



# Newsletter

April to June 2015

Spirituality is a must in this contemporary world. We can change our journey of life only if we are willing to transform our thoughts. People in this materialistic epoch are so selfish that it becomes very difficult to break their torpor and awaken their consciousness. What is the real duty of human beings in this worldly life? Can we honestly question ourselves?

My last request and prayer to everyone is that one should not fail to understand the Science of Life; we should acknowledge what we can give and contribute to the world through the temple of our heart. Let us shower kindness, love, peace and compassion in this world so that it can vibrate in harmony with the Existence. Be aware that the five elements put everything at your disposal, free of cost. Eternal and universal as the Sun, the five elements are Space, Air, Fire, Water and the sacred Earth



All that you are blessed with is actually a manifestation and expression of the five elements. Always remember to be grateful. Give thanks three times: say *"thank you, thank you, thank you"*. The mind can achieve equilibrium once negative thoughts are renounced. The spiritual man need not be a recluse, an escapist or a lazy fellow. One can lead a divine life by living in this very world, in the midst of the crowd. Spiritual perfection can be attained by diving deep within ourselves, not outside. Such is the central lesson of watchfulness and mindfulness.

We have to live harmoniously with the Divine. It is only when one surrenders totally to the Supreme Consciousness that one becomes a perfect human being. To reach this stage, the mind must become stable and reach a balanced state, a state of zero thoughts, where only the divinity prevails. That is when the self gets united with the Higher Self. Moderation of one's desire is therefore essential to refine the self so that it can vibrate in perfect attunement with the Supreme Self, which is your own Being. Self-control is that fundamental attribute which is based on austerity, non-violence, truth, compassion, love, vigilance, watchfulness and awareness of your every action.

Every human being has the right to participate in the music of life; it allows you to vibrate in Cosmic Consciousness and become the musician of your inner world. True religion is listening to the voice of your Conscience, the mirror of your Consciousness.

Wisdom and seers are there to guide the common man to help him apply the governing laws of the Universe effectively. These laws have no beginning, are timeless and are crucial for his evolution. Right actions performed selflessly, without any personal motive, bring the mind closer to the human consciousness level; this marks the beginning of a great journey that merges into infinity.

Let us consider the concept of the mind and its functions in our day-to-day life. Mind is synonymous to man; as the mind so the individual. If the mind is disturbed, the individual is obviously disturbed. If the mind is peaceful, the individual is equally at peace. One who has a composed mind, where both the objective and subjective aspects are in unity, is bound to be healthy. This state can be attained only through meditation and a well-disciplined mind. Always watch the flow of your thoughts. Once you become meditative, the mental state becomes cool and peaceful.

Selfless actions performed with great reverence to the Divine will ultimately result in purification of the mind. So awareness, watchfulness and vigilance are the keys to a peaceful mind.

Be Thyself and Love Thyself  
Love and blessings  
Master Raaj Appiah



## Wesak and the Four Noble Truths

**"With gentleness overcome anger; with generosity overcome meanness; with truth overcome deceit." - Buddha**

A highly-prized event in the Buddhist calendar is the celebration of Wesak. Occurring on a full moon, it marks the birth, enlightenment and death of Gautama Buddha. Buddhism is a groundbreaking religious movement that the world has witnessed. The powerful Pali formula for threefold refuge is an important mantra in Buddhism. It is deciphered as follows:

***"Buddham saranam gacchami"***

I take refuge in Buddha

***"Dhammam saranam gacchami"***

I take refuge in Dhamma

***"Sangham saranam gacchami"***

I take refuge in Sangha

Gautama Buddha is one of the finest gems to have evolved in the history of humanity. Buddha has brought a radical change in the world. Man needs great insight to understand the teachings of the Buddha and his contribution to human consciousness, evolution and growth.

The whole religious dimension has been revolutionised. In his quest for truth and the Existence, Buddha redefined religion, giving it such a beautiful turn. He was not a metaphysician; he never asked any metaphysical question. To him, metaphysics was all nonsense.

