

PRADNYA

Let there be light!

2 0 1 4



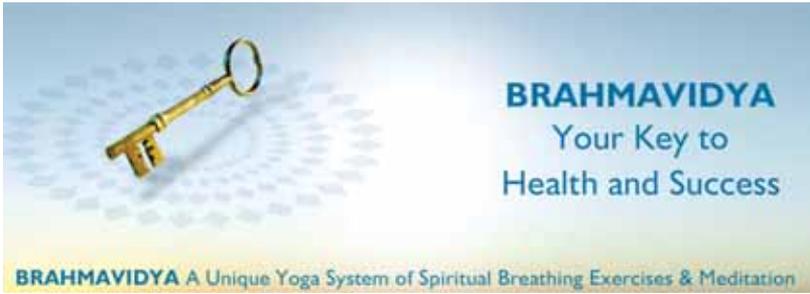
Brahma Vidya Sadhak Charitable Trust's

Brahma Vidya Sadhak Sangh

Brahma Vidya Sadhak Charitable Trust: Registration No. E-1995

☎ 022-25339977, 022-25347788 Visit: www.brahma Vidya.net

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 Brahma Vidya courses, attended the residential camps and are enjoying the benefits of a physically, mentally and spiritually healthy living.

To all Brahma Vidya 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.brahma Vidya.net

OFFICE ADDRESS

Thane

Laxmi Keshav Building, 2nd Floor, Gokhale Road,
Bh. Bank of Maharashtra, Naupada, Thane (W) 400602
Phone : 022-25339977, 25347788
Monday to Saturday 10 am. to 6 pm.

Pune

1142, Sadashiv Peth, Shakuntala Anant Apt., Pune 411030
Phone : 020-24454402
Monday to Saturday 10 am. to 1 pm. & 4 pm. to 7 pm.

Borivali

Mandar Co-op. Hsg. Soc., Ground Floor, 'C' Wing,
Opp. Korakendra AC Hall, Borivali (W), Mumbai 400092.
Mobile No. 98674 00834

TRUSTEES



Jayant Divekar



Savita Sule



Kalpana Railkar



Swati Jog



Sanjay Sathe



Jayant Gore



Ramesh Karandikar

EXECUTIVE COMMITTEE

President : Sanjay Sathe Secretary : Jayant Gore
Treasurer : Purushottam Divekar

PRADNYA EDITORIAL BOARD

Guidance : Jayant Divekar
Advisors : Swati Jog, Rajaram Surve
Editor : Sugandha Indulkar
Editorial team : Yamini Chachad, Asha Indap
Cover Page : Anil Date
Distribution : Ramchandra Manohar

OFFICE STAFF

Laxmikant Bhagare, Bhagwan Lonkar, Rashmi Sakpal
Mangesh Jadhav, Madhukar Dolare & Anil Vinerkar

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



Nirmala Pawar

Conducts Basic Course in Pune

☎ 95613 41448



Basis Course Batch at Thakur Village, Kandivali (E), Mumbai



Brahmavidya Sadhak Sangh



Participants practising breathing exercises at Mahabaleshwar Camp 2013



Participants demonstrate spiritual breathing exercises at Jogeshwari



Details of Arohan: Brahmavidya Ashram

We are pleased to inform you that Brahmavidya Sadhak Sangh has embarked 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) measuring 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. 5 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

Initially, the Sadhak Sangh aims to make arrangements for housing 75 students for Brahma Vidya camps. Other students can also come and reside there at a nominal charge to pursue their individual practice of Brahma Vidya. At present the Sadhak Sangh needs to raise about Rs 1.60 crores for the Ashram project. Actual construction may begin in this year, after necessary getting clearances.

Now success of this project solely depends on your donations. The donation can be given in cash or cheque (in favour of Brahma Vidya Sadhak Charitable Trust.)

Above all, give your donation 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.



Picturesque view of Ukasan dam as seen from 'Arohan'



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...



Sugandha Indulkar

This book you hold in your hands is not just any other annual souvenir it is a treasure trove of experiences of many sincere followers who have been able to overcome difficulties in their lives through regular practice and some who have discussed important aspects of Brahmavidya through their contemplation.

Brahmavidya Sadhak Sangh needs torchbearers for its future growth. It is here that we all can play an important role -- perfecting what we have learnt in Brahmavidya by living it successfully and leading many others onto the noble path of success, happiness and peace. We need to take the initiative under the guidance of our able teachers to spread the light. We all need to dedicate ourselves to this cause and allow the science to work through us.

'Arohan' as the Brahmavidya Ashram has now been named is one dream that is now taking shape. It needs funds for its completion. All those who are inspired by Brahmavidya and have gained by its practice should donate generously for this purpose, so that it becomes a reality soon, and works as a centre for spiritual excellence for thousands of Brahmavidya sadhaks in the years to come. It is OUR Ashram, a centre for contentment, gratitude and reverence and leading each one who comes here onto the next level of light, joy and love. Let us all extend our support to this benevolent cause by donating generously.

Here we give thanks to all those who were directly or indirectly responsible for publishing this annual souvenir of Brahmavidya Sadhak Sangh – all those who contributed their articles, helped us with typing,



page making and printing of this edition. I am thankful to Mouj Prakashan: Shri Madhav and Sanjay Bhagwat, and their office staff who have been helping us with the printing of this souvenir every year.

Let us all join forces and vow to do our best to spread the light of Brahmavidya. We are established in this beautiful light, in total gratitude and reverence towards the great gurus of the present and the past, whose relentless efforts have brought to us this great spiritual science.

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

Life

Why do I live?

Because I am life.

Eternal, Youthful, Absolute life.

Why do I love, smile, care, help, appreciate...

Because, that is there in Consciousness.

And why am I sometimes angry, sad, violent...

Because, that is also there in Consciousness.

I have to have balance all emotions and feelings and walk with poise towards Perfection.

On my path I have to overcome all these so that darkness within is eliminated,

And I shine like Light...

Joining hands with Light...

Giving Light... Propagating Light...

Until everything is absolute Light...

Nothing but Light...

Which shines in my eyes... Which pours in my mind,

Mind which wakes up from a dream.

Dream... Which also is Life.



I am thankful to Brahmavidya which has given me this beautiful Dream.

Bhagyashree Tendolkar



Contents

Q & A

Towards better living... 1

Learn Brahmavidya

Me and My Instrument • Swati Jog..... 7

Self confidence and success • Rajaram Surve 10

Brahmavidya for youth • Nitanta Shevde 12

Guru Speak

Brain Waves

• Shri Jayant Divekar (Compiled by Ruchira Godbole) 15

Yearly Review

A silent revolution • Shalini Kulkarni 18

Contemplation

Can I do it? • Ramesh Karandikar 22

Overcoming fear • Sugandha Indulkar 24

Meditation helps counter negative feelings • Asha Indap 27

You can win! • Medha Kavatkar 29

Human Body : A miraculous machine • Lalita Prabhudesai 30

Experience

Lowering cholesterol • Rajaram Pai..... 32

Of joy and peace • Chandrasekar Srinivasan 32

Towards holistic success • Milan Shah... 33

Brahmavidya for good health • Prakash Mehta 33

Life divine • Neha Pavle 34

Open your own treasure trove • Chhaya Rangnekar 35

A magic wand • Seema Ganatra.... 36

‘This is a dream come-true’ • Meena Neelakantan 36



Ageless mind • Dr. Vinod Shah	37
Benefits of Brahma Vidya • Ujjwala Mittal	37
Positive thinking • Smitha Nair	38
A new ray of light • Amit Shah	38
My divine experience with Brahma Vidya • Ravi Tubaki	39
A great learning experience • A R Doddahol	40
A magical science • Dr. Anuradha Gupta	40
Towards healthier, happier and stress-free life • Jayashree S.	41
Being on top of the world! • Bhushan Harshe	42
Better stamina and confidence • Ashish Mane	43
Total transformation • Shanti Mohan	43
Building confidence • Nilima Parab	45
Key to good health, happiness and success • Pushpa Uchil	46
The science of better living • Siddharth Hampahvar	46
Discover a new 'you' • Janhvi Surana	47
Towards happier and successful life • Ranjana Maroli	47
Of good health and joy • Veena Bhat	48
Better health and happier life • Rajesh Satpute	49
For a better life • Dina Sanghvi	49
Brahma Vidya, a way of life • Jignesh Shah	50

Brahma Vidya for Children

Of joy, peace and good health • Sonu Sharma	51
Practice keeps your refreshed • Vaidehi Agarwal	51
Brahma Vidya has changed my life • Saurav Thakkar	51
A surge of positive energy • Sohil	52
A step towards betterment • Sanskruti Ambre	52
Holistic transformation • Komal Pawaskar	52
For improved concentration • Shruti Yadav	52
'I like to do Brahma Vidya exercises' • Samiksha Mahadik	53
Total rejuvenation • Gargi Lodha	53
Better living • Dhvani Shah	53
Achieve the impossible • Yash Zirpe	54
Brahma Vidya helps improve stamina • Shivam	54



Towards better living...

Brahmavidya is a unique science of yoga and philosophy that is integral to one's understanding of life and aims to help every individual live a happier, better and more fulfilled life. Here's all you need to know about this unique science, which aims to usher true wellbeing into one's life



Do you find your inner voice asking the following questions at some point of time or the other?

- Am I happy?
- Am I doing the right thing?
- Am I in the right place?
- What is life?
- Does God exist?
- Am I here for a reason? What is the purpose of my life?

There are a lot of things that bind human beings together... people of all races, religions and nationalities. Be it accountants, peons, bus drivers or CEOs; things like love, emotions, growth and change affect one and all. People may have a different way of life, culture or customs, but they all need air, water and all of them strive for perfection, happiness, peace of mind, health and wealth.

The point then is, if we all need the same thing, may be, instead of each one experimenting on a different path, and trying permutations and combinations of various methods, we must seek into the depths of life one such path which will take us to our goal. Since man has existed from time immemorial, there must be tried and tested methods teaching us the right way of life. Here's a teaching that helps and it's called: Brahmavidya.

What is Brahmavidya and what does it do?

