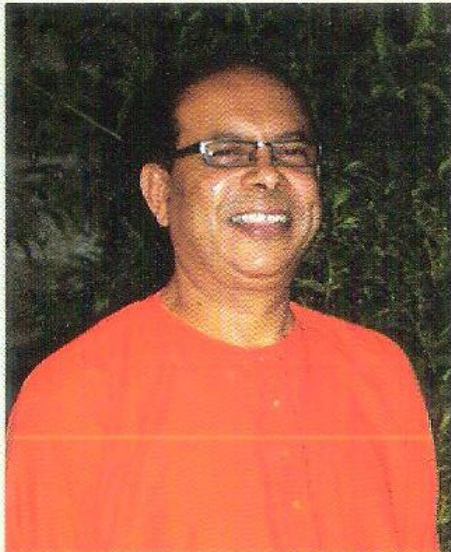


NEWSLETTER

JANUARY TO MARCH 2016



The absence of true education remains the main cause of suffering in this contemporary society. There is a serious lack of real education at all levels: familywise, socially, nationally and universally. Day by day, the germ of hatred is spreading its tentacles over the heart of humanity. We have been imprisoned by our own hatred, lust, greed, anger, egoism and jealousy. At first glance, we appear to be humans; but at the very core of our being, we are governed by demonic tendencies, always ready to kill and destroy each other. We are in dire need of a complete re-education of our self, to inculcate the essential values of a true human being. Real education is imparting knowledge and wisdom so that man can realise his real nature to transform his life into a pious, sincere, bold and self-disciplined one.

Man-making and character-building education represent the very basis of a virtuous society. Education is the evolution of man as a whole through mental awareness. It necessitates mastery of the senses, the organs of perception and the heart. The human society can thrive only when the body, mind, intellect and spirit are in total accordance, in harmonious equilibrium with each other.

It is high time for man to live practically instead of blindly following theories and hypothesis about life. True education implies right conduct, right thinking, right living, right action and self-sacrifice; it is exercising total control over all negative desires that enslave you. One must build a character of righteousness and a spirit of service to the whole society without any distinction of caste, greed, colour, sex and race. Real education is reviving the dormant divinity that lies hidden within each human being. Spiritual enlightenment is the fruit of educating one's inner being; it is a supreme state of blessedness.

Stuffing and brainwashing a man with lectures, rituals and all other fake concepts created by today's societies do not render him virtuous. Ideal souls are the products of ideal institutions which impart a sense of universal brotherhood, peace, love, compassion and the respect for nature. Our children should draw inspiration from our lives.

Real education must be based on a sound philosophy of life. One must understand the laws of cause and effect, action and reaction, what you sow so you reap. Your destiny is not in the hands of temples, churches or any religion of the world. The seeds of goodness and evil are already instilled in your mind. Just be conscious and fully aware!

Education of the intellect, without moral and spiritual discipline is deleterious to human progress. Intelligence without a positive character is a potential danger, both to the individual and his fellowmen. Education must help to form a strong, pure and beautiful character. Then, there is the flowering of our heart, mind and spirit. The only highway to go back to the source is through Meditation and Self-Awareness.

On behalf of all members of the association, I wish you a merry Christmas and Happy New Year 2016

Be Thyself and Love Thyself
Love and blessings

Master Dr. Raaj Ittyandeo Appiah

STRESS



Stress is described as that severe pathetic condition where the body and mind are in complete chaos. It is a state of perpetual worry, anxiety, unfulfilled and unlimited desires, physical and mental torture. It is an introvert way of living, in constant fear. One refuses to share any of one's problems.

Stress is highly detrimental to the human system. We must learn to identify the causes and effects of stress. Our attitude and reactions to situations often lead to stress.

Successful stress management can be achieved through re-education of our own self. Our genetic background, the environment in which we live, our education system and our reactions to different circumstances are the actual determinants of stress. Auto-suggestive positive thoughts are powerful tools against stressful conditions.

