



# Newsletter

July - September 2015



Anger lies at the heart of all kinds of violence and disasters in the whole universe. Anger makes everybody its slave and victim in life. Anger destroys reason, thinking and makes man do things which cannot be dreamt of. Man can commit the most heinous sin under the influence of anger. The mind becomes as agitated and violent as a volcano and spits scorching lava in all forms of evils. Anger is a sign of mental weakness. It always begins in folly and ends in repentance or remorse.

One who is subjected to anger is totally paralyzed and ruined by its effects; one becomes a beggar whilst the beauty and essence of life is completely lost. Anger, when controlled through the technique of awareness, can be transmuted into spiritual power that can

move the whole world with love and compassion.

Ignorance and egoism are the root cause of anger; when one's defects are pointed out, the ego promptly manifests itself. Anger is detrimental to the brain, nervous system and blood circulation. When a wave of anger arises in the mind, the life force (Prana) begins to vibrate rapidly. One becomes agitated and excited and the blood becomes hot. Many poisonous components are formed in the blood. When the blood is agitated, the semen is also affected. Even three to five minutes of violent hot temper may produce such deleterious effects in the nervous system that it will take weeks or months for repair of the injury.

In the light of modern psychology, stroke, rheumatism, heart disease and nervous system disorders are simply the disastrous outcomes of anger. When anger holds the reins, reason fails lamentably. One who is under the influence of anger is similar to a drunk person, intoxicated by a strong liquor. All evil tendencies and negative actions come from anger. Anger is the ugliest facet of the mind. Only meditation, love and compassion can restore the blissful state of the mind.

Anger fuels the manifestation of evil intentions into dreadful actions. When anger is controlled, evil is controlled. Always try to keep the mind serene and peaceful.

Anger is the perfect passport to imprisonment. Never let anger have an upper hand over you! Live in happiness and joy. Keep smiling! Anger always brings about a lot of suffering and miseries in one's life. Never live in anger! Never be a prey to anger! All the hidden secrets of conquering anger are found in the Science of Meditation and Self-control. Be happy and loving!

Be Thyself and Love Thyself  
Love and blessings  
Master Raaj Appiah



## Salutation to all the Holy Masters



It is with deep respect and gratitude that we prostrate in homage of **all he great** Masters of the Universe. We express our heartfelt thanks for the light they have shed in our hearts, for their guidance to attain Self-Knowledge and to reach the wisdom of life. People, today, have fallen so badly into the clutches of worldly bindings, into the hell of ignorance, wandering in the darkness of nescience.

Only then does a Master or a Guru manifest himself; he appears in the form of a simple and humble human being whose prime mission is to guide us unto the path of liberation to free us from **ignorance**, the worst evil of all. Just like a gardener's job is to remove unwanted weeds from his garden to allow his crops to flourish, the Guru first cleanses the disciple of all impurities within few moments. He then fills the life of the disciple with the nectar of true knowledge.

The sacred company of saints and sages brings immense joy and happiness and a sense of tangible love for each other. Benevolence for all living beings is nurtured. One develops pure devotion to one's own consciousness and an unflinching faith in one's own being, thereby ending all kinds of doubts.

Masters have the prestigious task of slashing one's Ego which enslaves the individual in the journey of life. Neither the sun nor the moon can illuminate the darkness of one's ignorance. Only the sacred wisdom imparted by the Guru is capable of dispelling the obscurity of the heart and mind.

Kabir, the great Master, said that life is completely dark without a Guru. The sphere of life is extremely broad; so a Master is a must in the journey towards your Inner Self. Take refuge in the teaching and wisdom of the Guru. A real Guru is free from the bondage of delusion and spiritual ignorance. His life is simple and full of benevolence. The mere presence of the Guru brings transcendental joy, light and love among his disciples.

There is no end to the greatness of a Guru. He is infinite and unfathomable. He explains the true essence of Self- Realization.

A Guru is a real warrior: he uses his sword of true knowledge and wisdom to cut the ignorance of the disciple. Our spiritual problems can be resolved upon complete surrender to the Master. It is the Master who holds the key to unlocking the mysteries of happiness, sorrow, birth and death. He is commissioned by the Divine.

