



PRADNYA

Let There Be Light
2018



॥ प्रार्थना ॥

ब्रह्मविद्यां नमस्कृत्य मद्गुरोः चरणौ तथा ।
ज्ञानप्राप्त्यर्थं प्रस्थानं राजमार्गं करोम्यहं ॥
संतुष्टोऽहं कृतज्ञोऽहं कृतार्थोऽहं पुनःपुनः ।
प्राण नाद तेजोऽतीताम् ब्रह्मविद्यां नमाम्यहम् ॥

PRAYER

BRAHMAVIDYAM NAMASKRUTYA MADGUROHO CHARANAU TATHA
DNYAN PRAPTYARTHA PRASTHANAM RAJMARGE KAROMYAHAM

SANTUSHTOHAM KRUTADNYOHAM KRUTARTHOHAM PUNHA PUNHA
PRAN NAD TEJOTITAM BRAHMAVIDYAM NAMAMYAHAM

Meaning : Having paid my respects to Brahma Vidya 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 Brahmvidya, which is beyond BREATH, SOUND AND LIGHT.

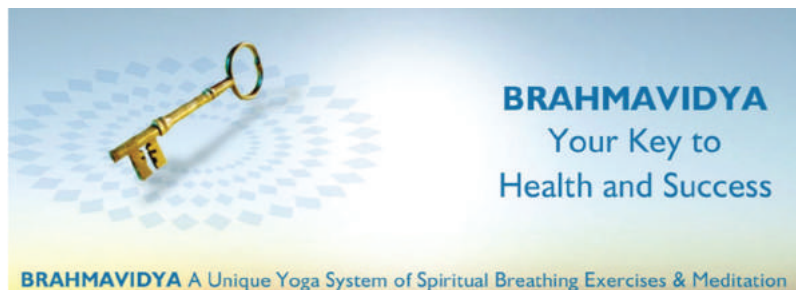
VISION

Physical, Mental and
Spiritual development of
the entire human race

MISSION

To promote, to preach
and to teach the unique
system of Brahma Vidya

VISIT OUR WEBSITE



An overwhelming response

Since the launch of our 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. Facility of online registration for the correspondence course is available on the site.

Visit www.brahmavidya.net

Visit us on Facebook

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

Follow us on Twitter

<https://twitter.com/BrahmavidyaSS>

Visit us on YouTube

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

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DISCLAIMER

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



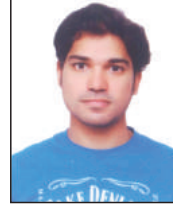
Teachers' Introduction



Mohini Divekar



Murari Patankar



Vikrant Darandale

These teachers conduct Basic Course in English

Brahmavidya Ashram : Arohan



Steps leading to Arohan



Brahma Vidya Sadhak Sangh

Brahma Vidya Ashram : Arohan





Arohan Ashram: A dream come true

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



Jayant Divekar

donate ₹ 10,000 or more and every Basic Course student to donate ₹1000 or more as gratitude for this project. So far we have received an overwhelming response to this appeal and a sum of ₹ 11 crore 25 lakhs as gratitude donation has been received by the Sangh. We, at Brahmavidya Sadhak Sangh take this opportunity to express our gratitude to all donors. Out of this sum a plot of land near Kamshet has been purchased at a cost of ₹ 3 crore. A stone masonry compound wall and a stairway to the hillock is constructed. A cost of around ₹ 2 crore has been incurred towards the work.

The said plot admeasuring about 18 acres (14 kms from Kamshet) is endowed with natural scenic beauty and is located between Uksan and Shiravata Dam. The plot is well connected by a motorable road and regular ST buses are available from Kamshet. It takes about two hours and thirty minutes from Thane and one hour and thirty minutes from Pune to reach the plot by car. The purchase of plot and the initial construction is complete. The estimated cost for construction of the Arohan Ashram would be around ₹ 5 crores. Initially it is planned to accommodate 55 students, (offering facilities of lodging and boarding for residential camps), so that all residential camps can be conducted in this Ashram. In addition, students interested in staying here for practice and study of Brahmavidya can avail of this facility at a reasonable cost.

The Sangh has now a balance of ₹ 6.25 crores, which can be utilised for the construction of its first building—Arohan Ashram.

The Site maps have been submitted for clearance and the



Brahma Vidya Sadhak Sangh

construction is expected to commence in the year 2018 on receipt of the permission.

We trustees and teachers once again express our heartfelt gratitude towards all donors. It is solely due to their generous support that we are able to fulfill this dream — Arohan Ashram. However, this is just the beginning. We hope that the teachings of Brahma Vidya spread far and wide. We humbly request you to avail of this opportunity and offer as much gratitude as possible to Brahma Vidya. Above all, give your donations with Joy so that what we create out of it will be a symbol of Joy.

Thank You.

For Brahma Vidya Sadhak Charitable Trust

Yours humbly,

All Trustees and Teachers.

Note: Kindly draw the cheques (payable at par in Mumbai) in favour of "Brahma Vidya Sadhak Charitable Trust". Write following details on the reverse of the cheque: Your Name, Mobile/landline no, PAN no, centre of course and 'Gratitude for Ashram.' You can avail of 80G concession for this Donation. Cash or cheques can be given to any teacher or in the Trust office.

Translated by: **Asha Indap**



Editorial

Greetings!

It has been an eventful year for all those in Brahmavidya. 'Pradnya' as the title describes is 'Divine Wisdom', which leads each one of us towards our own real purpose of life, which is in unison with the highest good in the Universe.



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 of Brahmavidya. Some of them have discussed important aspects of Brahmavidya through their contemplation.

Over and above, articles by revered Guruji Shri Jayant Divekar are insightful and inspire one and all to learn and practice Brahmavidya. The annual overview of activities of Brahmavidya Sadhak Sangh presents a verbal picture of its strides in the past year. Brahmavidya for children enumerates experiences by children who have gained various benefits from their practice. This year Brahmavidya was introduced in various colleges, hospitals and corporate offices. Prominent corporate houses where Brahmavidya Basic Course has been conducted include: Tech Mahindra, Idea Cellular, Persistent Systems, Xorient Solutions, Mahindra & Mahindra & MKES College Malad

I, hereby appeal to all readers to spread teachings of Brahmavidya by arranging free introductory sessions in your housing societies, workplaces like: banks, schools, colleges etc. Let us all join forces and vow to do our best to spread the Light of Brahmavidya.

Here, I 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 Suresh Ghaisas, Sarathi Enterprises: Shri Amol Dharme, Shri Yatin Panse and rest of the office staff who have been helping us.

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!



Brahma Vidya Sadhak Sangh



Dr (CA) Jayant Apte

Brahma Vidya- in college education

Today's youth, particularly teenagers is an important segment of our population. It is estimated that almost 18 % of our population is in the age group of 15- 24 years who are college going students. They face challenges in the form of intense competition, lack of proper direction, several distractions and lures in daily life. These students are generally tech savvy and bubbling with enthusiasm. There is a great need to channelize their energy. This is where we see potential to spread of light of Brahma Vidya. We observed that this segment has passed the age of Children's' course and are too young for a typical profile of our basic course. Their primary aim is education and a system like Brahma Vidya would be of great value to them which can be a treasure for life. Colleges who are allowed academic autonomy, have flexibility to design the curriculum which gives an opportunity for these institution to give added value to their students. These colleges have introduced many skill based courses and short add on courses in diverse fields which would help all round development of students. Nagindas Khandwalla College located at Malad has been one such institution where we could attempt to integrate Brahma Vidya in academics. We had conducted a basic course many years ago for the staff members of the college. Taking clue from that, the college offered Brahma Vidya Basic course as one of the add on courses. Students were free to choose from an array of almost 20 courses ranging from photography, grooming and so on. A group of students chose to do our basic course.

The highlight of the batch was the feedback mechanism. The college has developed a system of getting feedback of the students and share the analysis with us. This was a scientifically developed questionnaire covering the following points:

a. Attendance of the students, b. Adequacy of the time allotted to cover the course, c. Coverage of the course contents, d. Availability of reading material, e. Instructor's pace of teaching and clarity of expression, f. Instructor's level of preparation, level of interaction and their accessibility outside the class

Most responses were in the category of Excellent and some as Very Good. This feedback was definitely an encouragement.

We hope this will be good inroad in the academic institution. We expect more students to enroll in the academic year. Taking clue from this, we can also approach more educational institutions particularly the ones looking for academic autonomy.



Learn Brahmavidya by Correspondence

Students from India and abroad have been studying the various courses of Brahmavidya by correspondence. This is one of the steps taken by the Trust for spreading the teachings of Brahmavidya far and wide. The aspirants who are not able to attend the regular class due to geographical distance or for any other reason enrol for correspondence course. They receive four lessons per month at their given address. The lessons give simple and clear instructions for the student to follow. Students can contact the mentor teacher for guidance. 1332 students have studied the Basic course in Marathi 800 in English 117 in Hindi and 12 in Gujrathi by correspondence.

Aspirants can call on **022 - 2534 7799 / 2533 9977** for further details.