Brahmavidya is the science of breath and thought. Every person is

-
- With gratitude from Jayashri Ravindra Deshmukh



breathing since the time he was an infant. So is the case with thought. The thought process is ingrained in every brain cell of ours. It is indeed difficult to think of a moment when mind is totally thoughtless and body is totally without breath. It may happen for very brief moments. Therefore we need to devise a system by which these two most essential processes are controlled and modified in such a way as to increase the efficiency of both mind and body. And when the body and mind function in true harmony the spirit within also rejoices. It becomes extremely happy and it too merges in this harmony. This harmony within, unites with the harmony without and new waves of peace, love and universal harmony begin to rule our lives and the world around us.

The technique is simple and is revealed in the Brahma Vidya Basic course. It comprises of eight spiritual breathing exercises and meditation. Meditation purifies the mind and breathing exercises purify the body. Therefore both breathing exercises and meditation go hand in hand in creating a holistic effect on mind and body.

Brahma Vidya therefore is a science, which acts at every level of human existence: body, mind and soul. Its effects are all encompassing and strive to bring any one who practises it regularly in tune with the creative spirit within. It eliminates unevenness on every front and brings divine order and peace in one's life.

History of Brahma Vidya

It is an ancient science. 1,200 years ago Brahma Vidya originated in India. Guru Padmasambhava a great guru from Nalanda University began teaching it to his followers. Later, he migrated to Tibet and from there he taught the science to selected disciples (by word of mouth). Edwin John Dingle, an Englishman and journalist by profession was mysteriously drawn to Tibet and he acquired the knowledge from a great Tibetan Master. Guru Jyotirmayananda was perhaps the first Indian to have learnt it by correspondence from Guru Ding Le Mei (As Mr. Dingle later came to be known). It was from Guru Jyotirmayananda the founder and Chief Trustee of Brahma Vidya Sadhak Sangh, Jayant Divekar came to learn the science and having



established the Trust he began teaching it to many others. So the science is indeed ancient and has been handed down to us by men of great worth and intelligence, for they have tested it time and again and it has proven to be very effective.

The technique and theory

Brahmavidya Basic course for people above the age of 18 years comprises of 22 weekly sessions, covering 22 lessons on the philosophy of the science and eight spiritual breathing exercises and meditation. All those who enroll for the Basic Course are gradually led through this whole curriculum, which is aimed at making one fit at the body and mind level, thereby laying a strong foundation for spiritual progress, which happens during the advanced course. This course goes on for about two years after which one can enroll for the teacher's training course with permission from one's teacher. The technique and theory both are unique and complement each other thoroughly. They have been formulated by great gurus of the past, whose knowledge of ancient spiritual techniques and experience has been of the highest order. These teachings therefore do not clash with any religion and enhance one's understanding of life.

How did your tryst with Brahmavidya begin?

Even before I joined Brahmavidya, I was spiritually inclined. There was a Brahmavidya class to be conducted near our house, I got to know of it and joined it. Guru Jyotirmayananda conducted this course. I enrolled for it in 1983 and developed interest in it gradually. Before joining Brahmavidya I had read the Gita and various commentaries on it and I had formulated many ideas of my own, about God and religion. When I did the Basic Course I came across some absolutely new truths quite different from the ones I had read and understood from my previous readings. Though I was not fully convinced, I practiced Brahmavidya sincerely. In the year 1985, I got to know of an advanced course which was to begin and I joined this class. In this advanced course, I felt that this is the only way for spiritual progress and that it is indeed the most supreme technique for spiritual growth accessible



to man. In those days, in our advanced course hardly six people were there and our guruji conducted the class for two years and taught us most diligently all nuances of this science.

Since the medium of instruction in those days was only English, I realised that the masses could not follow it. It was then that I thought that this science should be made available in Marathi for the masses to understand its essence and follow it. I started the translation work. It took me ten years to complete translation of over 1500 pages of literature because I was doing it along with my family and professional responsibilities.

What inspired you to teach this science?

Anybody who has had some true spiritual experience would like to share it. It is not something that can be kept to oneself. As the spiritual experience overflows, one is bound to share it with other spiritual aspirants and deserving individuals. One cannot throw pearls before swines. Therefore the student too has to be good and sincere to learn these teachings. Thus I started teaching Brahma Vidya in 1989. Later, in 1997, we founded Brahma Vidya Sadhak Sangh, which primarily conducted Brahma Vidya classes in Marathi.

I had joined Brahma Vidya only from the spiritual perspective. I did not have any concerns other than the quest for spiritual knowledge. Today, we have many people who try to find solutions to their physical and/or mental ills or are looking for success in life and therefore enroll for Brahma Vidya classes. There's nothing wrong with their intention, because Brahma Vidya does help achieve all of that, and above all it leads one to spiritual growth. It does not neglect material progress. The courses are designed in such a way that the initial courses will take care of physical and mental wellbeing and later ones lead the aspirant towards spiritual progress.

Is there any parity between science and spirituality?

Spirit is a mystery. Science and spirituality are diametrically opposite. One cannot debate between the two. Both are endeavours of man to find out the truth. Science is a study of matter, which studies the exterior,



whereas spirituality is an inward journey, which leads an individual to study his own mind and soul. Brahmavidya helps in discovering the inner you. Both science and spirituality are searching for truth, but their ways are different. Science is always concerned with matter. Spirituality on the other hand deals with spirit and its expressions. Science does not believe in the existence of the spirit and therefore there is no parity between science and spirituality.

Superstition is different from spirituality. Superstition often arises out of fear and insecurity. Spirituality believes in the fact that one creative spirit exists in all life forms and the world around us is an expression of that one creative principle (or God). If one believes in this totally, there is no scope for fear and therefore no ground for superstitious thought.

India is considered to be the spiritual capital of the world.

It is true that in India few people have reached highest spiritual summits, but as far as great majority of people are concerned, we are only high in talking. Being one of the most ancient civilizations we have a long history of spiritual giants. These great men of the past experienced highest spiritual truths and they lovingly shared it, mostly by word of mouth. Later these teachings were written down and thus these became available to many people. Today in India we have abundance of spiritual literature expounding many philosophies and methods. Over long period of time these spiritual teachings have become an integral part of our culture, language etc. Hence we talk about these things in our day to day conversation, but do not live them so that we can really experience these spiritual truths. That is the reason why we see so many miserable people around us. Only when you experience, you know and begin your journey to transcend all misery.

How does one inspire a common man to lead a spiritual life?

The inspiration for seeking the spirit comes from within. No amount of external coaxing will work. One may attend a class and practice for some months because of external pressure, but one continues along the path only when one gets some real experience of the spirit or



derives some benefits from his or her practice. The seed for spiritual quest is there in every human being. Humans are known to feel inner urge to seek oneness with the spirit within.

Brahma Vidya helps an aspirant to gain this oneness. It's a gradual process. One thing leads to another progressively, physical and mental perfection will steadily lead the seeker to explore the realms of the spirit. It is a proven, time-tested technique and it has worked for thousands of people.

Is spiritual and material life distinct?

This distinction is made by human mind. In fact, life arises from the one creative principle, irrespective of the fact whether it is material or spiritual in nature. Most people however, are more engrossed with material pursuits, because its need is felt to be more urgent and the need for spiritual pursuit is latent. And that's why many people tend to ignore spiritual pursuit. In reality, both are equally essential and there is no actual difference between the two. They complement each other quite well. Spirit expresses through matter. In Nature, there is no conflict between spirit and matter, because both arise from one source. In human mind however, there's a difference between the spiritual and material.

(Guruji Shri Jayant Divekar, chief Trustee Brahma Vidya Sadhak Sangh was interviewed by 'Wellbeing' magazine and given above are excerpts from it)



Me and My Instrument

The human body is nothing short of a miracle. Its healthy functioning is important for one and all. This article highlights various amazing functionalities of the body and explains how Brahmavidya, a spiritual science helps retain good health



Swati Jog

Our oldest, closest personal possession is our body in which we live. Our body is truly, a structural masterpiece, more amazing than a science fiction!

Here are some amazing facts about the human body:

- Cells are building blocks of our body. Cells perform highly specialised functions. A single brain cell is connected to as many as 10,000 other brain cells, and perhaps more. Try to imagine that you are connected to 10,000 people at a time!
- Your blood vessels if laid end to end would according to one estimate encircle the globe twice over.
- Your kidneys are the paired organs, though they account for less than five percent of body weight they contain more than 2 million nephrons, microscopic filters and tubes, which if connected would extend for almost eighty kilometres.
- In a day about 1,710 litres of blood is processed and cleansed by our kidneys.
- About three million red blood cells are produced by an adult every second, in the bone marrow, which has been termed the “blood factory.” Moreover, it is here that some of the iron from the worn out blood cells is recycled in red cell production.
- Human heart is the hardest working muscle of the body. It beats 4,500 times an hour. It pumps blood to all the body’s 75 trillion cells. It has spent millions of years perfecting itself in order to keep us alive. The system is perfect at no point mixing of pure and impure



blood takes place.

- Our endocrine glands e.g. pituitary, pancreas, adrenal, etc produce various hormones, which may be called chemical messengers. These hormones keep the internal environment constant e. g. the pancreas produce insulin to maintain sugar level in the blood, the pituitary controls growth of bones, helps the body to conserve water, etc.

Thus, the body functions in an orderly manner because of the messages sent by these glands. As you are reading this many messages are already delivered!

Unbelievable? Yet true! Let us give thanks that we are endowed with such an accurate and intricate beautiful instrument!

But this instrument works at the behest of our thoughts and emotions. A child of four months starts crying loudly, stiffens its body as a stranger approaches, any person who is new to the child. Later, after an hour or so, the child is smiling away in the arms of that stranger (grandfather). How does this happen? As the child gives the signal of stress the body prepares for combat. As the child removes the signal of stress, and gives the signal of comfort the body responds accordingly.

The endocrine system responds to stress quickly. e.g. the adrenal glands release adrenaline and non-adrenaline. The other glands also release other hormones. The body prepares to face the situation—as the heart beats faster, perspiration increases, keeping the body cool, muscles receive more blood, readying the body for vigorous action, blood pressure rises. The body changes within minutes.

The glands can not discriminate between just and unjust; good and bad or right and wrong. It functions with exactitude. As the child's system could not distinguish the stranger from the grandfather. It responded as per the signal sent.

