



# Newsletter

January to March 2015

Can we live in Universal Love, Peace and Harmony in this egocentric world full of hatred, when our mind is corrupted with ignorance and we are totally unaware that our nature is divine?

Daily prayers cannot help us to live peacefully and do not spread Universal Human Consciousness. The mind is divided into caste, greed, hatred, anger, religion, culture and so many nonsenses. How many centuries will it take to live as a pure Human Being with a mind full of Universal brotherhood? We have to find out the real illness, the real darkness, which is making the world a living hell.

Man is seriously perturbed; he is so overwhelmed with problems: not only concerns of the external world but most importantly, he is in constant conflict with his inner; lowliness, despair, jealousy, anger, cunningness and various social issues are at the heart of his miseries. The world has been split due to our ignorance and cunningness. All we want is to rule and be the permanent king in the kingdom of death.

But what we tend to forget is that this world is a no man land; diseases, old age, suffering and death are catching up on us gradually. Man is ultimately going to perish.

The day one genuinely acknowledges the fact that one is merely a mortal, then only the process of meditation starts. Meditation opens the door to your Consciousness so that you can discover the governing law of the Universe. How do we explain the relationship between humans and the Existence, Nature, Ecosystem, whatever you may call it?

If we want to change, we need a psychological revolution. Only then we can understand the universal problems of the world. The moment one realizes that the world is ME and I AM THE WORLD, then Universal Harmony, Love, Peace, Compassion and Brotherhood can bring fragrance to the world.

It is such a pity that the world is foolishly being divided by all forms of weapons, missiles, bombs and irrational wars, just to destroy ourselves and our planet. Understand the Law of CAUSE AND EFFECT and what You SOW so You REAP!

Therefore, the ills of the world are actually the ills of the human mind; it is the ills of the human mind that bring all the miseries of the world, the disorders, and the disasters.

Whatever negative changes that take place in the individual mind are bound to affect the whole world. What appears to be the outer is, in fact, the result of the inner; it is the responsibility of every individual, in every field of life, be it politicians, scientists, engineers, bureaucrats, businessmen, educators, writers, organisers or priests amongst others.

That is when the human mind begins to change radically. Once we understand this change in the human mind, we start to feel the divine that dwells within us. We do not need to seek it. In our quest for the divine, we tend to get entangled in the webs of religion that cause confusions, destruction and violence. Religion preaches so many theories about God: my God, your God, his God, her God, our God and other's God.

One has to live practically and that can be achieved only through Meditation which is the Science of your own Consciousness. Meditation is Universal. It is in no way connected to religion. Meditation makes you aware of your own Being. The key lies in Reflection, Meditation and Awareness. That is the real change of the human mind!



Be Thyself and Love Thyself  
Love and blessings  
Master Raaj Appiah



## PEACE

Peace is a divine attribute which is attained through Meditation and Silence of the mind. It is a virtue of the Soul, an ornament of a Yogi. It is freedom from anxiety, agitation, violence, anger and a tumultuous mind.

Peace reflects the true nature of man. It is his birth right, his inherent treasure. Peace is not in the hearts of politicians, lawyers, businessmen, dictators, kings and emperors. Peace resides in the hearts of spiritual men who live a simple life, full of love and compassion. Greed, lust, jealousy, envy, pride, anger and egoism are the enemies of Peace.

Peace does not dwell in the external world. It is not found in money, estate, bungalows and possessions, but it is within the soul which is your Being.

Money will never give you Peace. You can purchase many things but you cannot purchase Peace.

You can buy a bed with soft mattress, but you cannot buy sleep.

You can buy good foods but you cannot buy appetite.

You can buy good tonics but you cannot buy good health.

You can buy good books but you cannot buy wisdom.

You can buy a piano but you cannot buy music.

Peace is the greatest treasure in the whole Universe. Peace is the most important and indispensable factor for the growth and development of the true human being. Today, great conferences are being held all over the world to promote universal peace, universal brotherhood. But this is a minor effort that is limited to the surface only. Before reforming the society, Man has to first reform himself; he has to undergo a transformation from his inner Self to his outer being.

You can elevate others only if you have elevated yourself. This poor world can be saved only by those who have already saved themselves beyond the boundaries of religion. A prisoner cannot liberate other prisoners unless he has freed himself first. Just think!

Love and blessings  
**Master Raaj**



## 2014 at the B.V.Y.S

The year 2014 marked the first anniversary of the Centre of Learning and Wisdom of the Brahma Vidya Yoga Society (B.V.Y.S) which was celebrated on the 13<sup>th</sup> January. A cultural programme was held at the Nirvana Meditation Hall to commemorate the unforgettable beginning of a new phase. Kirtan, bhajans, meditation and dance were part of the event and were appreciated by all.