Contact Details for Basic & Children's Course

Central Mumbai	Ruchira Godbole	9987383384
South Mumbai	Asha Indap	9821353896
Western Mumbai	Dr. Shubhada Apte	9870227746
Navi Mumbai	Yamini Chachad	9820680689
Pune	Rajan Nagane	9623032458
	Narendra Dravid	9822027388



Borivali Pragat Melava



Brahma Vidya Sadhak Sangh

Learn Brahma Vidya by Skype

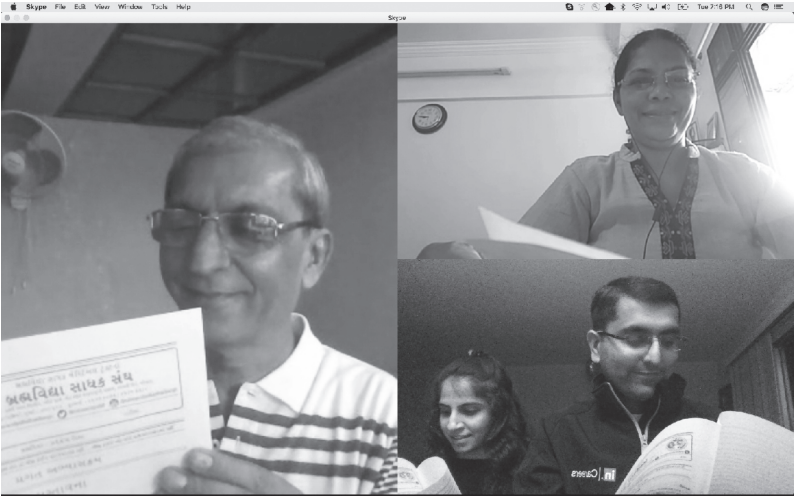
Brahma Vidya Sadhak Sangh has introduced Skype facility for distant learning.

We are happy to share that students from Australia, U.K., U.S. & from Chennai, Delhi, Kolkatta, Bengaluru have availed of skype facility, for learning the Basic Course as well as the Advance Course of Brahma Vidya.

Teacher & Student decide a mutually convenient time to connect on skype. Every lesson is covered with demonstration & detailed explanation. Student & Teacher interact for better understanding of exercises & concepts.

For More details :

bssthaneoffice@gmail.com, bssthaneoffice@rediffmail.com



Gujarathi advance course ...through Skype



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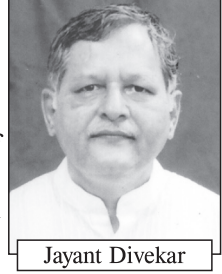
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PRADNYA (WISDOM)

Quite frequently, in our lessons the term “**Divine Wisdom**” or “**Creative Wisdom**” is used. The meaning of the word “Wisdom” in spiritual literature is quite different, as compared to the meaning attached to it, in the day-to-day usage of this word. In Sanskrit spiritual literature, the particular word “Pradnya” (at times pronounced as “Pragnya”) is used to denote Wisdom.



Jayant Divekar

In this brief article let us think together and endeavour to develop a clearer concept of Pradnya in our mind. The Sanskrit word “Pradnya” is a combination of two words i.e. “Pra” + “dnya”. The word “**Pra**” has different meanings such as: a) Forward, in front b) Very much, exceedingly c) Beginning d) Excessive, excellent.

The word “**dnya**” has various meanings such as – to know, to investigate, and to recognise. Looking at these meanings, we may say that Pradnya is excessive knowledge, extreme knowledge, Primordial knowledge etc.

In the various kingdoms of the Universe, we witness the work of Pradnya for there is no embodiment, which is devoid of it. In the Mineral Kingdom, we find Pradnya organising various elements and compounds... In the Vegetable Kingdom, Pradnya expresses itself in myriad plants... In the Animal Kingdom, Pradnya manifests a wide range of intelligence among different varieties of animals... In the Human Kingdom, Pradnya expresses itself in a wide spectrum of human talents and capabilities.

When we look at such extreme variety of embodiments in nature, it appears that Wisdom of each embodiment is separate from the other. It is our experience that Wisdom exhibited by each embodiment is unique and cannot be duplicated by any other embodiment. This leads us to believe that each individual embodiment has its own separate wisdom.



Can you imagine that all this variety of wisdom comes from one single source? Can you imagine that something, which contains within itself the wisdom of all the minerals, of all the vegetables, of all the animals and of all the human beings? Can you imagine that Primordial Wisdom, from which has emanated the wisdom of all visible and invisible forms in nature? Can you imagine that something, which is the basis of all creation in the Universe?

Of course, we cannot, as we have nothing approaching near it in our experience. We cannot imagine such Universal Wisdom – Pradnya. Hence it is intangible and incomprehensible to us.

Yet the Sages, Rishis, Saints and Seers have proclaimed again and again, the existence of this Universal Wisdom. They further assert that Pradnya in its complete potential resides in every human being and it is possible for him to experience this Pradnya. They indicate that Pradnya can be found only in the Silence, in Emptiness. **Only by knowing the Silence - the Emptiness man can come in contact with Pradnya.**

Pradnya being the cause of all that exists is also the cause of human existence. Man will never be completely happy and fulfilled unless he brings himself in contact with Pradnya. The human race and particularly modern science are engaged in analysing and understanding the order and wisdom exhibited by various embodiments in nature. **However, by studying the material forms, man cannot understand and experience immaterial Pradnya.**

As we are constantly living in a world of forms, it is natural for us to give more importance to the forms. In order to understand the importance of the Silence – the Emptiness let us consider some examples from the macrocosm as well as the microcosm.

The Universe is infinite and contains millions of galaxies. Our galaxy is of the shape of a wheel and it contains approximately 1500 billion stars. Our sun is one of these stars. Our sun along with its planets is



orbiting along the periphery of our galaxy. To understand the vastness of the emptiness as compared to these stars and planets, let us consider our solar system.

The diameter of the sun is about 1.384 million kms. Pluto, the last planet in the solar system is about 5.86 million kms. from the sun. Based on this, the total area of the solar system is about 107.82 million sq. kms, whereas the area of the sun is 1.5 million sq.kms. Thus the sun occupies only about 1.39% of the solar system and the balance area is empty. The emptiness that we witness in the macrocosm also exists in the microcosm.

Modern science has discovered that solid matter is composed of atoms. The atom itself has three elementary particles known as Protons, Neutrons and Electrons. Protons are positive particles and Neutrons are neutral particles, whereas the Electrons are negative. The Protons and Neutrons form the nucleus of the atom. Electrons are rotating around this nucleus. These elementary particles are not really matter, as we understand matter but are electrical charges.

There is vast empty space between these elementary particles within the atom. The diameter of a typical atom is about a millionth part of a millimetre. If we compare the volumes of the nucleus and the atom, the volume occupied by the nucleus is negligible and occupies only 10^{-15} of the total volume of the atom. Thus the matter which appears to be solid to our senses is in fact very, very empty from inside.

The above examples show us the Emptiness, which pervades all the embodiments, from inside as well as from outside. The Universal Wisdom, the Cosmic Wisdom, the Pradnya resides in this Silence – this Emptiness. Having understood the importance of the Emptiness naturally this question arises in our mind, how to observe this Emptiness? How to contact the Pradnya within this Emptiness?

Obviously the five physical senses through which we experience the world outside are not at all useful in informing us about the

• With gratitude from R.V. Kochumadhvi

• In memory of Mrs. Leelavati Nambiar with gratitude from Pushpa Menon



Emptiness. Through our physical senses, the Emptiness appears to be nothing and does not give us any fruitful experience. Hence to understand Emptiness and Pradnya, it is essential to use our mental and higher faculties.

The Emptiness which is observed in the physical world also exists in the mental world. If we look into our mind, we will be able to appreciate that our mind or mind space has no limit. In this vast mental space we think! It appears that from the vast Emptiness of the mind our thoughts arise and are absorbed again in the same Emptiness.

We pay more attention to the thoughts, which arise, in our mind out of this infinite mind space. Yet the mystery of Pradnya is not in the thoughts, but in the vast Emptiness from which the thoughts originate. How very grateful we should be, **for Brahma Vidya**, which points to us the path to **This Silence – This Emptiness – This Pradnya!**

Jayant Divekar, Chief Trustee, Brahma Vidya Sadhak Sangh

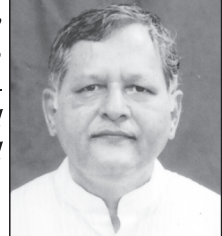
Im in love...falling in love
With Life
Every beating heart..
Every plant..creature n creation..
Im walking in Love
Walking with the Spirit
In awe of the mysteries
In the silence...in the deep stillness of my
being..
I feel the Love
In the noise ...the chaos n commotion ..
I feel the Love
Undying..unadulterated...selfless...pure Love
Im in Love....

Elsy Jason Varghese



Practice... Practice... and Again ... Practice!

In Brahmavidya this is the catchword and only practice can take us to that road which leads to more and more victorious living. My Guruji – Jyotirmayananda was a man of few words and when anyone asked him for advice he would simply say, “Practice!”



Jayant Divekar

In this article I would like to touch upon the most common problems faced by our students and the ways to overcome them. So, what are the most common problems?

1. I have no time!

We all have the same time i.e. 24 hours every day and we cannot blame God of partiality in this regard. Hence all that I can say is that we must find time. We must manage our other affairs so that we get sufficient time for our practice. I can only point out some of the sinks that drain our time. These are: reading newspapers, watching TV, futile chatting and gossip.

2. I am not able to do!

This difficulty is very normal in practice of Meditation and is rarely observed in practice of Breathing Exercises. The only solution is to continue with the practice and difficulties will soon vanish. In our daily life we are constantly active and rarely learn to relax consciously. This is the root of all difficulties in Meditation. The practice of Meditation is made very simple in Brahmavidya and anyone who diligently sticks to it will quickly overcome the initial hurdles that are faced by all aspirants.

Having touched upon the two most common problems, now I would like to indicate important aspects of Practice which are helpful to attain rapid success.

A. Regularity

Once you decide the time for practice of both Breathing Exercises



Practice... Practice... and Again ... Practice!

(minimum 20 minutes) and Meditation (minimum 20 minutes) endeavour to stick to your schedule; do not miss for a single day. This strict discipline has to be kept up till Brahma Vidya practice becomes an integral part of your life.