In an age of global economy, each one of us comes across a number of stressful situations - for instance taking an exam, appearing for an interview, your child crossing the road for the first time, boarding a crowded train, missing the bus by a minute, somebody chasing you in the dark, autos off the road -- the list is endless.

But many of the stressful situations in our life do not call for such a physical response which was necessary in the primitive stage, when



the survival was at stake. The release of the hormones that are not really needed may have adverse consequences.

It is not possible for any of us to wish away difficulties or hurdles or challenges. So the question is how to send the right signal by nurturing right thoughts and emotions? So that our intricate delicate system is not disturbed and works in a healthy constructive manner.

In the Basic Course of Brahmavidya simple methods are taught to train our mind to think true, constructive thoughts. The students who are regularly practising these methods find an immense change in their thinking which has helped them improve their physical and mental health.

SO DO NOT POSTPONE. Join the Basic Course. Let us use this instrument in a healthy manner, by not falling prey to the stress of modern day life.



Students of Brahmavidya Basic Course are seen performing a breathing exercise



Self confidence and success



Rajaram Surve

Success is the one elusive aspect of life that beckons the whole human race and Brahma Vidya can play a significant role in ushering in success... for one and all, let's find out how

Practice of Brahma Vidya brings magical changes in one's life through enhanced self confidence. Many of those who practice Brahma Vidya have experienced a phenomenal change in their level of 'self confidence'. We all know that self confidence is the foundation for a successful life.

Brahma Vidya practices help students overcome various difficulties in life. One's joy and self confidence keeps on increasing. Because of this enhanced self confidence, one can undertake even difficult tasks and complete it successfully. Eventually, his life definitely becomes better than that of many others. This capacity to empower students to overcome the difficulties in life is a unique gift of Brahma Vidya.

Let us see how Brahma Vidya helps to promote our self confidence lead us to success.

1) Improved breathing: Brahma Vidya teaches simple techniques of breathing. Our regular practices help us to establish order at our physical level. We feel fresh and energetic through complete breathing. We all know our breathing is a vital factor of our life. Through simple breathing practices we regain our physical stamina and energy. Breathing not only gives us physical stamina, but also makes our mind happier and more positive. We gain many benefits at physical and mental level through regular simple breathing practices.

2) Simple techniques of Meditation : Our thoughts are regulated and controlled through regular meditation. Brahma Vidya teaches us simple but effective methods of meditation. Meditation helps us to



reduce negative thoughts and emotions considerably. In other words regular meditation helps us develop positive thoughts and emotions. Due to this our attitude towards the problems of our life becomes more positive. This reduces our stress considerably.

By controlling and regulating breath and thoughts two important factors of human life one's life becomes easy, peaceful and happy. Let me share with you a true success story of a company executive, who completed the Basic Course and joined Advance Course. His office colleagues were surprised to see his ever increasing enthusiasm and confidence and his positive attitude towards problems of the company. The CEO of his company requested him to arrange Brahmavidya Basic Course in the company for other executives. All executives have since completed the course.

For imperishable health and successful life you should join the nearest Brahmavidya class.



Children practising Brahmavidya (Children's Course of Brahmavidya is conducted for seven weeks in weekly sessions of one and half hours each)



Brahma Vidya for youth



Nitanta Shevde

Youth is perhaps the most enigmatic phase of human life. It has confidence, courage, the go-getting attitude and yet sometimes falls short of making the best use of its gifts. Brahma Vidya helps youngsters overcome their difficulties to achieve all that they truly want to achieve

Youth is inevitably the most interesting subject for one and all. Youth is indeed a phase of life which everyone looks forward to. It symbolizes enthusiasm, courage, strength and a sense of freedom. Every youngster races through the fast lane in life, during this phase. All the same, education, career, friends and choosing the right life partner are all important milestones one has to achieve in this phase. In addition, the present day competition and resulting anxiety and stress have become inevitable for many youngsters. The change in working patterns is also evident. For hours together, many youngsters sit in front of a PC for work, and their urgent need to remain connected over the mobile phone, during rest of the day even while walking, commuting, driving, etc. and fast food to accompany this fast lifestyle has made things more complicated. Their whole schedule, time table for day and night is changing rapidly. At such a time, what one thinks, says, and the courage with which one meets the daily challenges of life determines the future equation of one's life. All of these experiences are accorded to us with our body and mind.

Breath and thought are the two important aspects which energise all these activities. One cannot imagine life without the two. In reality how many of us actually pay attention to one's thoughts and breathing while keeping pace with time? The fact remains that one is totally unable to keep track of the two and it is for this precise reason that Brahma Vidya helps each one of us. Brahma Vidya is an ancient science



of Yoga and philosophy. The six-month Basic course of Brahmavidya is taught to everyone above the age of 18 years in Hindi, English, and Marathi. Many students have already drawn immense benefits from their practice of Brahmavidya. Many of those who came across Brahmavidya in their old age, acutely felt the need of having learnt Brahmavidya right from their young age. As they feel it would have enabled them to scale greater heights. That is why I hereby implore all of my young friends to join the Brahmavidya Basic Course as soon as possible.

In Brahmavidya one gets to learn eight breathing exercises, easy techniques of meditation and ways of right living. As a result of regular practice of Brahmavidya one feels alert and energetic throughout the day. One thereby concentrates on achieving multiple aims, with greater accuracy. Lethargy, tiredness and boredom are driven away totally. Our work efficiency keeps on increasing by the day. Small health complaints like eye stress, back ache, head ache, neck ache, stomach ache, etc are totally eliminated and one experiences good health and also can retain this good health throughout one's life.

Generally man uses only ten percent of his lung capacity while breathing. Regular practice of spiritual breathing exercises taught in the Brahmavidya Basic Course increase lung capacity and one starts breathing more correctly. Easy techniques of meditation taught in the Brahmavidya class allow us to mould our thoughts more correctly. And increased concentration enables us to accomplish any task easily and accurately. At workplace or at home one can arrive at correct decisions more peacefully, confidently and courageously. This helps each one to rise above his or her stature in life, with right efforts and decisions. Brahmavidya practices allow one to establish right balance of one's emotions. All of this invariably translates into holistic success and joy.

One learns some important rules of life – normally one never thinks about these rules. Just as one has to follow a set of rules in life, say for traffic or at work place, life also has a set of its own secret rules. As



one strives to live in accordance with these rules, automatically one comes across ease and freedom from obstacles. Life starts becoming more structured and harmonious. One starts developing a global vision and thereby becomes a better citizen of the world.

All youngsters should make it a point to learn Brahma Vidya as soon as possible and implement its principles in daily life, in order to optimize their achievements. Practice of Brahma Vidya brings in creativity and joy in life and empowers each one to face life squarely. If you love yourself and your life truly, you will enroll for the Brahma Vidya Basic Course immediately.



Advance Course students' gathering at Borivali



Brain Waves



Ruchira Godbole

Despite the strides that science has taken, the human brain is a mystery. This article deciphers how meditation channelises energy to affect the functioning of the brain and thereby the whole body



Jayant Divekar

Our brain is made up of billions of brain cells called neurons, which use electricity to communicate with each other. The combination of millions of neurons sending signals simultaneously produces an enormous amount of electrical activity in the brain. This electrical activity repeats itself in a definite frequency like in waves. This can be compared with frequencies of radio and television. Just as there are different channels operating at different frequencies likewise our mind works differently at different frequencies.

The frequency of these waves is measured in cycles per second i.e. Hertz (Hz). We all have five different brain frequencies (Gamma, Beta, Alpha, Theta and Delta). Now let us try to understand them:

1) Delta – (1.0 To 3.5 Hz) Delta brain waves are the slowest of all. Everyone experiences delta waves in deep, dreamless sleep. In this state one is not so conscious of the material world. It is related to our unconscious mind. This predominantly works in children till they are one year old. These frequencies lead to laziness and poor concentration. When we have to work with best efficiency, these waves should be minimised. It is observed that people who have these frequencies in predominance lack in concentration and are unable to do any work for more time. For healing and regeneration of body these waves are essential as these processes can be achieved by the body only in deep sleep.

2) Theta – (3.5 To 7.5 Hz) Theta is just the next higher step to deep sleep and this involves slow motion waves. It is where we



experience vivid visualisations, great inspiration, profound creativity, exceptional insight and long-forgotten memories. At the same time it is the store house of our memory, feelings and sensations. These waves are experienced during inner concentration, meditation and prayer. This is the state related to our subconscious mind. These waves are observed in children, even when they are awake and up to age of 13 years but not in adults, whereas it is experienced by all during sleep. This state is beneficial for healing, regeneration and for coordination of body and mind.

3) Alpha (8.0 To 12.0 Hz) This state links conscious mind to subconscious mind. This is an important state and in this state even though body and mind are in a relaxed state the person is alert. We feel healthy and peaceful, mentally balanced and we find solutions to problems. This is the ideal condition to gather new information, maintain facts, data, perform elaborate tasks, learn languages, analyse complex situations. Alpha frequency is related to white portion of the brain and this portion is responsible for interconnecting different parts of brain.

If we compare these brain frequencies to any car, Alpha state is like neutral gear, Delta - first, Theta - second gear. The next frequency Beta that we are going to see now is related to third, fourth and fifth gears.

4) Beta (12.0 To 30.0 Hz) This state is related to conscious mind. It is a state of higher frequency and activity. These waves are predominantly working when we are awake and eyes are open. When we are awake and are busy in thinking, listening, speaking, analysing there is a higher frequency activity going on in the brain. Because of the huge span of these waves, they are sub-divided in low, medium and high Beta Frequencies.

Higher Beta Frequencies lead to hypertension, increased heart rate, increased blood flow, cortisone production, increased secretion of adrenaline and higher glucose consumption.

5) Gamma (Above 30 To 44 Hz) These waves are observed in all parts of brain. These waves are not observed in normal functioning of the brain. It is said that these waves greatly increase during practice of meditation.



Research is going on to study the changes in these waves during practice of meditation and till date definite scientific information is not available. However information is available in spiritual research. In spiritual language these are termed as states of mind (and not brain).

