-Kalyan Annual Gathering



Brahmavidya helps overcome aggression

I joined Brahmavidya on the insistence of my mother, who had studied Brahmavidya and found it to be highly beneficial. She said, if I too learn and practice it regularly I will also be benefitted. I was reluctant in the beginning and felt angry about being asked to study this new science. All the same, I gave in and joined Brahmavidya camp. I remember in the beginning I was quite aggressive and rude. I would not practice regularly. But once, when our teacher spoke to me and suggested that I try out regular practice of Brahmavidya and experience the wonders it can bring in my life, I was intrigued.

I then started to practice the exercises because of which I could concentrate in my studies better, which resulted in good scores. I gained a lot of confidence. I was no more an average student. My rudeness and aggression disappeared. I have learnt the value of patience and perseverance. I am indeed thankful to Brahmavidya for having made me a better person and teaching me something that I will value all my life.

Chinmay Sankhe, Class VIII



Better breathing with Brahmavidya

My parents told me about Brahmavidya and insisted that I join the class. At first I was skeptical about this new spiritual science. I had my doubts about its efficacy and didn't seem too interested. But as I attended the classes, the teaching was so effective and with my practice I started gaining good health and developed a peaceful demeanor. So I felt fascinated about this wonderful science. For long, I used to suffer from frequent bouts of cold. I used to have a running nose for months together.

With practice of Brahmavidya my cold got completely cured. I can breathe normally, and feel very nice about it. With so much improvement in my health, today, I truly feel thankful towards my



parents for encouraging me to join Brahma Vidya class. I resolve to practice regularly and study well.

Avirat Shanbhag, Class V



Brahma Vidya helps improve concentration

Practice of Brahma Vidya has helped me improve concentration, which has brought good academic results. I can finish my work speedily. It has helped me to understand the greatness of life and God. It has taught me to respect others and improved my physical fitness. It has helped me to keep my mind cool. The lessons taught in Brahma Vidya are indeed effective and help each one to gain new insights.

Suyog Sawant



Borivali Annual Gathering, audience listening to the speakers in rapt attention



Group discussion held at English Advance Course Gathering, Dadar



A student performing Marathi folk art form at Dombivili-Kalyan gathering



Students in a practice session held at Khandala residential camp



Students practice breathing exercise at Atmadarshan residential camp



Chief Trustee, Shri Jayant Divekar releases 'Pradnya' souvenir at an earlier Annual Gathering



Students stage a cultural show at Dombivili-Kalyan gathering



Children's Course (Pune), students practising breathing exercise



Students of Children's Course demonstrate breathing exercises