B. Accuracy

It is said, 'Practice makes Perfect', but **imperfect practice makes imperfect**. Hence one must observe carefully and periodically refer to the instructions given in lessons to remove all the shortcomings in practice. Accurate practice gives better results more quickly.

C. Study the lessons

Keep in touch with the lessons by reading some portion at least once a week. Regular reading of lessons gives us inspiration to achieve more in our daily life and also helps in clarifying the deeper aspects of LIFE.

D. Stay within the triangle – JOY, GRATITUDE & REVERENCE

Throughout the day whenever you remember practise any or all of these three great principles. Practice of these sublime principles helps us to keep out of all troubles.

In conclusion I would say that with Right Practice a profound subject like Brahma Vidya becomes interesting and absorbing. My hope and prayer is that, all who read this article would be inspired to practice.

Jayant Divekar, Chief Trustee, Brahma Vidya Sadhak Sangh



Let there be light

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



Asha Indap

The work of spreading and propagating the teachings of Brahmavidya was commenced by Guru Jyotirmayananda in Mumbai and its suburbs. Thereafter, his disciple Shri Jayant Divekar Sir whom we fondly address as Guruji continued the work of spreading the light of Brahmavidya. He translated all the English lessons in Marathi. As a result, the knowledge of Brahmavidya has spread rapidly across Maharashtra. Basic course classes are conducted in Marathi all over Mumbai, Thane, Pune, Satara, Ratnagiri, Jalgaon, Bhusaval, Nasik, Aurangabad, Kolhapur, Mahad, Nagpur, Ichalkaranji, Baroda and Malvan.

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

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

Mission: To promote, to preach and to teach the unique system of Brahmavidya. The contribution of Brahmavidya teachers is immeasurable in spreading the knowledge of Brahmavidya. They truly are the convenors of Brahmavidya. Hence, the Trust has focused intensively on training of teachers.

The teachings of Brahmavidya are divided in four levels:

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

All the classes are conducted once a week .A student completes all the courses in around 5-6 years. After completion of the above levels a student is eligible to attend the teachers workshop if he or she wishes to become a teacher. After successfully completing the workshop the Teacher is selected by the panel - Guruji and senior teachers.



It takes around 7 years for a teacher to develop. During this period the student is enriched with a variety of experiences by being part of various activities of the Trust. Such trained and tested Teachers propagate the teachings of Brahma Vidya. This selfless service of the teachers helps to spread the teachings of Brahma Vidya far and wide. The classes are conducted by trained teachers at all levels in English, Marathi, Hindi and Gujarati.

The Highlights of the activities of the year 2017

In the year 2017, introduction to Brahma Vidya was arranged at MKES- Nagindas Khandwala College of Commerce & Economics at Malad, The college has introduced Brahma Vidya course as a subject in their curriculum, and the students who opt for Brahma Vidya get credits. One batch of Brahma Vidya Basic Course is already completed and next is scheduled in June 2018. Prominent corporate houses where Brahma Vidya Basic Course has been conducted include: Tech Mahindra, Idea Cellular, Persistent Systems, Xorient Solutions, Mahindra & Mahindra.

Introduction was arranged at ATOS - Vikhroli Goregaon and Pune, KEM Hospital, Cooper Hospital, Polytechnic college, Bank of Baroda, Income Tax head office, Mumbai Municipal Corporation at Borivali & Andheri.

The total number of students who have studied Brahma Vidya so far is **1,80,637**.

Brahma Vidya Sadhak Sangh regularly conducts classes at all levels. Every year for the Children's Course (students in the age group of 10-18 years), around 2000 students enroll, while for the Basic course (students above 18yrs) more than 12,000 students enroll.

Shri Jayant Divekar Guruji alone used to conduct the Teachers Training Course for all these years, however from 2014, two senior teachers Dr Nitanta Shevade and Shri Sanjay Sathe conduct Teachers' Training Course & Ms Ruchira Godbole will start conducting Teachers Training Course in near future.

Camps: The Trust regularly conducts a five-day residential and Non residential camp in Marathi at various places in and around Maharashtra. A camp was also conducted in English at Bangalore last year.



Basic Course residential camps in English are conducted at Lonavala, Mahabaleshwar. These camps are conducted usually in April-May and December-January.

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

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

Basic Course Practice Class: 7 weeks

Basic Course Revision Class: 11 weeks

Advance Course Revision Class: 26 weeks

Residential Camps for Advance Course Revision are regularly conducted in Marathi.

We urge all students to be part of these Revision classes and benefit from the same.

Study Groups: Students of different courses, voluntarily come together at a suitable place every week to help each other in improving the practice.

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

The office staff along with the support of the senior and responsible members also takes care of all financial matters very meticulously . It is essential to mention here that computerised accounts of the Trust and all its activities are maintained here. A lot of assistance in preparing 'Pradnya' souvenir is extended by this office. Since the



Brahma Vidya Sadhak Sangh

work has increased tremendously branch offices have been opened at **Pune and Borivali.**

Pune Office : 1142, Sadashiv Peth, Shakuntala Anant Apt, Pune 411030. Phone :020 24454402.

Office Timing: 10.00 am to 1.00pm, 4.00 pm to 7.00 pm, office remains closed on Sundays.

Borivali: Phone no: 022-28072754

Pradnya: A student can pay ₹200/- and entitle him/ herself for a home delivery of Marathi Pradnya for five consecutive years. This scheme is receiving a good response from students. It is important to inform the office for any change of address. Do mention "Life Time Membership" on the envelope.

The number of page donations has seen a significant increase. The souvenir is released annually by the Trust in English and Marathi. Annual souvenir 'Pradnya' is published by Shri Divekar Sir at the annual gathering.

Those who contribute towards Pradnya through articles, experiences, poems etc get a complimentary copy couriered to their residential address. As a contributor please share your full name, address, contact no, e-mail address, and photograph with your name written on the reverse, along with the article, experience etc. This brings ease in the communication process.

Let us pledge to spread the Light of Brahma Vidya far and wide and start working towards it! We appeal all our readers to help us in our endeavor to spread the teachings of BRAHMAVIDYA Right Breathing and Right Thinking.

For more information log on to:

Website: [www. Brahma Vidya .net](http://www.Brahma Vidya .net),
Facebook: Brahma Vidya Sadhak Sangh,
Twitter: Brahma Vidya SS,
You Tube: Brahma Vidya Sadhak Sangh.



Brahmavidya for Corporate World

Greetings!!!

We have made an enthusiastic start to spreading the message of Brahmavidya in the corporate sector.

In today's world, a high level of material comforts goes hand in hand with increased anxiety and lifestyle diseases. Our jobs are now competitive, stressful, unpredictable and largely sedentary. With these issues in mind, the teachers and students of Brahmavidya as well as business leaders themselves, are of the firm view that Brahmavidya will be of great help to employees in dealing with the strains of the modern corporate environment.



Many of our current students and teachers are employees of IT services firms and other corporates. Through the regular practice of Brahmavidya, they have been able to improve their effectiveness at work and at home. They are now able to well manage their time. They are less affected by stress, anxiety, irritability and other negative emotions. They have even seen positive changes in their physical wellbeing. With the objective of extending these benefits to others, we have decided to focus on programs for corporate employees.

With that in mind, we have formed a team comprising several teachers and students. Over the past year this team has reached out to various companies to familiarize them with Brahmavidya.

The team has set out the following plan of action.

- Introduce Brahmavidya to the HR department of their employers by email.
- Reach out to HR executives
- Set up meetings with them
- Decide on the time and place for an introductory lecture
- Set up a help desk and posters ahead of the lecture
- An introductory lecture by the teacher at the appointed time
- Prepare a list of persons who attended the session for follow-up

The team has been working on these and other activities with great dedication, skill and enthusiasm. As a result of their efforts, we are happy to report the following progress.



We have commenced the regular 22-week basic course at five companies namely Persistent Systems, Xoriant Solutions, Tech Mahindra, Idea Cellular and Mahindra and Mahindra. We had previously conducted the basic course at Godrej, Johnson & Johnson, Persistent and others. In addition, we have completed introductory lectures at Omni Active, Adient Limited, Hindustan Unilever, DHFL, Chemical Terminal, Tata Power, Glenmark, Atos, Thermax, Barclays, HPCL and All India Cargo. After attending the introductory lecture, several employees from these companies have enrolled for the basic course at a centre near their home.

All of these people have experienced the blissful light of health, success, happiness and peace.

If you would like to ensure that your colleagues also experience similar improvements in their physical and mental health and in the process become more productive, you can help organise an introductory lecture at your workplace by writing to us at bssccorporateteam@gmail.com.

We express our heartfelt gratitude to the many teachers, students, HR executives, business leaders, participating employees and Brahma Vidya office staff who were involved in this program and pray that we, together are able to continue to reach out to more participants.

We are happy! We give thanks!

- Dr. Nitanta Shevde



Learn Brahmavidya!

Every action they say is aimed at making life more meaningful, consciously or unconsciously so. There's a (*meta) consciousness in which one dwells, unknown to anyone, in search of that eternal meaning, little does one know meaning lies deep within one's own being. Our existence bears proof of that meaning which is expressing through us. Therefore let the search be within and not without. At every juncture, one finds signs, meanings of which need to be discovered. The process is whole, an integral part of evolution. Unknown to us it has begun since birth, with the help of Brahmavidya we are just paying attention to it now and enhancing it. Brahmavidya opens newer vistas of understanding.



At the level of breathing, one becomes more and more aware of one's breath. Learns correct breathing & by paying attention to the breath gradually trains the mind to pay attention to anything that one chooses to. Training of breath develops into training of mind. It's a steady, gradual and autonomous process. With regular practice of Brahmavidya from breath to thought, one doesn't realise how and when one actually graduated to control all these elements. Correct use of these elements empowers one at every level of existence: the physical, mental and spiritual.