In spiritual terms mind and brain are different and it is believed that mind works through brain. Mind or consciousness can be sub-divided in three stages, *jagrut*- awake (Beta), *swapna*- dream (Theta and Alpha) and *sushupti* - deep sleep (Delta). The aspirant can experience all these states consciously during practice of meditation. As one develops alertness and relaxation in practice of meditation, he can approach the deeper states of mind and thereby enters in an experience beyond mind. In this fourth – *turiya* state of mind aspirant achieves self-realisation. As this state is beyond mind nothing can be said about it and it can only be experienced.

This is the ultimate stage of meditation. But practice of meditation is extremely helpful in day to day living as well. By consciously experiencing different stages of mind we can master our body and mind.

By right use of the two important instruments on which our life depends, we can lead a healthy and successful life.

One can progress in meditation only through rhythmic breathing. So I urge all aspirants in Brahmavidya that without waiting for the scientific explanations let us hold on to our practice of breathing exercises and meditation with enthusiasm and perseverance; and enjoy more healthy and successful life.

Edited by : **Jayant Divekar**
Compilation: **Ruchira Godbole**



A Silent Revolution



Shalini Kulkarni

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

The guiding force of our life, one which leads us from ignorance to knowledge, from illness to health, from disorder to order, from darkness to light, one which gives a right direction to one's life – this system of ancient Yoga and philosophy – Brahma Vidya has been brought to life since 1997 under the aegis of the Brahma Vidya Sadhak Sangh.

Guru Jyotirmayanda and his disciple, chief trustee and founder of Brahma Vidya Sadhak Sangh Shri Jayant Divekar has done a lot for the propagation of this spiritual science. Shri Jayant Divekar has translated all the English lessons into Marathi and therefore has made this knowledge accessible to a lot of Marathi people around the world. It has also helped many troubled individuals to rise above their problems and regain strength in various ways. Shri Jayant Divekar's able guidance has empowered many individuals and shown them the right way of living thereby bringing about a 'silent revolution' in the society and steadily guiding it towards spiritual living.

This annual report presents the work done by trustees, teachers, volunteers and achievements by individual students as well over the past one year. It has taken up the task of building Brahma Vidya Ashram. Details about the Ashram Project will be provided hereinafter.

Learning Brahma Vidya

Pradeepak or the teacher's training course is the topmost course conducted by the Brahma Vidya Sadhak Sangh and many students who complete the Advanced Course vie to get admission to the 96-weeks



Pradeepak course. Every Brahmavidya teacher has successfully completed six months of Basic Course, two and half years of Advance Course, and two and half years of Pradeepak or 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 and until a student clears all these courses successfully and to the complete satisfaction of Shri Jayant Divekar and the trustees s/he is not be 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 individual progress in the science and allows them to refresh and renew their knowledge and teaching techniques. This meticulousness allows for accuracy and harmony in the teachings of all teachers of the Sangh.

Workshops : Workshops play an important role in improvising teaching techniques and guiding would-be teachers to conduct their classes successfully. They also ensure harmony and consistent teaching methods in the teaching styles of all Brahmavidya teachers. In 2012 Shri Jayant Divekar supervised a seven-week long Brahmavidya workshop for teachers of Basic Course, which began on 15 July 2012 and concluded on 26 August 2012 at Thane. About 110 Basic Course teachers attended this workshop.

Revision classes : In order to keep up their practice and create an opportunity for group practice a new programme is being conducted since August 2013: Two-year long revision classes for students who have completed their Advanced Course and Pradeepak or teachers' training course. These classes were conducted at seven different locations: Borivali (2), Vile Parle, Mulund, Thane, Dombivili and Pune. Students who have completed their Pradeepak Course only can attend these new revision classes.

Basic Course in Gujarati has been newly launched since July 2013 and is being taught by Sunita Gurav, who can be contacted at 9819502058. Those who are interested in learning Brahmavidya in



Gujarati can join this class.

Activities of Brahma Vidya Sadhak Sangh for 2.10.2012 to 20.11.2013

Particulars	Children's Course	Basic Course	Advance Course	Teacher's training course
No. of teachers	137	21	1	1
No. of classes	300	33	1	4
No. of students	4126	834	80	397

Study groups: During the 104-week Advanced Course and 96-week teacher's training course, in order to conduct group studies and bring in more accuracy in practice of spiritual breathing exercises, meditation and understanding of lessons small study groups are formed. These weekly sessions are conducted by students for their own progress in the study of Brahma Vidya. Sometimes the teacher also participates in this study group to guide students.

Brahma Vidya Office: This is the one point source for details of 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 on all working days. The office staff supports all teachers in terms of providing lessons and other teaching material. Financial management of all Brahma Vidya initiatives is undertaken meticulously from this office. All students' information is computerised and maintained here. Before publishing 'Pradnya' magazine all information is sought from the office. Two more offices have been opened in Pune and Borivali.

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

Borivali Office: Mandar Co-op. Hgs. Soc., Ground Floor, 'C' Wing, opp. Korakendra AC Hall, R. M. Bhatted Marg, Borivali (W), Mumbai 400092. Mob. No. 9867400834.

Pradnya: Life membership for Marathi Pradnya can be taken by making a one-time payment of Rs 250/-. For five years Pradnya will



be couriered to the member, life members will have to inform change of address -- in case members change their residence they should mention clearly on the envelope 'change of address for Pradnya life membership.'

Number of page donors is also increasing every year. Pradnya is published every year in Marathi and English and is distributed to all those associated with Brahma Vidya Sadhak Sangh. Pradnya magazine 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 edition. Some writers do not send their contact details with their articles and that time it becomes quite difficult to send them a copy of the magazine. Therefore all writers should send a clear photograph as well as their contact details with postal address along with their article.

May the light of Brahma Vidya spread far and wide bringing about a steady transformation in the lives of all sincere students.



Gathering of Basic Course students held at Badlapur



Can I do it?



Ramesh Karandikar

Nothing is impossible for one who has developed the right spirit and wisdom to achieve what he has set his mind on. Brahma Vidya helps you develop that spirit and wisdom

When we live our life, a number of questions come to our mind. We want to achieve so many things in our life, for instance: good health, sufficient money to live a happy life, a good job which can make use of our education and so on. We plan so many things, hope to achieve them and always ask one question to ourselves – ‘Can I do it?’

When this question comes to our mind, we start analysing, we look around to see how many people have achieved what they wanted and come to the conclusion, that may be all our wishes are not going to be fulfilled. We start compromising, and thus start lowering our own potential capacities. We believe, that life will be like this only. We see people around, who have achieved everything that they desired, are very successful in their life, but consider them as exceptions, blessed and lucky. We believe as a human being we have so many limitations; our destiny is decided already and cannot overcome it. Most of us belong to this second category.

Why most of us are like this? Why can't we achieve what we wish? The simple answer is, there is some fault in our basic understanding of oneself. We are conditioned to believe, ‘We are what we feel!’ Thus the truth about ourselves is overshadowed by our false beliefs. Then another question arises: What is the truth about ourself?

The truth about ourself is that, we are divine in nature, having no limitations whatsoever.

We may find this truth difficult to accept, but if we look around, keeping our eyes and ears open and mouth shut, we can see reasons



to believe it. Around us there are different forms of life, which are expressing their life energy and wisdom optimally. We can observe perfect order in the entire universe; when we say this, we see that every form obeys certain laws.

All the happenings around, are absolutely predictable, every form obeying the laws of gravity, motion, attraction and so on. There is wisdom; supreme power to execute the wisdom is omnipresent. This, we call as creative principle, creative energy – GOD. This creative principle has three main qualities viz. omnipresent, omniscient and omnipotent.

We are a part of this universe, having all the qualities of the creative spirit at its best, having special faculties of imagination, thought power (free will) and speech. By using them in accordance with the law, we become the master of our own life. Brahmavidya teaches us how we can use, whatever we have in right earnest. Two main tools by which we live our life are Breath and Thought. Not knowing the law and order, we misuse them and ask the question – ‘Can I do it?’ But if we know the science, if we learn Brahmavidya, we learn the ‘Art of Living’ and truly start living our life as per divine laws and express divinity in us and truly become the master of our own life.



Basic Course Camp at Belgaum, 2013



Overcoming fear



Sugandha Indulkar

Fear is considered to be one of the most important deterring factors when it comes to leading a happy and stress-free life. Practice of Brahma Vidya helps you overcome fear. It makes you more confident and allows you to realise your dreams

- *I learned that courage was not the absence of fear, but the triumph over it. The brave man is not he who does not feel afraid, but he who conquers that fear. – Nelson Mandela*
- *Nothing in life is to be feared, it is only to be understood. Now is the time to understand more, so that we may fear less. – Marie Curie*

Fear is a funny thing, the more you think of it, the more you feel it. You can get afraid, scared of life and the 'unknown' around and within you for absolutely no reason. Life is like that. How does one overcome fear? Think and you'll know that one cannot overcome fear totally. Accept the fact, simply because fear is a defence mechanism bestowed upon every living being by the Creator. But we overdo the thing. We relate fear to everything that we feel is repulsive, or unknown, or things we are not good at doing or are uncomfortable with. A lot can be done to overcome such fears, while keeping the defence mechanism intact.

Here is beautiful true story, an incident which happened at least 50 years ago, in a small village along the Mangalore coast.

Amba, a frail woman of 60, grandmother to at least 10 teenaged children and a mother of eight grown up ones. She was the master of her household. Her day began at four in the morning, a bath, followed by puja, supervising milking of the cattle and so on. She loved all the creations of the Lord –all members of her family and the animals as well! One night she was worried about a little calf born about ten days



ago as it had wandered off into the meadows to graze. It never came back with rest of the herd. She could not finish her dinner that night. Her mind kept wandering after the lost calf and the sorrowful cow in her backyard. She stepped out in the moonless night, far away into the jungle. She could see nothing. She carried a stick with her for support and a rope to tie the calf when she would find it. Leaning over the stick, the old woman waddled her way up the mountains where the cows went to graze. She thought she saw an animal. Its touch was soft and smooth. She held the noose around its leg and tied it to the tree nearby and was happy that she found the calf. She returned in the middle of the night, it was past 1 am and slept peacefully.

Next morning her youngest son was shocked to see what his mother had done. She had unknowingly tied a tiger cub to the tree! What guts! The frail Amba had tied a nearly eight-month-old tiger cub to the post! In the morning she was shocked but more concerned about the lost calf. That's life and that's love. Unconditional love, which came naturally to the old village woman.