He was the first "psychologist" that enlightened the world; his religion was not based on philosophy but on psychology. The true and original significance of psychology is the Science of the Soul, the Science of Life. He was the Master of one of the greatest Science in the world, the Science of Meditation. He explained that religion has been attributed an extrovert approach where one delves into the outer world and prays to "find" God. However, real religion is introversion; it is simply meditating and reaching one's own consciousness.

Meditation is rooted in fearlessness and selflessness. Meditation is a state of inner silence. Buddha emphasizes the Four Noble truths which include:

1. The existence of suffering at all levels of life
2. Attachment as being the root cause of all sufferings and sorrows
3. Cessation of sufferings and sorrows through liberation from attachment.
4. The only way to cessation of sufferings is by following the Eight-Fold path.

***"The wise harm no one; they are masters of their bodies and they go to the boundless country- they go beyond sorrow" - Buddha***

## Invitation

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

**Sunday 3<sup>rd</sup> May 2015 from 6.00 p.m to 8.00 p.m**  
**at the Nirvana Meditation Hall, Morcellement Orchidées, Rose Belle.**



## Full Moon Meditation and the Fire Pyramid

The moon has always been an integral part of our lives. The movements of the moon are often considered before celebrating a festival or starting an auspicious task. However, an essential aspect of this satellite of the Earth is meditating on a full moon. The moon wields direct effect on all creatures due to its eminent effect on water. The human body is made up of around 60 % of water and the influence of the moon on our system is evident.

Full moon meditation allows spiritual seekers to go inward, transcend the mind and experience the divinity within. Meditating in water (normally in a river or sea with water level up to the navel) is highly beneficial on a full moon to acquire and develop specific skills.

Generally, full moon meditation necessitates some preparations and cleansing in order to make the most of this auspicious moment. A salt bath on the day of full moon is recommended to cleanse the aura and help the individual become more receptive to the positive energy of the moon.

Full moons are ideal instants when the Existence is showering bountiful energy in the Universe. It is up to us to get in tune and capture this blessing. Meditating on full moons not only rejuvenates one's body but also boosts one's mental and spiritual health. The individual is totally recharged, peaceful and full of positive and harmonious vibrations.

An important activity that is often included during full moon sessions, especially during Wesak or the Buddha Poomima is the Fire Pyramid. Essentially a pyramid of wood erected outdoors is burned to neutralize all evil tendencies. Prior to the event, one jots down all one's weaknesses or negative traits on a piece of paper. This chit is later immersed into the fire pyramid while chanting and circumambulating around the pyramid. The burning process is highly symbolic. The splendor of the pyramid shape was long discovered by the ancient Egyptian civilization. Today scientists are proving that pyramids are energy-amplifiers; pyramids are a form of cosmic antenna that receive energy through their apex and distribute this energy throughout their whole system and base. That is why pyramids are commonly used in Reiki for cleaning and purification purposes. Fire, on the other hand, is one of the sacred five elements, that also causes purification by burning all negativity. Unlike the other elements, fire alone has the ability to rise towards the sky. This attribute is comparable to the true human nature. Man's aim in life is to rise through his thoughts, actions and words and not fall in the abyss of ignorance.

The pyramid captures energy from the moon while the sacred fire destroys all negative vibes, thus creating a positive space for better healing. Hence, the fire pyramid allows re-energising of one's space. A strong, dynamic and motivating force prevails in the atmosphere as all burdens on one's aura are removed. The individual feels lighter and is at peace. Regular practice of full moon meditation with occasional fire pyramid is important for seers who wish to heighten their spirituality and attain liberation.







## Practical Courses

*Yoga, Breathing Science, Meditation, Natural Healing,  
Stress Management, Laughing Therapy*

### Yoga Class & Laughing Therapy

Every Saturday 06.00 to 07.30 hrs

### Meditation Classes

Every Friday 19.00 to 20.15 hrs

Every Thursday 17.00 to 18.30 hrs

*Questions and Answers : Universal values, Human Consciousness*

Every Sunday 09.00 to 10.30 hrs

## Forthcoming Activities

### Spiritual Gathering

**Full Moon Meditation at 19.00 hrs to 20.15 hrs**

**Sunday 3 May 2015**

**Tuesday 2 June 2015**

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



### Site Plan of the BVYS

**BRAHMA VIDYA YOGA SOCIETY**  
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