Thoughts maketh man. Philosophers from time immemorial have repeatedly explained how thoughts can help realise one's destiny. In Brahmavidya, in the form of its lessons, one comes across sets of different affirmations, forewords of meditation and so on. These are actually thoughts worded by great gurus of the past. By planting these thoughts into one's subconscious mind through meditation one emerges stronger, healthier and more youthful. There is a remarkable transformation. Life becomes more meaningful. It's something that each one should experience for oneself. Reading or hearing about someone else's experience can act as mere inspiration to learn Brahmavidya. Actual learning and practice will bring you the experience. Every word mentioned in the lessons, which are distributed in every class is true. It is filled with layers of meaning. These words are very potent. They have the power of becoming real. Some ideas taught in the course may seem familiar, some may be



totally new, while some may seem unreal. They seem so because they have been worded by superior intelligences. Gurus of the past, have, through meditation and experience authored these lessons, which have been handed down from generation to generation. That is why they are so powerful.

Having said this, it goes without saying that Brahma Vidya is indeed a life-changing science, which works upon the body, mind and soul of every person who practices it. Individual effort, one's attitude and aptitude may bring in the differences of degree in results achieved. Regardless of these factors, however sincerity of practice always brings good results. Honesty, dedication and commitment to one's goal, which one wants to achieve through practice of Brahma Vidya determines the rate of success and the time span in which one achieves it.

That's why Brahma Vidya is **Your Key to Health and Success**. Use it to unlock your destiny!

* Meta means seeing the thing from a higher perspective instead of from within the thing, like being self-aware.

- Sugandha Indulkar

Behind the dark clouds
The sun is still shining bright
We fail to believe...to connect...
cos we do not see its glory...
We see the clouds n move on
On n on..
Morose and in darkness
Rise ...wake up....

Every day...the sun says....
im still here...shining bright...
Believe...hold on...n walk
in the light of the Spirit.

Elsy Jason Varghese



Light –a barometer of Order

Sunlight!! Probably the most abundant thing in this country but the least utilised. With sunrise there is slew of activities happening simultaneously as if they were just waiting for it to arrive. There is sudden surge of energy everywhere whether it is animals or humans. We feel energised and ready for activity. Won't it be wonderful, if we can experience the same energy and feeling throughout the day and night as and when desired using it to our advantage. Sunlight induces a lot of good feeling, and gives a lot of vigour, and even keeps us mentally more stable.



With sunlight, we receive both light and heat. Light & heat as received keeps our body in order and works on the inefficiencies like pain and mental tension.

Practise of Brahmavidya breaths makes us feel as if there is light hidden in every part of our body. This light progressively increases in its intensity as more time is allotted. Breathing exercises and meditation induces a state of peace with ourselves and surroundings. It can be felt that by regular practise of these exercises, we are relieved of aches and pains as well as of diseases over a period of time.

If adopted and practised on a daily basis, it becomes a tool for us to prevent the deterioration of our physical being as well as mentally, we become more joyfull. As we mature in practise, we naturally tend to feel more joyfull for our physical being without any other external reason. As joy fills us, we tend to show gratitude towards ourselves and to others. Like in the case of “Samudra Manthan” out of Gratitude and “joy”, our “Reverence” towards that life force increases, and thus bringing more and more order into our own life. In a world which portrays that we require external supplements for our well-being, Brahmavidya philosophy teaches us that there is everything within us to achieve whatever we wish to achieve.

Thus we gravitate towards a more meaningful life, we are able to differentiate what is essential and what is not. In the present world, which is full of options and confusing, Brahmavidya practice provides us definite path which can be practiced to improve our life, which we are presently living.

As life is a self-fulfilling prophesy it is vital, that we relate to only



Brahma Vidya Sadhak Sangh

which is true and everlasting. Brahma Vidya practise helps us to realize that order which becomes a feeling as light spreads within us and among others.

**“To shine your brightest light is to be who you truly are.”
- Roy T. Bennett**

- Manoj Thomas



Introduction at
Pharmacy College
Hadapsar

Introduction at
BMC Cooper Hospital



Introduction at
Tata Power



Your Key to Health and Success Learn Brahmavidya

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

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

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

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

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

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

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

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

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



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

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

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

What ailments are cured with Brahmavidya?

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

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

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

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



Quoted below is Guru Ding Le Mei's experience

“While I was travelling as a geographer in China for many years, I repeated ad infinitum this little experiment. In early days I could not speak Chinese very well (at the start the Chinese are usually rather suspicious of any white man that is, in the far interior where I was) and so, I thought, “Well, I have to talk somehow with these people.” I, therefore learned certain sentences and phrases and words, but the more I used them, the wider the Chinese opened his mouth as if to say, “What on earth is he talking about?” So, I gave that up!

Then I thought, 'Well, now I have noticed that whenever a Chinese comes in from the highway, carrying an extremely heavy load, sweating and puffing and exhausted, he introduces himself with smiles and affability, as if to say, 'I have made it!' So, I thought, 'That is the best thing for me to do. I will make friends with them by smiling.'

So, I always laughed no matter what the circumstances. Never in my experience, even in the tightest corners - and I should have lost my life in China a dozen times - but never in my life have I found a smile among the Chinese to bring anything but its counterpart. Therefore, smile ! Laugh and the world laughs with you! The sheer common sense of being happy! 'But how can I be happy?' Well, think it through! No matter what takes place, it could well be worse - so, be happy in all conditions'



I Found the Key....

My life was more or less smooth till age of about 64 years. I did not have any serious diseases or illness.

Suddenly came a moment in my life, exactly on 11th October, 2014 in the night in my sleep, I had a major stroke due to DVT (deep vein thrombosis). I found myself partially paralyzed of the right side, not only that I lost my sense to understand when someone was speaking to me, I could not even utter a single word (in medical term it is called Broca's aphasia). I was also diagnosed for hypertension (high blood pressure). From October 2014 till July 2015, I had to take the prescribed medicines to dissolve clots in blood, thinning of blood and to control blood pressure. However even with blood pressure medicines, the readings used to be in the range = Systolic 140-150, Diastolic 90-99; which is always connoted as Hypertension stage 1. From July 2015, the medicine for dissolving the blood clots was discontinued, however I was advised to continue the other minimum doses of medicines, for lifetime .

Even with a major set-back in my health, I did not get despondent. With optimism and will-power, gradually I came back on my own, almost more than 90-95%, I restarted all my normal activities albeit with the major challenge in my spoken and written communication. I could not speak at all, recite even one line from any shlok, stotra, poem, prose, song. On 15th August 2015, standing at Independence Day, with my friends I was totally nonplussed that I could not sing the National Anthem.

Then thinking about some of the very well said lines, adage etc, suddenly it came to my mind: 'Knowledge speaks, but wisdom listens' - Jimi Hendrix.

Then gradually it started dawning on me that even if I am not able to express coherently outside, within myself I can continue with the positivity, affirmations. I started asking myself WHO AM I? WHO AM I?

And I joined Basic course of Brahma Vidya & I found the key...

After regular practice of Pranayam, spiritual breathing exercises and meditation for about three months, I started feeling within myself that body and mind is healthier. It is difficult to check-up and calibrate the health level of mind; however at a clinic, when blood pressure was



checked regularly it is now always in normal ranges. There could not be any other better way to prove it.

My younger sister who stays at Chennai, during March-April 2017, she was also with me at Pune. She was high diabetic almost for about 15 years. Even with many combinations of medicines, with exercises and controlled diets, still it could not be cured. Again from the Gurus, it came as blessings that my sister could enroll herself for Residential Brahmavidya course at Lonavla from 8th to 12th April, 2017.

She also took the course very seriously, started the practices regularly. Within a month it started showing that there is notable improvement in her health. Now my sister stays at Chennai, however she is continuing and for both of us 'Brahmavidya is the key to health and success.'

I have joined Advance course and it would be my endeavour now to continue the path of Brahmavidya forever.

P. A. Kalyansundar



Keep hormonal imbalance at bay



I would wish to share my experience of the basic course, which I am attending. This course started on 20/06/2017, at Chembur.

While doing a routine test in around June 2016, I came to know that I was having Hypothyroidism and the TSH level was around 17.5. That moment, jokingly I said, it might be a printing mistake; and laughed. As I was not having any weight gain, etc. I thought I am normal. But I was repeatedly feeling tired, exhausted, irritated by small incidences.... I wanted to do many things for my family, and was unable to do it - as a lack of strength I used to feel that I should lie down and sleep for a while after every little work Basically I was not satisfied with myself ... And did not like the way I used to get angry on simple things on my kids and family.

I am very thankful to GOD for having blessed with such a good family that is so loving, because even after my bad behaviour, my family still loved me. This made me still feel worse. I wanted to



improve.

I did not want to start with allopathy medicines as people say that, medicines for thyroid should be continued for lifetime ... I went to my family physician and consulted him. My physician gave me a target of three months. If I am able to reduce the TSH level, I can continue any form of medicine I like, he instructed.

I started with Homeopathy medicines and my TSH levels reduced. But after a year in June 2017, I was having some stress (self-created) due to which TSH levels increased to 30. Seeing these results my homeopath doctor was not at all happy. She told me that, "Until you are stress free, my medicines can't work. So you join yoga, Brahma Vidya anything ... But the stress levels must decrease."

Simultaneously, I was having all thoughts ... like, what is the purpose of my life? Is it that we should grow - study well - get good marks - get a good job - marry - have kids - then raise them - make them study well - get them in good position - get them married!!! No, there has to be a bigger purpose than this I was seemingly going into a depression state. I needed help.