When love blinds the vision, mind is free from fear. It is in such moments of innocent fearlessness that man can exceed his powers and reach out to the impossible and achieve it. Love and negative fear can never co-exist in the mind. A fearful mind cannot love and is shut out from all positive things in life. Therefore it is important to learn the knack of being fearless. Free of undue worries and free from fear. Have full faith in the omnipresent, omnipotent and omniscient power that pervades all creation. IT IS. Believe it and you will free your mind of fear, doubt, disappointment, and all negation that results of it.

Some ways to overcome fear: Fear of material things, like wild animals, insects, darkness, heights, etc can be overcome by first 'mentally' doing those things and then facing them in reality. Strong will power and sheer determination will help you in doing this; whereas, subtler fears; fear of the unknown, fear of loneliness, etc can be overcome by strong faith in God. Faith can move mountains and it can move away your fears too! Courage comes from strong faith. Therefore take courage!

Regular practice of Brahmavidya helps one gain a lot of courage.

- With gratitude from Jiush Suvarna



It in turn empowers us to perform better, and with more confidence. This invariably improves results. Brahma Vidya is indeed a holistic science and therefore it works on the body and mind of every individual. It helps us overcome fears: real or imagined. It helps us rise above our stature in life, by bringing about a thorough transformation. It is indeed an experience to be felt and not merely read about. Welcome fearlessness, courage and confidence in your life with regular practice of Brahma Vidya.



Journey with Brahma Vidya

Barriers are broken by **Breath**,
Reprisal melts when **Right** solidifies,
Avarice accedes to **Adequate**,
Hatred metamorphoses into **Harmony**;
Matter and mind succumb to **Meditation**,
Attachment is detached by **Awareness**,
Vagaries submit to **V(w)isdom**,
Illusion is erased by **Illumination**,
Disorder is disciplined to **Divine-Order**,
Yesterday and tomorrow amalgamates into ‘**Yes-today!**’,
‘**All I**’ realises the ‘**I Am All**’.

Sulochana V. Iyer



Children's Course at Virar, Mumbai



Meditation helps counter negative feelings



Asha Indap

Everyone wants to keep negative thoughts away and think only positive ones, but how does one really do it? The present article explains how with regular practice of Brahmavidya this is possible

We often come across people discussing how troubled they are in their life or how their life is full of tension, worries or sorrow. They often say, ‘I don’t feel well. I have no enthusiasm to do anything. I feel sad. Nobody cares for me. I am a failure or I feel depressed.’

Such feelings are pent up in most peoples’ minds; while few are able to overcome these feelings, many lose themselves in these negativities and often become victims of depression. We all have worries, stress and tension in our life most of which are outcomes of our lifestyle and life stages we are in.

A housewife feels nobody has time for her, she feels left out. A working woman’s worries are different - she feels the pressures of managing a home and family as well as a job, leaving her with no time for herself.

Professionals feel the stress of difficult bosses while bosses feel the pressure of having to deliver in a competitive scenario. Young couples feel pressures of raising growing children and elderly couples feel the worries of health. Even children these days are not spared the stress of homework and extracurricular activities – gone are the days of carefree childhood!

Though the stress level may differ from person to person, the result is seen on the functioning of the body. The mind’s job is to think and our mind is full of thoughts. Unfortunately, more often than not, these are negative thoughts. A person finds it easier to think negatively rather than thinking positively. There are so many things in our life which



give us pleasure and by keeping our mind occupied with them we can forget all our sorrows. However, most of the time, people tend to remember only those things which have given them sorrow and make their life full of stress and tension. If one does not arrest this habit at an early stage, these thoughts often make one's life sad and depressed.

Our body, the wonderful instrument which we possess should hence be in perfect order so that it can work more efficiently and we can live our lives more happily. A healthy body and a healthy mind make a healthy person. Nobody likes to be sick, so when something goes wrong with the body, we see that people do take care of their body. However, most people neglect the health of their mind, since there is not much awareness among people on the importance of keeping the mind in a healthy condition. Thus, the ill health of the mind is ignored and this manifests itself as ailments in the physical body. When the mind is sick it reflects on the body and vice versa. Hence we find that often doctors recommend patients to practise meditation along with their treatment for fast recovery.

The question then is: How does one overcome negative feelings? One of the ways to heal your mind and thereby your body is Brahma Vidya. This science of Yoga and philosophy teaches you to overcome negative feelings through the practice of meditation and helps you purify your mind. The meditational techniques in Brahma Vidya are simple and effective. When a person practices these methods regularly and sincerely s/he brings about balance and harmony in life. Brahma Vidya also teaches you how to use your breath – the vital life force, in a manner that heals mind and body. Thus life becomes more happy and worth living.

All of us associated with Brahma Vidya should consider ourselves blessed, as we are progressing towards eternal happiness through the practice of the various methods taught to us.

If a happy and successful life is what you want, make Brahma Vidya your companion for life. Learn and practice the spiritual breathing exercises and the meditational techniques to keep your body and mind healthy and happy.



You can win!

Competition is an inevitable part of contemporary life, often disrupting inner peace for many. Brahma Vidya helps such people regain peace, harness their strengths and eliminate weaknesses to emerge winners!



Medha Kavatkar

Competition, is evident in the life of every human being - from school going children to the corporate world. Students are keen to get first rank in school or college. Some are keen to acquire medals in sports. Some are keen on getting more business, more money and the list goes on. Whether, competition is good or bad is a different thing. But the fact is that we are facing it in every field. In this world of competition, life seems to be a race and everyone wants to win it. Practice of Brahma Vidya is a must if you want to win this race. May it be a small thing of everyday life or the highest goal of our life, for every task we use the two: our mind and body. If one of them is weak, we can't get the desired results. Brahma Vidya works on both. Each and every Brahma Vidya breathing exercise is unique and leads us to health and energy. With regular practice of breathing exercises, our ailments start reducing and we can notice tremendous increase in our energy levels. Whatever may be our goal: excelling in sports or competitive exams or any corporate level work, we can study or work tirelessly.

Brahma Vidya meditation is simple yet effective. We can't change the world but we can change ourselves and become strong and confident to face competition or any kind of problem through meditation. Brahma Vidya meditation helps us to keep cool and balanced mindset. This in turn, leads to confidence and success, because when we are cool and confident, we can think rightly to improve our performance. When it improves, we automatically achieve success and true happiness, which is an important aim in life.



Human Body : A miraculous machine



Lalita Prabhudesai

This article explains how Brahma Vidya, world's best-known spiritual science works for the upkeep of the body-mind mechanism, read on for details

Today's age is a technological one. We are constantly surrounded by machines from dawn to dusk -- be it an alarm clock, mobile phone, refrigerator or automobiles all of these are an indispensable part of our life. Our body too is an instrument, though in a miraculous way. Unlike other machines which work on electrical, mechanical, magnetic energy and come with limited period of warranty after frequent visits for servicing and maintenance. The human body works on a force which has tremendous capacity. It originates from just two cells and work up into the most complex mechanisms and therefore can be called a 'divine' instrument.

However, we fail to realise its importance inspite of the fact that it works 24x7, 365 days a year and has been working smoothly for most of us since our birth till date. Even when we are asleep, most of its systems are functioning without any external force. The respiratory system, digestive system, blood purification and circulation all of which constantly and efficiently complete their respective functions. At the same time it is even programmed for self healing when faced with injuries or wounds.

We also seem to take this exuberant instrument for granted, by not trying to find out about the force/energy which helps it work uninterrupted. We fail to be inquisitive about the origin and potential of the force which works non-erroneously all day without any break in its functions. How much do we know about this force on which our life is dependent to such a great extent? How considerate or grateful are we about this energy? Is it like a who mother continuously cares



and strives her best for her children and they do not realise her efforts?

When we buy a product, we get a user manual along with it which includes description about its working, commands, repair mechanism, hazardous parts, etc. Have we ever wondered over the fact that our instrument never comes with any instruction manual whatsoever? The answer to this question lies in one thing – Spirituality. To live this materialistic life, we need a spiritual guide for healthy and successful living.

There are indeed a whole bunch of misconceptions about spirituality. Many believe it is abstinence from materialism, giving up of worldly pleasures, a ritual to be learnt and followed by the elderly and many such. In reality, the journey on the path of spirituality needs to be started at the earliest. This instrument is based on two fundamental elements - body and mind. We see people around us afflicted with physical and emotional maladjustments, complaints and ailments. diabetes, cardiac problems, imbalance in blood pressure and many such are seen in even young adults these days. Apart from these we witness antisocial activities around us, which may cause worries. There are various evidences of ailments and misuse of the body and mind.

We all wish to enjoy a healthy and happy life for which we need to integrate the body and mind in as accurate and smooth way as possible. Or else, like the other instruments even our machine would enter the phase of deterioration, wearing out untimely and resulting in disease.

Ours is a technology-driven age. The way a computer functions on an operating system, software, hardware; similarly our instrument works on soul, mind and body. We carefully select the software for our device that functions the best rather than giving importance to its hardware. But, we give more importance to the development and functioning, or its hardware-I.Q. as we call it; rather than its software - E.Q. as we know it. However magnificent the brain is, it still has a chance of failing if it is not controlled properly by the mind. Once we realise the relevance of all this to our life, we would be able to learn the correct way of using this mechanism for a long, successful and healthy living. Brahmavidya comes to the rescue in such situation. Learn Brahmavidya, live it and experience its beneficial effects.

Translated by Vrushali Tare



Lowering cholesterol...



It was out of curiosity and growing anxiety that I joined Brahma Vidya Basic Course. I had my own apprehensions before joining the Basic Course, then I thought why not try it. We were taught various breathing exercises and techniques of meditation were explained in a lucid manner and how it would help us in our day to day life, by giving accurate examples.

I try my level best to practice the breathing exercises and meditation as regularly as possible. This has really helped me a lot. It helped me become more peaceful and relaxed. One thing I could immediately notice is the sound sleep which I enjoy daily, after going through these sessions of breathing exercises.

I am a heart patient, having undergone angioplasty I have to take regular medication. My recent report has shown lot of improvement in the lipid levels (earlier the total cholesterol level was 210 which now has reduced to 165) and my doctor has reduced my medication.

