



# Newsletter

April to June 2014

IGNORANCE is the root cause of all miseries and calamities of the world. It pervades all states and forms: ignorance of your own being, ignorance of your own conscience, ignorance of the respect for yourself, thereby fuelling your own suffering.

What avail is Religion and Science in the game of life when everyone is in a dormant state, living in the ignorance of his own being? Today self-respect is a meaningless word that has lost its essence and has been eradicated from the heart of human beings. Just have a look inward and your own world will change.

We live mostly on the theoretical plane through blind belief in religion. Rationalism is basically absent; man has forgotten how to live life practically, overlooking the importance of the law of cause and effect. The ego is the ruler in the kingdom of ignorance. Man behaves like an amateur who wants to gain mastery over all disciplines of life, only to meet failure. He wants to clasp the world in his fist, but he forgets that on loosening his grip, he possesses nothing. Ultimately, he perishes in his ignorance. Where is Love today? Where are Compassion, Humility, Kindness, Respect, Peace and Harmony?

We are presently witnessing degradation and erosion of values through all spheres of life, be it family life, married life or social life. Despite the existence of great religions around the world, man has failed to understand the beauty of life and the boon of being a human with the power of perception. All we do is live and pray mechanically like machines. 99 % of our existence is dominated by our animalistic nature while the remaining 1% of our human touch rarely surfaces.

Look at the grandeur of an ant, so tiny and yet, gifted with an incredible power of discrimination. If an ant is placed in front of a mixture of sand and sugar, it has the ability to separate sugar from the sand-sugar mixture. Humans, on the other hand, have been trained and educated from early childhood starting from primary schooling to tertiary education. Moreover, man is even well-versed in all the great religions of the world which inculcate in him values. Sadly though, he still cannot discern between good and bad and lags far behind the small uneducated ant.

We are growing more and more miserable day by day. We are being inundated by hatred, violence and all other social evils. We are living a mechanical life, like robots, without any appreciation for the gift of life, without human consciousness and respect and without divine virtues. All true religions spring from life, exist in life and are fulfilled in life itself, eventually culminating into the wisdom of love, bliss, universal peace and compassion.

Today our lives are full of tragedies because we are being misled and wrongly guided. We are influenced by the Ego and Ignorance which add to our suffering. Oh human being, be conscious! You are at the gate of your own hell, which is in your mind! Observe the quality, quantity and the nature of the flow of your own thoughts!

A dead body cannot smile, eat, walk, think or feel. Do not live like a zombie! Life is the divine spark of the Existence. So why is there so much of suffering? Who is responsible? Try to find your own answers. The purer the mind and intellect, the brighter will be the beams of consciousness. Try to live in pure awareness and reach the fulfilment of a true human being. Let us turn inward with the spirit of self-discovery through self-enquiry and meditation.

Be Thyself and Love Thyself  
Love and blessings

**Master Raaj Appiah**

***"Start the day with a Smile. Fill the day with Bliss. End the day with Love. This is the way to your Consciousness."*** - **Master Raaj Appiah**



# Wesak: Buddha's Birthday

*Wesak is that golden and precious opportunity when mankind celebrates and pays tribute to the holy message of the Great Grand Master, Gautama Buddha, the Enlightened One, who is universally acclaimed as one of the most revered benefactors of Humanity.*

*The Birth, Enlightenment and Passing away of Gautama Buddha are celebrated in all parts of the world. This highly auspicious celebration is known as Wesak and occurs on a full moon. The Buddha is the expression of the wisdom of the Existence, the embodiment of light and the beauty of divine purpose.*

*Wesak is the day for meditation and loving kindness. Each full moon brings revelation and the possibility of healing body, mind and soul.*

*The Buddha's main teachings encompass the Four Noble truths and the Eight-Fold path.*

*The Four Noble truths are:*

- 1. Suffering exists at all levels of life.*
- 2. Attachment is the root cause of all suffering.*
- 3. Cessation of suffering can be achieved only if we have the power to free ourselves from attachment.*
- 4. The only way to cessation of suffering is by following the Eight-Fold path.*

*The Eight-Fold path involves:*

- 1. Right Understanding*
- 2. Right Intention*
- 3. Right Speech*
- 4. Right Conduct*
- 5. Right Livelihood*
- 6. Right Effort*
- 7. Right Mindfulness*
- 8. Right Concentration*



*So let us be aware of the teachings of Buddha while celebrating Wesak, the most holy time in the Buddhist calendar.*