This was perhaps the correct time, when Brahma Vidya basic course started. I started this learning with a very sincere attitude. I am practicing the breathing exercises since then, my TSH levels have come down from 30 to 9 (on 2/11/2017), which is pretty fine (as the normal range is below 5). I have to still regularise meditation also, but I am now sure that everything in me is renewed, and will be back to normal.

I had many questions about myself. The purpose of my life and many more The questions that I rarely discussed. All the answers I got from my teacher.

By following right speech at home; now I feel, I do not require to scold my kids, or be angry at them - to make them organised ... when I am calm, everything else will fall in its place. As the kids follow what they see. I am happy with myself and satisfied. I am happy. The definition of happiness has changed. It is getting evolved. Words are not enough to express my feelings, I am very thankful to Brahma Vidya. I am greatly benefited by this Basic Course.

Megha Fernandes



Breath - The secret of life

From my childhood days I have been regularly practicing various yoga techniques to improve my health. This no doubt, kept me in average state of health with minor ups and downs. My wife has been associated with Brahmavidya since the last two years and she has been regularly practicing the spiritual breathing exercises and meditation taught to her at Brahmavidya. I could see a marked improvement in her health. She has reduced her weight, her blood pressure is under control and she has now achieved a lot of self control. This inspired me to enroll for Brahmavidya course.

Now I am into it since last one year and I am experiencing a commendable improvement in terms of my physical and mental health as never before. The teachings in Brahmavidya are an astounding achievement for me. I have been ailing from chronic Asthma, for the last 5 decades, I was regularly inhaling Ventorlin Inhaler for my Asthma and this one inhaler used to last for 13-15 days but as of now it lasts for more than 45 days and I am confident that a day will come when I will not require it anymore.

The cramps which used to occur often on my calf and thigh muscle, have really disappeared. I wonder whether this is because of the Spiritual Breathing Exercise taught at Brahmavidya?? But then YES! What else could it be? I had never been to any Doctor nor have been taking any medicine for this.

Also to tell you the fact my memory is a 100 fold better. I am also experiencing a marked improvement in my thought process. I am able to stay focused in my activities and concentration has enhanced.

Parthasarathi Mannadiar



International
Yoga Din
Mulund Rally



My Himalayan trek

For me, a 57 year old, who has never exercised and grossly overweight a 25 km trek to the Himalayas - up to a height of 3500 mt, over a period of three days, with 1.5 lacs steps in which a third of them, any mistake would have been sure death - would have been absolutely un-thinkable to me!

But due to the mental and physical strength given by Brahmavidya it became easily possible. I was not confident enough to undertake this trek to Hari-ki-Dum but due to the encouragement given by my guruji, I decided ten days before the trek, to join my son all the way.

Never for a moment in the entire journey did a thought ever cross my mind that I would not be able to make it! My guide stuck to me like a leech, as any wrong step would have sent me plummeting down kilometres or into the fast flowing river Tons to a sure death! (Tons follows the entire route and later merges into the Kaveri.) I joked with him, "You are like the faithful dog who accompanied Yudhishtira to heaven." But here it's even more difficult as I have to also get back!

The last day of the trek was supposed to be the most difficult. We had to cover 14 km in one day as there were no villages at those heights! Using widened throat deep breathing taught in Brahmavidya. I got sufficient oxygen into my lungs! Now I was never out of breath and reached the destination easily, only stopping occasionally to give rest to the tired legs and to experience the natural beauty. The rarefied atmosphere, close to zero degrees and in the open, made my spiritual breathing exercises very satisfying.

The return down was going to be more difficult as my knees were giving way and I had a fear of heights. I started walking sideways to help the knees. As it drizzled, chances of slipping increased. I had to take measured steps. The rains brought winds, on the narrow tracks there were chances of being unbalanced. But there was no fear and absolute confidence in managing the way back, I can only attribute this attitude to the teachings of Brahmavidya by our Guruji.

Hari Malik



A miracle!

Before 18th June 2017 I was living a devastated life with a tint of sadness, regret, negativity and a heart which was beating with the beats of anxiety. The days seemed to be slipping out of my palms like sand by the sea. My life was completely out of control and I was plagued with inactivity and inertia too. You name any negative emotion and my mind was harbouring it. Moreover I am in a profession which is insecure by nature. I am an actor. An actor is not someone who will receive a paycheck every month and this insecurity was eating me out. In times of solitude tears rolled out of eyes in helplessness.

My problem was, which my better half Varsha told me ample number of times and I knew also that she was right, was a high degree and exalted indiscipline in life. I do not have any bad habits like smoking, drinking or addictions but I was thinking of visiting even Alcoholics Anonymous even, with a hope that they might cure me of this extremely disastrous habit of indiscipline and zero order in life. I was living a wasteful life worse than an alcoholic. I was fighting this habit since eight long years and was constantly defeated.

I am thankful to my friend Dr. Sanket Pandit who told me about Brahmavidya. He said that Brahmavidya will help me out for sure. I joined the Basic Course with high hopes of re-inventing my life. I was religiously practicing the breathing exercises, meditations and affirmations which were so beautifully taught by my teacher and still somewhere there was a doubt in my mind that how these simple breathing exercises & meditation can uproot a bad habit which was eight years old & was deeply embedded. However the time passed with the practice and meditations ultimately I got the light from the divine lamp of Brahmavidya and it was inconceivable but true that I was able to break this bad habit! I was free! My life became productive and wonderful results started pouring in. I became the man of my dreams. My self-esteem came back and all due to Brahmavidya which led me to redemption in 15 weeks out of 22, which a fight of 8 years could not do.

I am lucky to be joining Advance Course soon after the Basic course. I still muse that there is some miracle in Brahmavidya or Brahmavidya itself is a miracle.

Anurag Sharma



A life changing science

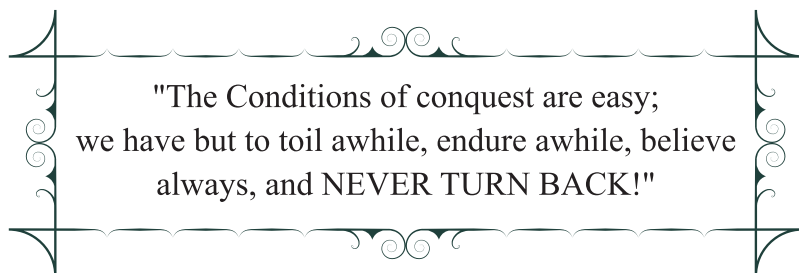
I work with Axis Bank. Since May 2010 to September 2012, I was posted at Nagpur as Circle RBO Head and thereafter at Corporate Office in Mumbai in Retail Banking Operations Department. Since 2010, I have been conducting meetings first at Nagpur Circle and after my transfer to Mumbai, all over India at all the circles. I used to conduct meetings of about 70 to 120 people biannually.

In the month of June 2014, I had a brain haemorrhage and I was in coma for more than two weeks. My right side was completely paralysed! After coming out of coma, I was hospitalised for about two months for recovery. After partial recovery I was discharged and went to hospital every day for physiotherapy. I was on leave for about five months. Thereafter I rejoined duties at Axis Bank. In the course of my duties at Axis Bank, I met Mr. Ronald Fernandes.

Sometime in late 2016, I was suggested to join Brahma Vidya by my senior, in Axis Bank. I had not heard about Brahma Vidya. What I read on their site and the recommendations of my senior, motivated me to join Brahma Vidya course. I joined the next course starting 3rd June 2017.

After joining Brahma Vidya I have practiced regularly all the breathing exercises. It has helped to regain my confidence and yesterday for the first time since June 2014, I was also able to speak publicly!

B. Vikram Rao





A journey towards self-realisation

The title of this write-up may unnerve the reader a little bit, since the word “self-realisation” sounds complex at the outset. However, far from it, Brahmavidya is a holistic approach to leading a healthy life. To put Brahmavidya in perspective, it is no secret that the jet set age has brought along the ills plaguing the human society. The way people breathe, think, feel, act and behave has become very toxic; it thereby continues to affect others negatively and creating host of diseases that are chronic in nature. The human life is reduced, both quality-wise and quantity-wise.

The ultimate truth concerning human life and spirituality, to date, still lays hidden from larger masses. Brahmavidya, though a comparatively lesser known discipline, provides definite, scientific insights into how the correct way of breathing and meditation can positively shape our thoughts, and consequently, our lives for better. The philosophy, though simple to understand, requires time and patience on the students' part. The simplicity of Brahmavidya lies in holistic personality development, through focused learning on two key areas : breathing exercises for the body and meditation for the mind.

Personally, Brahmavidya has been a revelation in my life. Earlier, the pulls and pressures at both the home / office front used to have me feel disintegrated and disillusioned at the end of my day. Diabetes added to the woes and there was no solution in sight to my perpetual, chronic tiredness I faced every day. Hence, I joined the sessions to give my health, mind and body a chance. After the sessions started, I stayed consistent with my daily practice as advised. One month into the course and I started seeing the results. Mind, which used to be agitated, became calmer. I started feeling very light-weight. The meditational affirmations did their job and I was cheerful and positive in my behaviour as well as dealing with tasks in general, work-wise. Energy also surged up quite a bit and so with it reduced the fatigue. The theory had its share in shaping up the mind towards right understanding. Overall, the outcome was positive. Yes, Brahmavidya holds the promise for prime physical, mental and spiritual health. Though it requires a greater amount of discipline and practice before which we can experience the benefits, they do bring results.



No wonder, why Brahma Vidya is termed as a key to opening the doors to health, success and divine happiness.

Mahesh Balasubramanian



Brahma Vidya for a blissful life

I have done Brahma Vidya Basic Course in June 2016. My friend suggested it, as I was suffering from severe spondylosis and slipped disc since 1995. The pain increased with my train travel. The pain was so grave that I could not lift even a kilogram of weight. I had constant pain in the nerve in my left leg. During bed time the pain was so unbearable that I wished I had no leg at all. Due to the slipped disc problem I could hardly walk, sitting down was completely prohibited.