Stress levels in my life have reduced and I have started feeling young and energetic. Earlier, I used to walk continuously for 30 minutes at a stretch which now has increased to 40 minutes. I once again thank Brahma Vidya for providing me an insight into myself.

—Rajaram Pai



Of joy and peace

I was suffering from various respiratory ailments. I got an opportunity to learn the eight different breathing exercises taught in the Brahma Vidya Basic Course. After regular practice I feel totally relaxed, happier and free of my respiratory ailments. My mind has become steadier and therefore, I can control it better. I am grateful to teachers of Brahma Vidya Sadhak Sangh, who taught these spiritual breathing



exercises and meditation with total sincerity and accuracy. I hope to overcome asthma and thyroid problems soon by continuing these exercises.

—Chandrasekar Srinivasan



Towards holistic success...

I heard about Brahmavidya from a senior colleague, Vinayak Kulkarni. I drew inspiration to join the Brahmavidya Basic Course from the positive changes I observed in his behaviour. Practice of Brahmavidya has made me happier, more successful in my career and a solution-finder both at home and at workplace. My skill in my work has increased manifold, as a result my clients are very happy with my services and I have drawn a lot of appreciation from my employers. I owe all the success in my career and life to Brahmavidya. This would have not been achieved without practice of Brahmavidya. I hope all the readers of Pradnya find inspiration in my success story and are inspired to join Brahmavidya Basic Course.

—Milan Shah



Brahmavidya for good health

I am a senior citizen, and have been suffering from emphysema for over a decade. Emphysema is a deteriorating lung disease which has no cure, but can be checked by medication and therapy. I have personally experienced tremendous benefits of Pranayama and was therefore very interested when I read an article in the newspaper about Brahmavidya Basic Course. I had never heard of Brahmavidya earlier, and apart from what was written in the article, I had no idea about it.

With great enthusiasm I joined the course earlier this year, and will



be completing it shortly. I am fortunate that I read the advertisement and joined the Basic Course. Brahma Vidya teaches pranayama, eight spiritual breathing exercises and meditation which greatly contribute to the physical and mental wellbeing of the individual.

For me personally, the practice of Pranayama as taught in Brahma Vidya, has tremendously improved my physical condition. My emphysema is under control and I am able to perform various tasks, which were difficult or impossible for me before. I cannot stress enough the great benefits one can derive through the practice of Brahma Vidya. While I am grateful for the teachings of this great science, called Brahma Vidya, I would readily recommend it to everyone who is interested in leading a great life.

–Prakash Mehta



Life divine

The Brahma Vidya course has given me a glimpse of divinity. I am grateful to all teachers of Brahma Vidya Sadhak Sangh for bringing to me this spiritual knowledge. The Brahma Vidya class is an occasion to rejuvenate ourselves.

Before I joined Brahma Vidya, a sense of lassitude had pervaded every fibre of my body and mind, life was devoid of all enthusiasm. Practice of Brahma Vidya refreshed my mind, invigorated my intellect and filled my body with a new consciousness. I developed the self-confidence to elevate myself to further heights. The unnecessary sense of growing old has totally vanished. I am delighted to find this new youthfulness and an ability of reinventing myself.

Brahma Vidya facilitates physical, mental and social development. With regular practice, my efficiency increased, I can work better and faster. I imbibed the art of setting goals and attaining them. I gained the ability to face negative traits like sorrow and disappointment. I was taught how to tread the path towards excellence. I understood that the world beyond me is also unique and that the progress of all is



the way to a perfect world. This led to the quest for divinity within myself.

Undoubtedly my perspective of the world has changed, but I have also discovered that the key to a pure, healthy life is within me and that the practice of this teaching assures a happy life. This is what Brahmavidya has taught me.

–Neha Pavle



Open your own treasure trove



There is a famous proverb in English ‘Where there is a will, there is a way’. I always wished to remain healthy. I too had my own share of health problems like acute sinusitis caused due to dust allergy, stomach disorders, body ache etc. Every morning while reciting my prayers, if not anything else, I would ask God for good health. May be God was listening to me everyday and one day he showered his blessings on me by showing me the way to ‘Brahmavidya’ – The key to Health and Success .

I joined the Brahmavidya Basic Course in October 2012 for the duration of six months and during this time my attitude towards life changed. There were so many beautiful things around me than just my health problems. As I progressed with the course: I learnt to take care of my body, I learnt to take care of my mind, I learnt to take care of my soul. I learnt to take care of everything around me and I learnt to treasure Life’s only lasting investment ‘Brahmavidya.’

There were illnesses brought to me by some unknown anxieties, fears, suppressed anger, resentments, etc. Brahmavidya helped me to assert my inner energy and naturally this inner healing led me to a healthier life. So, as rightly said by William Shakespeare:

‘Our bodies are gardens - Our wills are our gardeners.’

–Chhaya Rangnekar



A magic wand....



I was having ligament problem in my both the knees before I joined the Brahma Vidya Basic Course. The doctor suggested that I should take medicines and some treatment for at least six months. When I joined the course, my treatment had just begun. After two months, I was not feeling any pain. I told my doctor that, “there is no pain at all and on the other hand I can run and dance also”. The doctor was surprised. Now I don’t take painkillers, overall I feel healthier and confident from within.

Due to financial crises, my family lost some luxurious things. After I joined the Brahma Vidya Basic Course I noticed that we were able to buy those things, regained some of them. I noticed that important people in my life are becoming stronger -- our relations have improved and have become more favourable. I can now handle the adverse situations more tactfully. I noticed many positive changes in myself.

I had given up full time employment about 15 years back, due to some responsibilities. At this age of 40, a job offer came across, I took it up and now I am enjoying my job which is of my interest and matches my domestic routine as well.

I visualise my daughter is studying properly and making progress. I noticed that improvement is taking place slowly and gradually in her life. I am feeling very happy about all these positive changes. I give thanks to all teachers of Brahma Vidya Sadhak Sangh and trustees as well, who have brought this knowledge to us.

—Seema Ganatra



‘This is a dream come-true’

The teachings of Brahma Vidya are like a dream come-true. Since long I have been practising yoga, pranayama and meditation. I had no inkling what the Basic Course of Brahma Vidya would be like. After



joining this course and regular practice, I have a great feeling of satisfaction. Through this course I have gained happiness and a lot of knowledge about our wellbeing. Till my last breath I will utter the affirmations taught to me. I humbly thank the founders, teachers and all others involved in teaching this wonderful spiritual science.

–Meena Neelakantan



Ageless mind

I am 81, a very senior citizen, probably eldest in my batch. I have lost my wife and whole family. Life is not so good. People used to tell me you have lived enough. When I joined the course, my colleague was talking to me. I told him, “It’s okay if I could survive the course”. He told me, “No uncle you will score century”. As I am nearing the course, things are looking very positive, giving me confidence, peace, satisfaction, health, particularly mental health and happiness. My family life has improved and the conflicts are gradually reducing and I feel confident the situation will improve further.

For this I thank and bow to Brahmavidya and my teacher for bringing me to this stage with possibility of further improvement in family as well as other aspects of life.

–Dr. Vinod Shah



Benefits of Brahmavidya

I am basically a positive person. Brahmavidya has helped me to affirm my faith in positivity and brought many other benefits as well. Breathing exercises are very helpful in improving one’s health and energy levels. The affirmations have very positive effects. The teachings of Brahmavidya have enriched me in my thought process. They have made me aware of my body which I had never understood,



in the way taught in the lessons. Now, I have started believing in the existence of divinity in every creation. Similarly I believe in the fact that one can change oneself but not others. No other person can behave in the way you want him to behave. So one should not expect much from others, as it brings disappointment and grief. I have achieved peace of mind after I have started following the same. I have also started believing that we are the master of our life and if we are strong willed, we can achieve whatever we wish and fulfill all our dreams. The teacher has explained all the principles of Brahma Vidya very well. I have learnt to remain happy and peaceful in all circumstances. I like the practice of Brahma Vidya and feel grateful for having come across this teaching.

–Ujjwala Mittal



Positive thinking

After attending Brahma Vidya classes and regularly practising Brahma Vidya, I am experiencing a marked improvement in the entire thought process. I am also happy to mention that my blood pressure level has improved considerably. Last month my doctor advised me to reduce the daily intake of medicines to half the strength. I am grateful to Brahma Vidya.

–Smitha Nair



A new ray of light

I was facing many problems before I joined the Brahma Vidya Basic Course viz. pre asthatic conditions, low immunity with constant cold and low energy levels, anxiety, short temper and impulsive behaviour.



I joined Brahmavidya class in October 2012 and within four months I have seen lot of changes in me, which I did not observe after taking homeopathy, allopathy and ayurvedic treatments. I am reasonably cured of my breathing problems. I have not taken any “Asthalin” puffs since last three months. I was successfully able to overcome winter which always used to take a toll on my health. In fact now I am very confident that no ailments can touch me. My immunity levels have improved. Now I can relish my ice-cream without having any fear of any cold or cough. I feel more energetic even with less hours of sleep. There is a lot of improvement in my behaviour. I have become calm and I am gaining control over anger. I have learnt to let go. My perception towards life and people has changed. I am gaining respect at work place through cordial relations with my colleagues. I have read renowned books like the *Secret, Power of Sub-conscious Mind*, etc. which guide us on how we can achieve what we want by following the methods they suggest; but Brahmavidya explains the science behind each aspect, which the books haven’t mentioned. Everything just connects to science of life and universe. I feel I am becoming more harmonious now.

Brahmavidya teaches us the truth of life. More and more people should enroll for the Brahmavidya Basic Course and practice it regularly. I am very thankful to Brahmavidya Sadhak Sangh for imparting us the knowledge about truth of life and self realisation.

–Amit Shah



My divine experience with Brahmavidya

First of all I thank God for giving me an opportunity to experience this amazing ancient art of living. The knowledge which I got to learn during these five days (of residential Brahmavidya Basic Course) is priceless. Then I thank my Gurus, who are spreading this knowledge and wisdom unconditionally. It was really a great feeling. I believe



these five days were the turning point of my life. I look forward to be able to make a new beginning and create a beautiful life for myself with Brahma Vidya. I am truly blessed.

They say knowledge is power but I believe knowledge is just a potential power, power is in taking action. So I would like to implore my fellow participants, “Come let’s take action and let’s apply this knowledge in our life”.