After a year of struggle and adaptation, the Centre has gradually started to draw the attention of some more adepts as the message of Master Dr. Raaj I. Appiah and the objectives of the B.V.Y.S are being continuously disseminated. The main activities that have been established at the ashram are yoga and meditation classes under the guidance of Master Raaj.

The step-by-step guidance to meditation during classes held on Friday evenings has helped in the preparation for meditation and has been unravelling the Science of one's own system. The yoga sessions on Thursday afternoons and Saturday mornings comprise a series of vigorous exercises, breathing techniques and asanas. Yoga has been a great assistance to many, especially to those suffering from specific diseases or a sedentary lifestyle. The weekly Spiritual Gathering on Sunday mornings has not only relaxed and tuned the mind through kirtans and bhajans but has also cleared the doubts of members of the public regarding various issues of life.

An important activity at the Centre has been the full moon meditation sessions that are practised every Poomima (full moon). Meditating during this auspicious moment has considerable benefits and allows cleansing of one's Aura. The tremendous flux of positive energy is favourable for recharging one's system.

An essential element of the B.V.Y.S calendar remains the Vesak celebrations also known as the Buddha Poomima. In 2013, Vesak was celebrated grandly at national level and no stone was left unturned in 2014 as well. The Buddha Poomima was celebrated on 14<sup>th</sup> May 2014 at the Nirvana Meditation Hall. Once more, kirtans, bhajans, meditation and inspirational talks by Master Raaj formed part of the cultural programme while the meditation hall and yard were beautifully decorated with lightings. The traditional fire pyramid was equally performed to burn all negative tendencies and create a positive vibe. Krishna Janmashtami is yet another interesting event that was celebrated as wonderfully as Vesak on 17<sup>th</sup> August 2014 at the Nirvana Meditation Hall.

The major focus of last year has been on environment and yard embellishment programme. Over 100 Asoka trees have found their right places around the periphery of the Ashram. Upon request, the forestry department equally donated several endemic and indigenous species such as the "Duranta Dorré", "Gardenia", Hibiscus, Trochetia and "Ixora" only to mention a few. The remaining area has been converted into a green space filled with lush greeneries. Future plans involve the establishment of flower gardens and the growth of bamboo trees to create a Zen Buddhism environment conducive for outdoor meditation practices, especially during full moons. The main objective is to develop a holistic green area that will have therapeutic effects on the physical, mental and spiritual health of people. Occasionally, maintenance and yard cleaning sessions have been organized to assist in the correct development of this project.

The objectives and vision of the B.V.Y.S are to inculcate Universal Peace, Brotherhood, Love, Compassion and Respect for Nature in man. A long journey lies ahead but despite all the difficulties, we are confident that it is not an impossible mission. The support, collaboration and perseverance of its dedicated members and future aspirants represent the very basis that will certainly help to turn this beautiful dream into a magnificent reality.

On this note, the members of the B.V.Y.S wish all readers of "Eye of Wisdom" a very happy and prosperous New Year 2015, full of happiness, good health, determination and good will to successfully accomplish your true endeavours.

The editing team of B.V.Y.S





**"Negativity is the psychic pollution of the mind; it can be cleaned only through Meditation."  
... Master Raaj Appiah**

**"Compassion is the awareness of your heart; it is the consciousness of your relation with all other creatures. A dormant heart is awakened through Meditation." ... Master Raaj Appiah**

"You can improve your situation in life but you cannot improve life because life itself is your deepest being; you are whole, complete within yourself, without any beginning or end."  
... Master Raaj Arviah

"Just like the swans fly high in the sky along the path of the Sun, the wise fly high above joy and sorrow and attain eternal bliss." *Buddha*

## Practical Courses

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

## Yoga Class & Laughing Therapy

Every Thursday	17.00 to 18.30 hrs
Every Saturday	06.00 to 07.30 hrs

## Meditation Classes

Every Friday 19.00 to 20.15 hrs

## Spiritual Gathering

Questions and Answers : Universal values, Human Consciousness  
Every Sunday 09.00 to 10.30 hrs

### Forthcoming Activities

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

Monday 5 January 2015  
Tuesday 3 February 2015  
Thursday 5 March 2015

## Invitation

*The B.V.Y.S has the great pleasure to invite you and your dear ones to a cultural Programme on the occasion of the 2<sup>nd</sup> anniversary of its Centre of Learning and Wisdom on Tuesday 13<sup>th</sup> January 2015 at 19.00 at the Nirvana Meditation Hall at Morcellement Orchidées, Rose Belle.*

### Site Plan of the BVYS

**BRAHMA VIDYA YOGA SOCIETY**  
Morcellement Orchidées, Rose Belle

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