After doing Brahma Vidya the pain in my leg has totally vanished. I have a good night's restful sleep. Regular practice of Brahma Vidya has almost cured my spondylosis. I am now able to lift vegetables and goods without any trouble or pain. The best part is at one point in my life I could barely walk and was recommended to undergo surgery for slipped disc. And now since last one year I am participating in the Marathon and have run almost 10-12 kms marathons and three Marathons of 21 kms each.

Other than this, my hair fall has come under control, my impatient nature is now gone and I am able to control my anger. There is a complete change in me at both the levels - mental and physical. I have become mentally and physically strong and healthy. Brahma Vidya has made my life totally healthy and beautiful. It is like a magic wand in my life. I strongly recommend one and all to do the basic course of Brahma Vidya and I promise you all will experience bliss in your life.

Archana Joshi



I got rid of chronic migrane

I am Deepika Dhamande. I am 39 years old. I had migraine for last 14 years accompanied with severe vomiting. I used to get migraine attack every 10-12 days. Whenever, I used to get an attack, it would last for 48 to 72 hours. It was very hard to bear and I used to experience severe pain in those hours. I lost my energy due to vomiting, as I was not able to digest food or water during the attack. Because of this, I became very weak. Even before I could recoup from the last attack, I would get another attack after 10-12 days. This went on for last 14 years!

I took all kinds of treatment for this condition. I tried allopathic, homeopathic, ayurvedic medicines too. But nothing worked for me. At first, I was doubtful whether I would be able to attend Brahmavidya classes for 22 weeks. I practiced regularly pranayama, spiritual breathing exercises, meditation and spiritual laws given in the course. And to my surprise, just within three months I could feel the difference in my health. I felt tremendous relief in my pain. Before joining the course, I used to take many painkillers in two days which has now reduced to just one. There is 60-70 percent of improvement in my health.

I could get rid of vomiting because of which my energy and stamina has increased. Now I am able to do all my daily household activities, which I was not able to do earlier during the attack. I have followed all the exercise taught in the class with complete devotion and practised meditation and the exercise regularly due to which I regained my lost health and was able to attend classes regularly. I am surprised that I didn't miss any class.

I am very thankful to my teacher who helped me understand the importance of right breathing techniques, meditation, affirmations, spiritual laws etc. given in the course. I feel obliged and thankful to the Brahmavidya Course, which has helped me regain my health.

Deepika Dhamande



Of Lasting Good Health and Peace...

I joined Basic Course in Brahma Vidya in November 2016. I would like to give credit to our teacher whose sincerity has made us realise the importance of this course. I had too many health issues & I had lost my fitness. To get the total fitness, we have been advised to practice seven rounds of the spiritual breathing exercises. I completed basic course of 22 weeks and got a feel that I was missing something. During the period of 22 weeks, I had started getting relief from severe backache. It was proven on two occasions where I was required to sit without support for long hours.

On completion of my course, I started practicing Brahma Vidya at home and found it to be really a key to health. To my surprise, one evening I got a call from my teacher, whether I would like to join Revision Course of 11 weeks.

Let me tell you, this 11 weeks' course was a wonderful experience and fascinated me even more. Since then, I have been practicing daily in the morning. Practice of Brahma Vidya exercises has become a habit now. If I do not practice at least once in the morning, I feel lazy throughout day.

There were two incidents; due to my mother's sickness I could not get a proper sleep in the night. Then also I could practice in the morning and my weariness due to a sleepless night used to disappear. Meditation has helped me to overcome many unhappy situations. Earlier, I used to get nervous and irritated over small reasons. I am not claiming that I have changed totally, but certainly moving in that direction.

My observation is that we must practice with closed eyes and as per the posture taught by our Gurus. The affirmations chanted with closed eyes are more beneficial and we experience more peace.

Neeta Shere



Look at problem as a challenge

Now, I would like to share my experience with you. Before joining Brahmavidya I used to be over-stressed in my professional life and was not able to handle stressful situations calmly. Because of all those tensions, my personal life too was affected. Now Brahmavidya has taught me to believe in myself and most importantly it changed my outlook towards such situations. I developed more confidence while working in stressful situations. Brahmavidya helped me to look at the problems as tasks. And when the tasks are to be achieved, the solution is not to worry about their completion but to keep on working with patience and intelligence. This attitude towards work helped me to improve my output and achieve targets more successfully without much stress. Now I am satisfied with my performance in both professional and personal life and I am grateful to Brahmavidya from the bottom of my heart!

Breathing exercises and meditation techniques helped me to improve my mindset. To achieve our goals in life we need to work hard and daily efforts are required. Brahmavidya shows us the path towards lasting success. This makes life simpler and stress free.

One thing we all will agree that to be successful in life we need good physical as well as mental health. And this is exactly what Brahmavidya teaches us as these teachings help to bring forth the best within us and do the best for the whole human race, it automatically leads us towards peaceful and contented life.

To be a part of Brahmavidya is a wonderful experience and it fills our life with unending joy! I would definitely like to continue with Brahmavidya for my entire life and I pray to the almighty to give me strength and dedication towards it!

Amit Pathak

Order and Beauty come from him, My Son. Your creation is established in him. His soul is your soul. Listen to him. Ponder the path of your feet before you go forward

From My Life in Tibet



Regular practice works wonders

Before starting Brahma Vidya I was physically and mentally disturbed. I suffered from CVA stroke (paralysis) for seven days. In MRI report it was found that blood circulation to the right side of brain was affected. I had to take 12 tablets every day. Negative thoughts started affecting my mind. I was not able to sleep at nights, due to all negative thoughts. I was suffering from tremendous depression and started running to many doctors – ENT, Neurologists, Brain Specialists etc. My family life was disturbed, because of my abnormal behaviour. I had lost hope to live. Then one of my friends who is a Brahma Vidya Teacher told me to join this course. Luckily I saw a banner on my colony gate and immediately joined this course. I really found some change in me after three classes. I do all exercises and meditation daily.

Today, I feel better. My tablets have been reduced from 12 tablets to 4 tablets. I could give up smoking. I am really happy now. Thanks to Brahma Vidya.

Ravindra Singh



An unforgettable experience

I am a Government Employee. In my life I have faced many ups and downs. Since the age of 20 itself, I started suffering from severe migraine attacks frequently for about 33-34 years. As a result, I used to feel irritated, insecure with considerable negative thoughts thereby losing peace of mind. This reflected in my family life and office work. To come out of this, I had taken all the efforts in the form of medication but no favourable result was achieved.

One day, I came to know about Brahma Vidya course through the newspaper and I decided to join the course. After practicing the course for three weeks, I observed that, my migraine reduced considerably. In addition, to that my personality has also changed positively. In fact, after joining the Brahma Vidya course I have experienced the above problem only once with low intensity. As a result my confidence improved and so has my quality of life.

Indu Menon



It's a journey

Till date, I am thankful for the walk that I took with my husband on a Saturday morning in the garden near our house. That is when I met this wonderful lady, a volunteer of Brahmavidya, who was distributing pamphlets of the Basic Course. In the beginning my husband and I were skeptical about the course. Nevertheless, I decided to step in for the first class and get to know more about the course. I enjoyed the class from day one and decided to join the course. I had severe backache and frequent cold and cough. With the practice of breathing exercises and meditation techniques, I could feel the change in my physical health. My backache vanished and it's a year since I had taken my tablets for cold. The exercises have helped me to stay fit physically and improved my mental strength.

Bhuvana Narayani K.



Practice Builds Immunity

My friend who was a follower of Brahmavidya put up information on the whatsapp group that Brahmavidya classes are starting in Powai. At that time, I had undergone hysterectomy and I was suffering from depression / anxiety, insomnia and a general reduction of immunity manifested in the form of frequent episodes of cold and cough. And only after a few sessions, I found that my stamina has increased tremendously with the breathing exercises that I practised regularly. My anxiety and depression reduced admirably and I felt that I have become more positive, my mood swings reduced and there was a general feeling of peace within me. The negative thoughts that I had, reduced appreciably and I could sleep peacefully. I feel generally, more happy and contented.

Rajashree Nangalampalli



Brahma Vidya boosts will Power

I had a stroke during the year 2009 November. My left side of the body was totally affected. I was working with B.A.R.C., Mumbai. Due to prolonged treatment by B.A.R.C.'s doctor, the treating doctor discussed about my health condition with the head medical O.P.D. and the Head Medical Division, BARC Mumbai at that time. Subsequently the doctor spoke to my immediate in-charge also. After speaking to them he precisely told me about it and advised to take a decision. Further he conveyed that I have given you the maximum dosage of medicines but your body is still not responding.

Due to these medical problems I could not climb stairs or travel by bus or train etc. If I had to go out of Mumbai for any reason I could travel only by air to the nearest airport and reach the destination from there by car.

After joining Brahma Vidya and by daily practice, on 24/6/2017 I could travel by sleeper A/c bus alone to Indore and again, back to Mumbai from Indore, on 25/6/17, by Duronto express. This train was on the 4th platform. To reach this platform I had to climb the staircase. Though I was breathless, I could climb, by resting in between and I reached Mumbai on 26/6/17.

Vijaya Mathangee



The Saviour

At the age of 41, suffering an attack and undergoing angioplasty is one of the worst nightmares an individual in his mid career and life can face. Life turned upside down with depression, fear and self doubt creeping in. Brahma Vidya has helped immensely in coping with the situation. The breathing technique and meditation exercises have helped in motivating and calming me down. Brahma Vidya has helped me in feeling happy and humble. Methods taught in the Basic Course have helped me to overcome most of my physical issues and mental problems to lead a better, happier life. The systematic approach of all the exercises has helped immensely. I am thankful to the course coordinators and teachers at Brahma Vidya for the kind help and guidance.