–Ravi Tubaki



A great learning experience

I would like to share my impressions about the residential Brahma Vidya Basic Course conducted for the first time in Belgaum from 22nd to 26th December 2012. The sincerity of all our teachers was evident throughout the five days of the camp. All classes were conducted on time. The course was very well planned. One could observe accuracy in all their teachings. All the teachers provided thorough and to-the-point explanations to all the lessons of Brahma Vidya. They had divided the whole group in three sections (of 10 participants in each section) and got the breathing exercises done under personal attention of a teacher. All this was quite extraordinary and praiseworthy. It was a nice experience for all participants, who have to learn the breathing exercises in such a short time. I am grateful to all Brahma Vidya teachers.

–A R Doddahol



A magical science

I have completed the Brahma Vidya Basic Course and my experience of Brahma Vidya is amazing. I was introduced to this course by my father, who is an oral surgeon. He is a Brahma Vidya follower and also



a firm believer in its teachings. When I starting learning the basic tenets of Brahmavidya, I thought these were theoretical and could never become a reality, but let me tell you, it is magical! It's just like "Alladin's Magic Lamp". Brahmavidya not only teaches the importance of right breathing and the health benefits related to it but also purifies your thinking process by means of meditation. It helps eliminate negative thoughts and teaches you to harbour only positive thoughts. This has a great impact on our body and mind.

Our thoughts are our real 'power', if we have right thoughts only then positive things can happen in our life. Just like 'Alladin's Magic Lamp,' which is our mind and the genie is our subconscious mind, which follows our orders. So if we have positive thoughts in our mind, happiness, health, success and peace are bound to follow. I am thankful to the Brahmavidya Sadhak Sangh for its efforts and enabling me to learn Brahmavidya. It has made me a positive and happy person and also has given me the power to believe in myself and empowered me to fulfill my dreams!

—Dr. Anuradha Gupta



Towards healthier, happier and stress-free life

I joined the Brahmavidya Basic Course in June 2013 and attended all the sessions and practised sincerely. I was suffering from a fungal infection for the past 13 years and it disappeared completely. I used to suffer from back ache, of which I have been totally relieved. When I do the spiritual breathing exercises I can actually feel the energy flowing in my body. Before doing Brahmavidya my energy level was very low. I used to find difficult to do normal daily work. After practising regularly for about five months I feel that I am just half my original age. The energy level has increased tremendously. I had never felt so fresh and vibrant before. I don't know how this happened. But today, because of the Brahmavidya practice I am healthier, happier and leading a more stress-free life.

—Jayashree Sugavanam



Being on top of the world!



January 2011, 'Giripremi,' a group of mountaineers announced the biggest civilian expedition to world's highest mountain -- Mount Everest. We were 13 climbers who were going to attempt to climb the Third Pole of Earth. 'Pune Everest 2012' was not an easy task; right from team selection there were many things involved like equipment planning, food planning, medicine planning, practice, etc. and the biggest challenge was to raise the funds of Rs. 3.15 crores. That was the time when I came across my first ever session of Brahma Vidya. Our leader Umesh Zirpe – 'Mama' had a great experience of Brahma Vidya and he was very sure that if we practice Brahma Vidya, it would certainly help us in achieving our goal. Since then we have been practising Brahma Vidya regularly.

On 28th May 2012, we were all climbing towards Camp 3, the wind was blowing at the speed of 60 km/h, temperature was below -20, the gradient of climbing was 70-80 degree, and on top of that small rocks started falling from the top of Mt. Lhotse. These rocks would come to us with the speed of a bullet. Each one of us was climbing somehow tackling these rocks. Suddenly one rock hit my head. There was darkness in front of my eyes, my helmet was broken, my forehead was bleeding. Under these circumstances, there was only one option that I should return to base camp and abandon the expedition. In year 2013, I once again got an opportunity to achieve my dream with Lhotse Everest 2013 expedition. This time again I prepared myself, finally on 17th May 2013, I stood on the top of world.

I strongly believe that Brahma Vidya has played very important role for me to help me achieve my dream. Because of the positive attitude that got built through Brahma Vidya sessions, I could overcome the fear of failure and could pursue my dream. I would like to thank all the mentors who helped us practising Brahma Vidya.

–Bhushan Harshe
Mountaineer, Pune



Better stamina and confidence



I am practising Brahmavidya for over two years. I got many benefits from my practice of Brahmavidya, especially after doing breathing exercises my lung capacity has increased, and because of it I can climb better at high altitude where oxygen level is lesser than ground level.

Basically the technique of breathing with widened throat, helped me a lot in recovering from gasping. And after practising so many different breathing exercises, I started breathing in a proper rhythmic way, which helped me to walk for a long time without getting tired at a high altitude. Many times when we were climbing the Himalayas, I needed to push myself further in bad weather conditions, that time mental power plays a major role. Because of increased mental stability I could keep myself peaceful even in the most difficult conditions. Brahmavidya enables each one to lead a happy and healthy life in this competitive world and helps you achieve your aim.

—Ashish Mane

Mountaineer, from Giripremi group, Pune



Total transformation



I was fortunate to join the Basic Course of Brahmavidya (in October 2011) just at a time when I was totally shattered and in deep depression. I had lost my parents within a span of 45 days, lost my father to cancer, which was known just two months prior to his death, and then my mother who could not take sudden death of my father. She too passed away after one and half month's time because of heart attack. To add to my problems, immediately after their death in quick succession I got diabetes, followed by asthma and then finally rheumatoid arthritis. I



was already suffering with hyperthyroid since 1997. Rheumatoid arthritis was the worst of all -- as I was totally immobile, could not move at all, as it had affected my joints. Sometimes I could not even comb my hair, or drink coffee as my joints of both my hands were very badly inflamed and painful. I could not move them at all.

Though I heard of Brahma Vidya earlier, I had not joined as I was in a much better position healthwise so did not feel the need to devote minimum one and half hours on Saturdays even for 22 weeks. Due to severe pain I was limping and people were shocked to see my condition. Seeing me in that helpless state, one of my colleagues suggested why don't I join Brahma Vidya Basic Course, it would definitely help in healing physically as well as to overcome my negative emotions. At this stage it was a 'do or die' situation for me. Allopathic doctors said I cannot be given strong medicines to minimise my pain due to chronic asthma and Ayurvedic doctors said it will heal, but will take at least two to three years to get relief considering the severity. But with all my efforts to cope up with day-to-day activities, including my travel from Vashi to Churchgate was becoming very difficult. Being physically very active, all my life (I was an athlete, had learnt yoga and karate) this ill health was unacceptable to me. I could not bear the fact that I could not even move my hand and leg. So I used to feel more depressed.

When I joined the Brahma Vidya Basic Course I was not sure if it would help me. But I was proved wrong. After attending the first lesson, I felt it is more to do with change of thought process and mental healing, so how can my physical ailments reduce? Right from day one my teacher was assuring me that even on physical front I would experience improvement. I must believe and have total faith in the methods of Brahma Vidya. All the affirmations and breathing exercises are very powerful, which I realised gradually. Slowly I started getting used to these methods of spiritual exercises, affirmations and meditation techniques, during the initial stage of this course as I was not in a position to move much, so I used to practice slowly as these techniques do not involve a lot of physical exertion and can be done with ease, I learnt them quite easily.

Today, I feel much better. I face my daily challenges with ease. There is no stress whatsoever. Recently in March 2012, I did all my



medical tests without taking any medication for my diabetes, asthma, thyroid and they all are normal. With Ayurvedic medication for arthritis I am reasonably cured, which my doctor said is a very quick recovery. Normally rheumatoid arthritis count does not come down so easily. Now after two years I am almost cured of rheumatoid arthritis. My doctor too has joined Brahmavidya Basic Course!

Everything about this course is so beautiful, be it the course material, affirmations or the meditation techniques. The noble thought of all the founder members who with their selfless service want to reach out to the masses and guide them to enjoy life and live as long as they desire to live, a healthy and happy life is indeed inspiring.

—Shanti Mohan



Building confidence

I was always a sensitive person, to the extent that I would get affected badly by comments made by my office colleagues, or any one around me. Their negative comments used to ruin my confidence and I used to find myself embroiled in a vicious circle of weakness in body and mind, sorrow and felt that my life was of no use. It was really bad. My condition had worsened. It was then that a friend suggested that I should learn Brahmavidya. When I joined the Basic Course of Brahmavidya I realised that my decision was correct. As I started learning and practicing the spiritual breathing exercises, affirmations and meditation, I started regaining confidence. I was able to concentrate on my work better, thereby mistakes in my work reduced. I could ignore the negative taunts at workplace and sometimes even give them back. I felt happier and healthier with every passing day. Physically too I had started looking better, younger and was surely feeling more energetic and enthusiastic. Brahmavidya has surely brought about a total transformation in my personality. I am indeed thankful to my teacher and all the members of the Brahmavidya Sadhak Sangh for their selfless service to humanity.

—Nilima Parab



Key to good health, happiness and success

I was suffering from hypertension, arthritis, miniscule tear on my knees and lumbar spondylosis. My husband had to undergo dialysis regularly. Our children are in the USA. So, I had to manage everything single handedly. This burden used to be too much for me and I used to feel very confused. With regular practice of breathing exercises, I noticed improvement in my health. My blood pressure is gradually coming under control. And the pain and stiffness in the knee and back has reduced a lot. The lessons of Brahma Vidya helped me to understand that it is truly the 'Key to good health, happiness and success.' The most important factor I realised in my life is to always think positively, be positive and be happy all the time. The effect of spiritual affirmations was indeed magical. I have deleted the unknown fear and negative thoughts from my mind and have replaced them with positive thoughts. I strongly feel that I took a right decision by joining this course. I wish everyone should join Brahma Vidya Basic Course and enjoy its benefits. I am grateful to Brahma Vidya Sadhak Sangh and my teacher for teaching this wonderful knowledge of Brahma Vidya.

—Pushpa Uchil



The science of better living

The content in the lessons of Brahma Vidya Basic Course has been very logically and scientifically explained. I liked the flow of the content and the more one reads, one get something new everytime. The flow is simple and with each session we can see the connection of the mind and the body.

