



NEWSLETTER

APRIL TO JUNE 2016

THE SEARCH OF ONE'S OWN BEING



Man's quest for the truth has been going on for countless lives. But you have never known the truth, how can you be deprived of it? How can you search for it? You often call it the search of God. But you have actually never met and known God, so how can you be separated from Him? How can you be a different entity altogether, an island on your own? Man's total ignorance of his own being is a cancer to humanity. Ignorance can be cured only with the help of a Master, a spiritual physician and not a medical doctor.

The Truth surrounds you, where will you look for it? Likewise, the Sun is always shining, it is here, but you are blind. You are in need of the power of sight. That power is Love. The Existence

is ever-present. It is all around you, but you have lost the means of experiencing the Divine. Love is that experience which dissolves all imperfections and impurities. One who has found Love, has found the key to the door of the Supreme.

Nothing is greater than Love, not even God. In fact, God is attained through love, but love cannot be attained through God. The presence of God does not guarantee Love, but Love certainly brings awareness of God in you. The path that leads one to Love is the same path where one has lost it. Consider a ladder. The same ladder can take you to heaven or to hell. A stagger up the ladder can bring your downfall and make you end in hell, while every cautious step you take up the ladder will lead you to heaven.

In Love, there is no disparity between a beggar and a King; they are both on the same level, there exists no stature. Love is the transformation of your Inner Being; it is the centre of your Consciousness.

What we witness today is a sad reality. Nagging wives, henpecked husbands and dominating spouses are the outputs of today's marriage institution. Conjugal quarrels are never ending in the modern society. Marriage has failed as an institution; it has become an affliction due to the perpetual conflict and frustration between spouses. Couples, today, are nothing but beggars of love. When two people, craving for love but having no intention of giving back any affection, form a union, the home is bound to become hell. Love is Supreme. It is peace, harmony, light, success and complete happiness. A home where real lovers dwell, in complete surrender, is definitely heavenly, peaceful and compassionate.

Kabir said *"When thoughts and ego disappear, the head disappears. Then there is the possibility for love, then love will be able to bloom."* A sexual act has an end to it, a limit but Love knows no end, it has no boundaries. Love is without beginning, just like the Existence. Love is God's manifestation in this world. Love is the gateway to that dimension beyond time. Love is the nature of your soul and it can be attained only through the path of meditation which is the key of life.

Be Thyself and Love Thyself

Love and blessings, Master Dr. Raaj Ittyandeo Appiah

BUDDHA - The Enlightened One

Buddha is one of the greatest masters that mankind has ever known. His contribution to Human Consciousness is incomparable and is fundamental for a peaceful and loving world.

Buddha explains that Meditation is rooted in fearlessness. Meditation is not about begging somebody for something, nor is it addressed to somebody or a deity. Meditation is simply a state of inner silence.

Wesak is an opportunity to refresh, ponder over and apply the message and teachings of the Buddha in our daily life. It allows one to discover the light and wisdom of one's inner being.

Buddha's preaching is beyond any doctrine, any beliefs in God, Hell or Heaven. The very core of his teachings is about creating a silent space within you. Man has to go back to innocence. He has to become like a child: happy, carefree and blissful. Man is in need of more wonders, awe and clarity. All these virtues come to you only when the mind is silent.

When the mind is silent, you are in communion with the Existence. When the mind is noisy you are disconnected.

Buddha reveals that two flowers bloom out of Meditation, once you become silent, utterly silent, beyond the mind. One is wisdom and the other is freedom. Wisdom helps you to differentiate good from evil. You know what is and what is not. Freedom brings total liberation of your self. Now you know that there is no longer any limitations on you, neither time nor space.

Meditation is the key to liberation, to freedom and to wisdom. The real learning process happens only through Meditation; one does not learn through studies. Studying is merely a process of accumulating information that has been discovered and delivered by another person. It is not learning. Always be careful about borrowed knowledge!

Truth has to be found by yourself. Freedom can be attained only when you experience the Truth. Freedom is the fragrance of Truth.

One does not have many hearts but one can have many minds. Why? Because the mind lies in doubt and the heart lives in love. Buddha says that man dies out of his helplessness, not because he wants to. You can try so many tricks not to die but you cannot avoid the ultimate.

Growing old does not mean that you have become wise. You can grow old in your ignorance and those added by others. You cannot create a science of God, but you can live a godly life. This is what the society is in dire need of today.

The Existence is just in front of you, yet you are seeking it somewhere else. Life is to be lived, it is not a mathematical problem to be solved. On the contrary, life is a poem, a song to be appreciated and sung, a dance, a celebration in which you have to participate. The essence of life lies in its continuous flow. Embrace the flow and attain the wisdom of life through Meditation.

*Love and blessings,
Master Dr. Raaj Ittyandeo Appiah*

SATSANGH (Sangam Sharanam Gachchami)

If a parrot is put in the company of wicked men it will start abusing. Put it in the company of holy men, it will repeat "OM", "Ram", "Krishna", "Shiva", "Jesus" and all the names of the Divine.

Satsangh allows you to transcend the "school of information and beliefs" and helps you to attain the "University of Transformation".

Always take refuge in the company of sages and holy men. They are the only ones who can heal the blisters caused by Ignorance. Great sages can infuse new life into you, your system and show you the way to your own Being, to inner peace and happiness, as did Buddha, the Great Grand Master.

Be a light unto yourself! The very presence of the wise radiates a magnetic aura, a spiritual vibration and a powerful energetic flux that appeases the mind.

Satsangh elevates the mind to magnanimous heights. It rekindles the fire of love and compassion in your heart; it ignites the light of wisdom in you. Satsangh provides the worldly man an insight into a new spiritual dimension, leading him unto the path of righteousness and allowing the sun of wisdom to shine upon his mind.

Satsangh is inspiring, elevating, solacing and delightful. It is the greatest means of purification and illumination of man. It brings out the beauty of life and preaches the science of one's own being.

The enlightened souls are here for your salvation. If you are really thirsty, you will find your Master. Be a real seeker! You will eventually evolve along the spiritual path. Life is short; time is fleeting. Decay and death are waiting to devour you at any moment.

Tomorrow will never come! Be in the present and live in the Now! It is very difficult to get this human birth again.

Utilize it profitably in the realization of your Self through satsangh. Acknowledge the blissful state of your Soul through satsangh and surely you can attain freedom!

Sangham Sharanam Gachchami

*Love and blessings
Master Raaj Appiah*



PRACTICAL COURSES

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Under the guidance of Master Raaj Appiah

**Open to all mankind without any distinction of Caste, Creed, Colour,
Race, Sex or Age**

"Kindness in words creates confidence.

Kindness in thinking creates profoundness. Kindness in giving creates love."

-Lao Tzu



"To know that you do not know is the best. To pretend to know when you do not know is a disease.
Only when one recognizes this disease as a disease can one be free from the disease."

- Lao Tzu



"Dig a well before you are thirsty."

- Chinese proverb



"There is no greater treasure than to know your own being and to rest in your own consciousness."

- Master Raaj Appiah



"If you cannot quieten yourself, what will you ever learn? How will you become free?"

-The Dhammapada of Gautama the Buddha

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