Dr. K. V. Vimalnath Nair

• With gratitude from Maya Sahadevan



Key to Success

I joined Brahmavidya basic course on the recommendation of my mother who has been an inspiration and guide. She is currently pursuing her Advance Course in Marathi. I have constantly admired her positive approach to tackle life by being peaceful. Since I noticed that I used to constantly lose my temper and get angry instantly, I joined the course. The spiritual breathing exercises have truly helped me calm down and learn to deal with situations peacefully. Through Brahmavidya I realised that we often forget so say 'thank you' to the beautiful temple within us and we keep searching for happiness outside. Starting my day with meditation, spiritual breathing exercises and spiritual affirmations keeps me more confident and positive. I feel incomplete without this energy dose. I realised the importance of thinking and breathing how they play an important role and how we can tackle situations instantly with affirmations and right breathing.

At the end of this session I can proudly say that a lot of things have changed on my personal as well as professional front. I thank Brahmavidya and my teacher for constantly asking us to hang on to the course and see the positive benefits at the end of session.

Samika Satghar



*Children course at Shishuvihar school, Dadar.
Initiative by NGO "Each one teach one "*



Combat Stress and Anxiety

I am doing a post graduate diploma course in Special Education. And after almost twenty three years, I appeared for an examination. It was a three-hour long subjective examination (three papers).

The practice of Brahma Vidya made it a smooth sailing process. My composure during the examination was undisturbed and I did not feel nervous. Previously during my graduation I had severe anxiety problems and would suffer from loose motions during the examination due to stress. But to my astonishment, there were no such symptoms this time. My reflexes were sharp, my recall was fast and I enjoyed writing the examinations. And the practice of spiritual breathing exercises, also made my wrist and hand muscles stronger. I could easily write for three hours at a stretch. Students much younger than me were facing numbness and cramps in their hands.

Memory developing breath helped me improve my grasping capacity and better retention during studying. Also I could stay focused despite so many distractions. The affirmations helped me reinstate my faith in myself. I express my gratitude to Brahma Vidya and all the teachers for helping me accomplish my goal.

Harshada Meher



Basic Course Camp at Bengaluru



Welcome a Positive Change

I have joined Brahmavidya basic course somewhere in June 2017 at Chembur. I always used to complain about my sleeping disorders and gastric trouble. Initially, I was hesitant to join the course because I hate doing any exercise. But on the very first day of my class, after listening to my teacher, I decided to join the class. I gradually learnt the simple techniques of breathing exercises and meditation. Though I am poor in concentration, I managed to learn the technique of meditation. As I am good in mugging, I learnt affirmations too by practicing almost daily. I could feel the change in my approach towards life. I could sleep well without any disturbance and my attitude towards people has changed. People at home also encourage me, may be, because they can feel the change in me. I enjoyed attending classes as our teacher makes us feel at ease. If we miss a class then she repeats it on the next class, which is really good to keep us on track.

Today due to the benefit I could get from this basic course I would like to join the Advance Course too. I have shared my experience with my friends and relatives and motivated them to join the classes. Finally I would like to thank my friend Reema and my Guru for introducing me to a better life.

Bhoomika Shetty



'Developed positive outlook'

I have completed 17 lessons of Basic Course of Brahmavidya and I can see a marked improvement in my outlook. Though I have not been very regular with the practice of Brahmavidya each morning, I have started looking at life very positively. Brahmavidya has given me a lot of motivation in leading my life and I don't like to miss even a single class of the course.

The affirmations, over a period of few weeks, make one feel very changed and ready to face the difficulties in life. I continue to benefit from this course and also plan to join the Advance Course. All must take the advantage of this course to improve their mental and physical well-being.

Nisha Sanjeev



'Got rid of acute skin ailment'

I joined Brahma Vidya in June 2013. At that time, I was suffering from Psoriasis. It is psychosomatic ailment. My entire body except face and skull, had white patches on skin with itching sensation. The doctor told me that this disease has no cure. I was shocked. Despite years of treatment, there was no improvement. An Ayurvedic doctor suggested that I should stop driving, this was a shock for me. Along with this disease, I had acute anger, anxiety, fear and stammering problem. I was not getting along with office colleagues or my family.

During Brahma Vidya, I started to discover my real self. With Pranayam, Eight Spiritual breathing exercises and Meditation, my psoriasis started reducing. My anger, anxiety, fear and stammering reduced. My way of living altered and in my office colleagues are appreciating me for this positive change. They wanted to know how I became a new person. Now my psoriasis is almost cured. I thank Brahma Vidya and teachers for guiding me to live life peacefully and happily!

Milind Sawant



A new direction...

The purpose of being born as a human is to realise the power and energy that has been given to us by the Universe. Most of the times we tend to forget that we are the creator of our own destiny. Brahma Vidya is a tool to bridge the gap between our understanding and the universal truth.

Breath and Thought are the only two important aspects of life. Brahma Vidya pays attention to both. This has helped me calm down mentally. On the physical side it has made me more active as I am aware of the breath I am taking. I also realise that this is just not a course but a way of life and has to be done throughout one's life to bring peace, calmness and also to achieve the ultimate truth of life. We have the power to change our lives positively with right breathing and thinking. I sincerely thank my teacher for her selfless efforts to teach us this wonderful course!

Sitara Srivastava



Towards a healthier being

I started with Brahmavidya with a measure of skepticism, not really sure if I would be able to pursue it for long. I thought it might fade away like the many courses that are being offered nowadays and will end up just being another add-on. After six months of the basic course, I can only say that my intention to pursue this has become more resolute. What kept me motivated was the systematic compilation and dissemination of this knowledge through well planned and organised lectures and regular revisions.

The lessons give you hope, they infuse positivity, they seem to ring with simplicity and truth and they appeal somehow to your intellect. They are not just preachy but also give you practical exercises to help imbibe their messages. Of course, success of all teachings ultimately depend on your own practice and how you truly assimilate the lessons. I must admit I am guilty of inadequate practice. And yet in a short span, I can see some improvements in my wellbeing at physical and mental. My allergies have reduced, and my energy levels are showing improvement. And above all, I am motivated to hold on this system and continue with my practice. I can only thank my mom who kept convincing me to join this program.

Shilpa Burman Roy



It's all about experience

Brahmavidya was introduced to me by my old neighbour during a casual chat. Brahmavidya cannot be described in words as it's all about experience. An experience, that will consciously and subconsciously change your perspective towards looking at everything in life. An example would be that you were seeing things in a dim light and suddenly someone switches on bright light and you start seeing things differently and clearly that's what happens to you once you do this course. At a physical level your energy levels are at a whole new level with regular breathing exercises which are different from your regular pranayams. As a psychotherapist and a counselor I truly recommend this course to all because of this course I am able to help my clients as I see things differently.

Farhat Gupta



Achieve all round wellness

Brahma Vidya is a well formatted course with step-by-step learning. The learning is deep and hence the course spread over 22 weeks is ideal for assimilation of the contents.

Most people like me are generally aware and also ensure that the food we eat and water we drink must be healthy but we grossly miss the awareness of correct breathing and correct thought pattern which is so fundamental and most crucial for good health. The course has helped me learn deep breathing and cut out unnecessary thoughts, while focusing on desired thoughts, leading to enhancement of physical, emotional and most importantly spiritual wellness. My sleep is also more peaceful.

My husband, Chandrashekhar Yadav, has a very hectic schedule and works for over 10-11 hours/day, on an average for six days in a week, in the refineries, where pollution levels are very high. He would get recurring attacks of viral infections every 2-3 months, although he was practicing yoga and some basic pranayam every morning. But since we joined Brahma Vidya, our observation is that he has not had an episode of viral infection. I believe that our joining the course together has served as a huge motivation to keep up the practice. It does help when people in family join the course together.

We would recommend this course to all those willing to lead a fuller, happier and healthier life. I thank the founder of Brahma Vidya and all volunteers. A special thanks to our teacher for her sincere and selfless efforts and effective teaching.

Aruna Yadav



Introduction
at
DHFL



'Brahmavidya taught me to live'

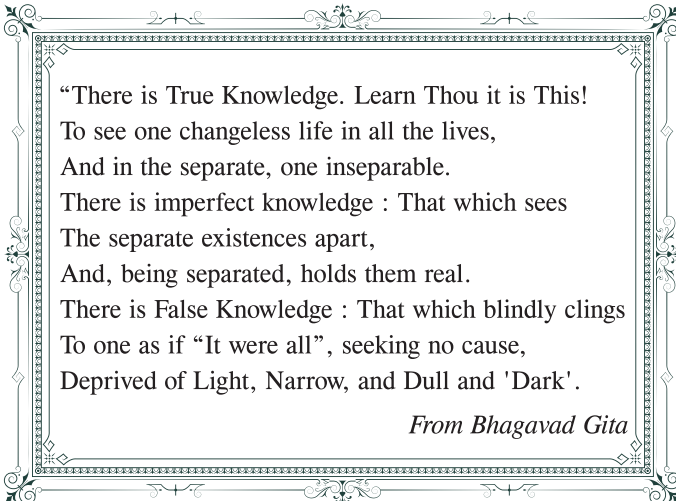
I had mentally broken down due to personal circumstances. Loneliness was troubling me constantly. Was not feeling like living; constantly was thinking of embracing death. During this time in my life Brahmavidya gave me good support. It gave me a ray of hope in the dark night standing ahead of me.

Daily practice of Pranayam and other breathing techniques; poured in me new power, new vigour, new courage and renewed joy. My physical and mental health improved. Started liking the life, started feeling that life is to be lived.