Benefits:

1. I feel more energetic and enthusiastic and I hope to achieve my goals with the more practice and meditation.
2. My fear of future and uncertainty has reduced considerably.
3. I can control my negative thoughts easily and I get good sleep. I



- can manage stress much better.
4. I am enjoying the present and living in present.
 5. I have developed more rational thinking. I am happy with the decisions I make.
 6. I have been able to control my anger and ignore negativity and attract positive thoughts in my life.

–Siddharth Hampahvar



Discover a new 'you'

Teachings of Brahmavidya have been a relaxing and learning experience for me. Practising the exercises soothes and freshens my mind and body. There has been a transformation in me. I am away from my lethargic attitude and I am now full of life, confident and spontaneous. My family has started noticing and appreciating the changes in me, which has given me a high and I am motivated to continue my association with Brahmavidya. I believe in giving credit where it is due, so I would like to take this opportunity to thank you for introducing Brahmavidya to me and also guiding me throughout these sessions.

–Janhvi Surana



Towards happier and successful life

I would like to share what Brahmavidya has done for me. When I started the Basic Course – I was going through a very low phase in my career and was completely in the dark as to what I need to do. I always used to think: ‘They were not good to me, they were being unfair, they did not recognise my value, they did not see my talent and many more similar thoughts kept me in total despair.’ With Brahmavidya I slowly but surely began my inward journey. Constant and regular



practice brought me to a point where I started picking up all the broken pieces. And then began the Advance Course, which half way actually turned me around from within. I realised that it was my perception. I was a product of what I thought. ‘They had nothing to do with it.’ I was regular in my practice and meditation, steadily I started showing signs of improvement: physically and mentally. I was happier and healthier. This resulted in better work performance and I was appreciated by all. Brahma Vidya has made me happier and more successful. I am truly amazed and grateful to Brahma Vidya.

–Ranjana Maroli



Of good health and joy

Regular practice of Brahma Vidya brings surprising results with good health and happiness. One of my friends in the colony told me about Brahma Vidya and I joined this course in October 2012. For the last couple of years I was suffering from low BP and I was told that there is no particular medicine for low BP. But from now onwards, I will say that Brahma Vidya is the medicine for low BP, as my BP has become normal with the regular practice of Brahma Vidya (which I had never expected).

Brahma Vidya is like a tool to good health and happiness. Regular practice of breathing exercises and meditation makes you feel good from within. The spiritual breathing exercises are indeed quite powerful. The result has to be experienced and cannot be put in words. I really thank Brahma Vidya and my teacher for imparting this wonderful knowledge, as a result of which I am enjoying good health and happiness today.

–Veena Bhat





Better health and happier life

Let me take an opportunity to express my sincere gratitude to all my *gurus*, who taught me these effective spiritual breathing exercises and meditation. ‘Your key to health and success, the words itself mean a lot.’ Probably failure made me take to life with a negative approach. This negativity has churned me in every walk of life. Prior to failure, I was appreciated everywhere. Before joining the Basic Course, I was very emotional and used to think about every small happening in my life. I was always filled with lots of questions but never got proper answers, as my approach was not right. Due to this, I had adverse effect on my health and poor performance at my work place. With regular practice of Brahma Vidya, all of this changed. I started feeling more confident. My health improved and so did my life.

–Rajesh Satpute



For a better life

I am a happier person today, because of practice of Brahma Vidya and following right thinking and right living, my life has improved. Brahma Vidya teaches you to live correctly. I learnt this from my Brahma Vidya teacher. By learning correct way of breathing along with spiritual breathing exercises and the positive affirmations, I have brought in a lot of good factors in my life like positive thinking, understanding other people better and the most important – regularity in my daily activities. Starting my day with Brahma Vidya makes me feel fresh, healthy and de-stressed, which is helping me regulate my blood pressure. I have started benefiting on all levels.

–Dina Sanghvi





Brahma Vidya, a way of life

The breathing as we know is first sign of life. Plants breathe through their leaves, fish through gills and animals and human beings through their nose. A newborn's first cry is when air rushes into its body. It is the spark of a new world into which the child has now entered with its fresh new breath.

Breathing is the single most essential thing for each and every being. Breathing and the thinking are interconnected. We find people not aware of their breathing in different situations. Breathing controls emotions and thought process. Before joining I knew this just as a concept. As I learned more and more I realised a completely different perception of living and life as a whole.

Brahma Vidya gives principles of right breathing, right thinking, right understanding, right perception, right speech and reverence. It teaches us about Prana, the life giving force which regulates the body and mind.

Brahma Vidya gave me what I was looking for. As businessman and educated person I was still looking for something which is beyond words, that something which makes you. The experience of Brahma Vidya fulfilled the expectation. I have a good home, friends and good health. Here I am connected with the spiritual aspect. Here I learnt the right way of living. The key to evolve in right way – That is Brahma Vidya!

–Jignesh Shah



Of joy, peace and good health

Brahmavidya is the best form of spiritual training one can procure at an early age. I have completed the Children's Course of Brahmavidya and with the help of regular practice I find myself healthier, happier and more peaceful. I always feel fresh after Brahmavidya practice and so I like to keep up with practice of these exercises. I also say the prayers taught in the class regularly.

—**Sonu Sharma**, class VI



Practice keeps you refreshed

After practice of Brahmavidya breathing exercises and prayers I feel nice, relieved of all stress and anxiety. As a result, in academics I can grasp better and learn faster. I used to suffer from cold, cough and flu quite a few times in a year -- with regular practice of Brahmavidya I have been able to keep these at bay. I can concentrate better and so studies no longer seem a burden. I feel alert and active throughout the day, even during long hours of study I don't feel sleepy.

—**Vaidehi Agarwal**, class VI



Brahmavidya has changed my life

After doing Brahmavidya I feel very nice and experience a lot of freedom. I feel powerful. Brahmavidya has changed my life. Regular practice of Brahmavidya makes me feel rejuvenated and makes everything seem interesting. I do not feel stress before or during examinations. I can study better and faster.

—**Saurav Thakkar**, class X





A surge of positive energy

After practice of Brahma Vidya I feel fresh, enthusiastic and energetic. There is a certain positive energy that one feels after practice of Brahma Vidya exercises and this helps me study better. I have seen my health improve with this practice. Sickness is now a thing of the past. I have seen that Brahma Vidya keeps me healthy, refreshed and enables me to study better.

–Sohil, class X



A step towards betterment

After joining Brahma Vidya Children's Course and practising breathing exercises and prayers I started feeling better in body and mind. I can concentrate on my studies easily. I feel energetic and healthy throughout and therefore I like Brahma Vidya a lot.

–Sanskriti Ambre, class VII



Holistic transformation

I used to be a lazy student, however regular practice of Brahma Vidya has transformed me into a more energetic person, alert and good in academics. I can learn faster and this development has been noticed by my teachers as well.

–Komal Pawaskar, class V



For improved concentration

I used to feel very tired, after coming home from school and I could not concentrate on my studies. But since I started practicing



Brahmavidya, I don't feel tired when I come home from school and I can concentrate on my studies easily.

–**Shruti Yadav**, class VI



'I like to do Brahmavidya exercises'

Practice of Brahmavidya has helped improve my concentration in studies. I like to do Brahmavidya exercises every day. After my practice, I feel nice and more energetic.

–**Samiksha Mahadik**, class VIII



Total rejuvenation

Practice of Brahmavidya breathing exercises has rejuvenated me totally. I can concentrate on my studies easily. I don't feel lazy or drowsy while studying. I feel energetic throughout the day. My mind is fresh and I am eager to do more and more work and more study everyday. My mind is always filled with positive thoughts. Brahmavidya indeed helps us maintain a healthy and happy life.

–**Gargi Lodha**



Better living

I have realised that, practice of Brahmavidya cleanses the body, mind and helps to overcome every lacuna. In the first lecture of Brahmavidya Children's Course we learnt about pranayama and prana energy and we learnt the right method of breathing, which supplies enough oxygen and improves purification of blood. After doing breathing exercises I feel fresh. They help to develop concentration and enhance memory as a result I could score well in my examinations. I am going



to practice Brahma Vidya every day in my life. I will now offer my respect to every member of Brahma Vidya Sangh.

–Dhwani Shah



Achieve the impossible



I am 11 years old. I have completed Everest Base Camp trek successfully. My father – Umesh Zirpe – Leader Lhotse and Everest 2013 by Giripremi, Pune Mountaineers, encouraged me and this is the first time I had gone for such a high altitude trek. The Everest Base Camp is located at the altitude of 17,500 ft. The trek is of 70 km. Daily we had to walk for seven to eight hours. It was very tough and due to less oxygen we faced breathing problems. But I used to practice Brahma Vidya breathing exercises regularly, which kept me physically and mentally fit and helped me to face challenges of the trek positively.

–Yash Zirpe



Brahma Vidya helps improve stamina

In Brahma Vidya classes we are taught various methods of breathing correctly, which result in increasing our lung capacity. Our memory improves and it also helps to get rid of ailments like cough, cold and many more. We were taught eight spiritual breathing exercises. We were asked to practice these exercises everyday. Owing to my busy schedule I could not practice them everyday. When, I did practice, I noticed that I could overcome cold and cough easily. My stamina improved, which I could prove in playing better basketball. Today, I feel healthier and more peaceful.

–Shivam

Brahmavidya Ashram – Arohan



॥ प्रार्थना ॥

ब्रह्मविद्यां नमस्कृत्य मद्गुरोः चरणौ तथा ।
ज्ञानप्राप्त्यर्थप्रस्थानं राजमार्गं करोम्यहं ॥
संतुष्टोऽहं कृतज्ञोऽहं कृतार्थोऽहं पुनःपुनः ।
प्राणनादतेजोऽतीताम् ब्रह्मविद्यां नमाम्यहम् ॥

PRAYER

Brahmavidyam namaskrutya matguroho charanau tatha
Dyanpraptyartha prasthanam rajmarge karomyaham

Santushtoham krutadnyoham krutarthoham punha punha
Pran nad tejotitam Brahmavidyam namamyaham

Meaning: Having paid my respects to Brahmavidya and my teacher, I begin my journey on the noble path to gain (self) knowledge. Again and again I feel that I am happy, I am grateful and I am blessed. Again and again I bow to Brahmavidya, Which is beyond breath, sound, and light.

VISION

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

MISSION

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