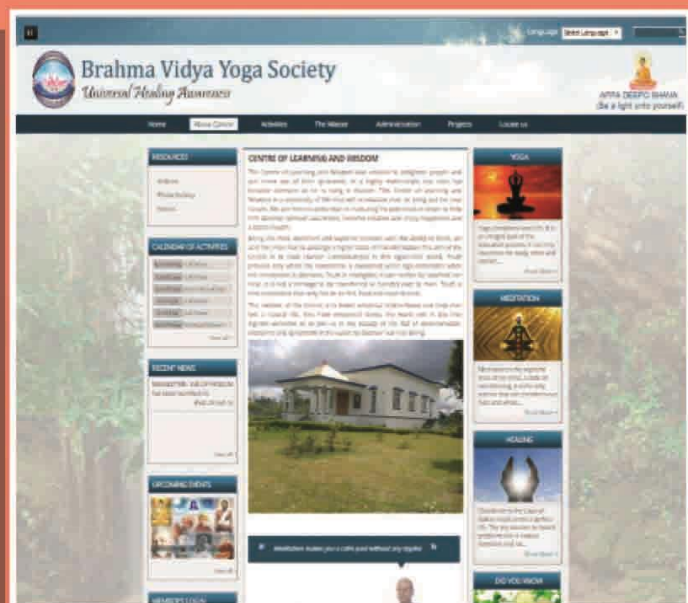
The very word Guru implies the remover of **darkness; that** absolute obscurity that lies in all the layers of the mind and heart. The Guru only has the power to light the torch of wisdom in our hearts, thus dispersing all shadows. Hail and praise to all the Masters and Gurus of the Existence!

Love and blessings  
Master Raaj Appiah



## Launching of the BVYS new website

After much struggle the BVYS managed to come up with its new website. As with the history of the association (<http://www.brahmavidyayoga.org/history-of-bvys/>) its website too has evolved from an elementary form consisting of basic features to a well-defined one. It is not only appealing to the eyes but also includes all necessary ingredients that reflect the very purpose of the association. More information has been made accessible to members of the public for rapid dissemination of knowledge. Details about the centre of learning and wisdom, its history the life sketch of the Master as well as upcoming projects and activities are available (<http://www.brahmavidyayoga.org/>). Those who are keen to know about the various activities that are carried out at the centre, can easily keep abreast of latest news with the calendar of activities and forthcoming events through its webpage. New aspects of the website include: access to the newsletter of the association which is issued on a ternary basis per year, articles and tips by the Master, related videos and the photo gallery. Redesigning the website has not been an easy task and would not have been possible without the assistance, guidance and support of its dedicated members, the Master and the Indian company which was assigned this duty. A special word of thanks to all those who collaborated in this project



## Forthcoming Projects:

The BVYS is currently focusing on the construction of its Yoga Hall for conducting its weekly yoga classes in a conducive environment. The BVYS green ecology project is equally ongoing to promote the green spiritual park. Hence, we humbly enlist your help and support to carry on with the good work.



🌸 "There are those who forget that death will come to all. For those who remember, quarrels come to an end."  
- Buddha

🌸 "Those who recite many scriptures but do not practise their teachings are like cowherd counting another's cows. They do not share in the joys of the spiritual life"  
- Buddha

🌸 "If belief and mind are made the same, and there is no division between belief and mind, the road of words comes to an end, beyond present and future."  
- Seng Ts'an

🌸 "Marriage is an institution in which a man loses his bachelor's degree and a girl gains her master's."  
- P. G Wodehouse

🌸 "Only your actions are going to decide, not prayers. A transformation of the individual on the practical level is needed, not theoretical information. You are the cause and you are the effect of the cause."  
- Master Raaj Appiah

## 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

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

## Forthcoming Activities

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

Friday 31 July 2015\*; Friday 28 August 2015 ; Monday 28 September 2015

\* Guru Poornima

**BRAHMA VIDYA YOGA SOCIETY**  
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### Site Plan of the BVYS