This teaching has inspired me to do something new. Based on my resolution, I am now moving ahead. I am feeling, I am experiencing joy, satisfaction in life. I am able to know what God is in real sense. I feel that every individual must learn this teaching irrespective of age.

Brahmavidya is key to live Life; this only is true Express Way. It is Medicinal Magical Herb for our own Health. It is a symbol of positivity, which fills positive energy in our body and mind and assures us long and youthful life.

Veena Shah





Brahma Vidya is a way of life

In 2013 I was diagnosed with cancer. Doctor said it is at a very initial stage, so within 10 days we have to operate it. Everyone in the family were very tense except myself. I called my Brahma Vidya Teacher, she encouraged me to practice daily all the breathing exercise and meditate on the body part, which is going to be operated till the day of operation. I followed all the advice of the teacher and to my surprise, before going to the operation theater, I was cool and calm, no tension, no anxiety, no fear. My operation was successful, even my doctors were very much surprised to see me so cool and calm. Doctors asked me “How's that you are so cool and calm, I told them about Brahma Vidya.

In 2016 December I joined Advance Course of Brahma Vidya. Brahma Vidya has taught me to fill my mind with positive thoughts and give no room for negative feelings with regular practice of Brahma Vidya. I can feel the difference in my attitude and my energy level has gone up. Brahma Vidya has become my way of life.

Namrata Kamat



Develop Stamina

I joined Brahma Vidya with the intent to improve my stamina and memory. I am passionate about playing cricket and represent my company in corporate tournaments. Within two months into the course I had to represent my company in a prestigious corporate cricket tournament. I used Brahma Vidya breathing techniques while playing, this helped me immensely to increase my stamina. I performed exceptionally well through the tournament and also got 'Man of the Match' award in this tournament. I owe this success to Brahma Vidya. My memory has also improved. My wife has done this course and I have got my mother enrolled for the same. Thank you Brahma Vidya.

Nikhil Amanna



Brahmavidya – My Experience

To say that I started breathing a few months ago would be a fallacy. But yes, to say that I actually started breathing....correctly, only a few months ago is the truth. My journey with Brahmavidya began a few months ago thanks to the constant nudge I received from a steady practitioner and friend Dr. Vikram Sharma.

A couple of months after my mother's demise, I started experiencing physical symptoms such as fatigue, bloating in the abdominal region and shortness of breath/ laboured breathing, occasionally even making a deliberate effort to breathe in or more precisely swallow more air to fill the lungs. I also felt a general lack of drive and enthusiasm, something that I was completely not familiar with. Medical tests ruled out any problem or abnormality in the body. However the difficulties persisted. Another change which was initially not very noticeable, but gradually crept in over a period of time, was that, while I was not particularly sad or unhappy, I was definitely not in a happy state of mind the way I knew it. This change was of particular significance to me as prior to this, and in fact even during my mother's illness ,barring some amount of stress, my state of mind was not altered from positivity and happiness. However on introspecting I did realise that during my mother's illness, my happiness quotient had come to be directly related to her health. Hence every episode of improvement and well being brought on a bout of happiness and every slip in her condition created stress and a consequent low. As a result, somewhere along the way I lost touch with my essential nature of being happy regardless of the circumstances.

I realised these problem areas needed to be addressed . While meditating twice a day calmed the mind, the physical problems remained. As happens with most saadhaks, there is an intrinsic understanding of the fact that every problem has a solution and that solution will present itself sooner or later.

My solution arrived in the form of a very persistent Dr. Sharma insisting I join Brahmavidya, if only to get rid of my frequently recurring cough and cold which problem had resurfaced after my mother's demise. I suppose the time and circumstances were right. I agreed even if it meant sacrificing precious Sunday mornings. Thus



far completely unaware of what Brahma Vidya entailed, I joined the classes. I joined with no specific expectations as I really did not know what to expect.

A few sessions (and some hiccups in practice) later I noticed that my physical difficulties such as the abdominal bloat and breathing difficulties were almost completely eliminated. Initially it took a considerable amount of effort on my part to keep up with regular practice, but after a month or so of practice I found that Brahma Vidya put me back in touch with myself and my happiness. Slowly and gradually I went back to being myself. In 3-4 months of beginning the practice I already feel re-energised, empowered once again and enjoy more stamina. It is today widely accepted and believed that most physical ailments occur due to insufficient intake of Oxygen. The practice of Brahma Vidya addresses this as well as other areas. I'm sure I will keep discovering more magic along the way.

I do hope my experience inspires and prompts all practitioners to regularly practice both the breathing techniques as well as the Meditation, both of which are powerful tools if used correctly and regularly.

It is widely believed that nothing happens by chance. Do understand that if you have been lead to this practice you need it and are ready for it.

by Sheetal Mahindra



Introduction in Nagindas Khandawala College , Malad West



Children's Course @ Aple Ghar, Donje

Children's Course was taken at Aple Ghar, Donje in May 2014. Aple Ghar is an orphanage and old age home situated at the base of the fort Simhagad.

Initially it was like any other children's course. But then Ashutosh Joshi Sir, a staunch well wisher of Aple Ghar and myself decided for a monthly practice session with the children there.

As a result, children started practicing Brahmavidya regularly.

Mr Vijay Phalnikar, founder trustee of Aple Ghar is very happy to see consistency of Brahmavidya practice in the children and a gradual transformation showing in them specially in terms of positive attitude!

Hyper and aggressive Aavishkar has remarkably mellowed down. Rutvik is free of frequent cough and cold complaints. Gautam never loses calm of his mind and can study even amidst the chaos. Lazy Ajay has turned enthusiastic even about his studies.

Ratnatai, a resident manager there, says that the children don't fight so often now, take initiative in the household tasks and have a caring attitude towards the kids and the old members too! After Diwali, one more workshop was done for the new children and they now practice with the old ones! Children look forward to our monthly meeting, and to see Brahmavidya spreading among them gives us a soothing and satisfying feeling! We are grateful!! We give thanks!!!

Amala Shekhar



Children's Course @ Aple Ghar, Donje



Practice is a must

I am Arjun studying in class 7th. I came to know about Brahma Vidya in 2015 March. Since the age of eight years, I have suffered from regular bouts of cough and cold. On my mother's insistence I joined the children's course of Brahma Vidya. Today, I can relish oranges and all those things, which I could not eat because of constant fear of cold and cough. I can study better and my concentration has also improved. I feel more energetic. Today, if I miss practicing Brahma Vidya even for a day, I feel I missed a very important aspect of my day. It is an integral part of my life. Looking at my own experiences I feel every child should study Brahma Vidya and practice it regularly.

Arjun

'Brahma Vidya changed my life'

Learning Brahma Vidya was a great experience for me. I feel lucky, since I got such a great teaching at such a young age. I didn't even realise when the seven days passed.

Earlier, when I started practicing I did realise some effect. But as days passed, I began to feel better. My immunity improved. My concentration and learning capacity improved. I suffered from cough and cold, but practicing Brahma Vidya helped me to overcome them.

We were taught excellently and were given individual attention. The different exercises taught to us helped me to gain hope even in worst of situations. My anxiety was earlier very problematic but I overcame it. And it also helped me to improve my memory power. And thus 'Brahma Vidya Changed My Life.'

Shritej Bhoir

Sanjana Misra, Snigdha Misra and Aniruddha Naik from Balewadi Pune write that they have improved in their studies as they can focus better. Aniruddha is now able to run for longer distance and for longer time. Snigdha is happy as her visits to the doctor have reduced. Shreya Ashar, Bhoomi Mehata, Ayush Shah, Priyal Shah, Niravi Shah, Shrey Shethi, Dhyan Ashar and Garima Baleja studied the Children course at Ghatkopar, Gurukul. They enjoyed studying Breathing Exercises and chanting Prayers. Practice of these methods has boosted their physical energy and concentration power.



Learn Brahmavidya

My confidence increased, after doing breathing exercises. I feel refreshed. I find lots of changes in me. Even I was able to know that how is the body. Now I don't have any pain in any part of my body. Earlier when I used to write examination paper I used to be nervous but because of Brahmavidya my confidence while writing the examination increased. As I feel fresh I enjoyed my day. I think I took a good decision of joining Brahmavidya.

Anushka Khandare - 5th Std.



Towards better concentration...

From the day when I started noticing changes in myself due to practice of Brahmavidya, I felt better and thank my mom who told me the importance of this class. Due to this class I started concentrating on all my favourite subjects. I started liking all the subjects. My concentration in solving Mathematics improved. My backache has disappeared.

Amruta S. B.



An awesome experience

My experience in Brahmavidya was awesome. After a few days of practice I can see the difference. I feel happier now. I can observe that my memory has increased. Before when my parents told me to attend these classes I felt like not going, but after two-three classes I felt it was a right decision to attend these classes. My teacher made it easier and fun. Her teaching method was very nice. After seeing the changes I have decided to practice daily.

Shreya Raul - Grade 6



Improved lung capacity helps

Brahma Vidya has helped me a lot in improving my health because my lung capacity is doubled, my concentration power has increased a lot due to breathing exercises. I am able to do things with more energy. I was having tonsils problem but when I started Pranayam I could feel the intake of air along with Prana energy and the pain in my tonsils disappeared. I feel refreshed from morning to night because of Breathing Exercises. I am able to do more things than I used to do before learning Brahma Vidya.

Ashish Shyam - 7th Std.



For good scores...

First I was getting 5 & 6 marks when I started practicing Brahma Vidya I got 10 out of 10 marks. So it is my request to the cute small children to do it, do not miss the chance to do it.

Pranav Jahagiirdar



Balwarg Camp Waravade, Kankavali at Ideal English School



Release of English Pradnya 2017
at Advance course students Annual Gathering at Dadar



Annual Gathering (Marathi) at Dombivli

Brahmavidya your key to health and success
A unique yoga system of spiritual breathing
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