## Invitation

The Brahma Vidya Yoga Society has the pleasure to invite you and your dear ones to its yearly Wesak Celebration on

Wednesday 14th May 2014 from 7.00 p.m to 9.00 p.m

at the Nirvana Meditation Hall, Morcellement Orchidées, Rose Belle

*Long years of penance and fasting, of wearing matted hair and sitting still, will not deliver a man from Evil, if his thoughts remain impure."*

*The Dhammapadam*



# The BVYS Green Ecology Project

**“Nature does nothing uselessly” — Aristotle (384-322 BC)**

Nature has not only always bestowed man with a plethora of resources necessary to sustain his survival but has also showered humans with lots of love, tenderness and care; the shade of a tree on a very hot sunny day, the pleasant fragrance of lovely flowers and the freshness and coolness that forests provide us are some of the simple ways in which Mother Nature blesses us with her affection. However, man's ravenous appetite for materialism has turned him blind, undermining the delicate link between his environment and his existence. He has left no stone unturned to ruin the ecological niche that is instrumental to support human life. Respect for nature is, today, a hollow concept.

Protection and conservation of the ecosystem and the environment have always been the golden rules of the Brahma Vidya Yoga Society (BVYS). With the aim of restoring and reinforcing the bond of love that once existed between man and the environment, the BVYS launched its Green Ecology Project. Despite the forthcoming construction works at the Centre with regards to the Yoga Hall, the parking lot and other buildings, the BVYS Green Ecology Project (BVYS-GEP) stems as a very conspicuous and crucial activity at the Centre. Our vision is to foster a Spiritual Park, a holistic green space filled with lush greeneries and trees that have therapeutic effects on the physical, mental and spiritual health, supporting the main objective of the association. The BVYS has already embarked on the plantation of several trees such as the Asoka, “Pipal” and “Belpatra”. More gardening and embellishment programmes as well as plantation of both indigenous and endemic species are in the pipeline.

Trees are amazing sources of energy that automatically help to uplift our emotional and mental state and rejuvenate our system. The mystery or rather the science of plants is vast and yet so beneficial to mankind. Nature has always been generous, an eternal donor. Unfortunately, man hardly knows how to tap and respect this blessing from his environment unlike great sages and wise men of the past, who had learnt the secret of communicating with nature. The Maya civilization is one striking example.

The Green Project equally comprises a flower garden and a medicinal garden consisting of a wide range of medicinal plants to be used for ayurvedic treatment and natural healing purposes. The plantation of fruit trees is also inclusive to encourage healthy eating habits of fresh fruits. Additionally, the project includes a walking track that will line the perimeter of the Centre, allowing aspirants to stroll around the Spiritual Park, breathe in fresh air while exercising and training the physical body. Another essential aspect of the BVYS-GEP is the open air programme for full moon meditation sessions. As full moon is a highly energy intensive moment, filled with positive vibes, meditating outside in the open air on such occasions is highly beneficial to capture maximum energy.

From an environment perspective, this Green project is equally in line with efforts being deployed to combat climate change as it curbs carbon dioxide emission from the atmosphere. It is high time for Man to realize that nature is an integral part of his existence. Mahatma Gandhi stated: “What we are doing to the forests of the world is but a mirror reflection of what we are doing to ourselves and to one another.” Human beings should stop feigning respect and love for the environment; they should rather understand their oneness with nature and the Existence. Only then will he realize his true Self.





"Only human beings know Suffering and Negativity. Have you ever seen an unhappy flower, a stressed litchi tree or a depressed shark?"

"Compassion is the awareness of the profound relationship that exists between you and other creatures of the Existence."

"Dogs love to chew bones and the mind loves to get its teeth into problems."

"In the death of the Ego lies the birth of Wisdom."

"All that is beautiful happens in the heart and all that is eternal happens in your Consciousness."

"Go deep within yourself; search for the roots of your life."

"You cannot say for tomorrow because tomorrow is fictitious."

Master Raaj Appiah

## **Forthcoming activities**

### **Full Moon Meditation**

Monday 15 April 2014	19.00 hrs to 20.15 hrs
Wednesday 14 May 2014 (WESAK CELEBRATION)	19.00 hrs to 21.00 hrs
Friday 13 June 2014	19.00hrs to 20.15 hrs

### **Spiritual Retreat**

Every last Sunday of each month 06.00 hrs to 16.00 hrs

Open to all mankind without any distinction of caste, creed, colour, race, sex or age  
Under the guidance of Master Raaj Appiah

**BRAHMA VIDYA YOGA SOCIETY**

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