The hectic pace of modern life has created innumerable forms of stress at all levels, suppressing and ruining the individual in its wake. The best armour to shield oneself and face any circumstances boldly is through the power of positivity. To tackle stress one needs to find a personal formula. We are often intimidated by a problem rather than attempting to solve it. A good sense of humour and laughter are the best antidotes against stress.

Hurry and worry fuel stress. Be in rhythm with nature! Allow your Self to expand beyond your limits, beyond your problems, beyond the seas, the sky and the horizon! Experience and live it! Stress will eventually vanish like mist.

You cannot constantly worry about something over which you have no control and if you do, you will ultimately be crumbled by stress. A calm and cool mind dilutes the impacts of any stress-generating situation. Learn to master the techniques that release body-mind tensions. Stop brooding! You should act if you want to combat stress. Identify your strengths, weaknesses and limitations. The only way to cope with stress syndrome is through the path of Meditation.

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



"Life is a gift, but few people recognize it because it is given so silently that we never become aware that something precious has been given to us."

- Osho

RELIGION

Is there any such true religion that can perfectly shelter the whole humanity as a universal umbrella of love, peace, compassion and a true understanding of life?

In my opinion, religion is the true relationship between the four fundamental principles: God, the World, the Individual and a sense of Universal Brotherhood. It is that sacred bond that links the mind to the heart, the heart to your Consciousness and your Consciousness to the Supreme Consciousness. Religion is a journey through the mysteries of life from the Outer World and to the Inner World.

Religion, today, is purely a trade business that revolves around all sorts of superstition that drags man in a never-ending maze. Life is, in fact, the beauty of the Existence. Life is a celebration. One must have guts to love fully while only a maniac will enjoy hatred. Religion, in this contemporary era, is synonymous with mechanical living. Man keeps following all types of beliefs blindly, like some key doll destined to repeat the same static routines daily. True religion signifies practical living, which is almost dead in today's society. Religion is being used as a curtain to hide one's Ego. True religion is a blessing to mankind. True religion trains man through self-discipline, self-restraint, awareness, mindfulness and meditation. That is when he becomes pure with a saintly mind. Religion is meant to be lived practically by doing good to others through acts of love, mercy, truthfulness and purity in all walks of life. It is the practical philosophy of life which is the centre of your being. True religion is feeling, realizing and experiencing the Divine within you.

Religion is living a meditative life, a life of God realization/consciousness. It implies being loving, kind, pious and truthful with a sattvic (pure) mind. Religion is not defined by long marks on the forehead, matted locks, long beard, standing in hot or cold water, being donned in orange/yellow robes, shaven heads, ringing bells, blowing conches or practising any kind of torture to harm one's body. On the other hand, religion is a life of goodness, purity, service to the whole humanity; it is living in God intoxication.

Real religion is beyond arguments and disagreements. It can only be experienced both inwardly and outwardly through the silence of your mind and the kindness of your heart. Never let the biased opinions of fanatics and sectarians blind your vision into a narrow view of religion. You must be able to differentiate the essentials from the non-essentials of religion and the philosophy of life.

Religiousness is the greatest of all blessings that can surely help man attain wisdom, immortality, everlasting peace and eternal bliss. Learn to rise above religion in the temple of your heart and in the spirit of your mind!

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

"Nothing can be changed just by preaching. The whole world is becoming a muddy lake full of ignorance, lust, greed, hatred, anger and jealousy."

Master Dr. Raaj Ittyandeo Appiah



Invitation

Brahma Vidya Yoga Society

*has the great pleasure to invite you and your relatives to a Cultural Programme
to mark the*

3rd Anniversary of its Centre of Learning and Wisdom

as from 1900 to 2100hrs on Wednesday 13 January 2016

Venue : Brahma Vidya Yoga Society, Morcellement Orchidées, Rose Belle

Sattvic food will be offered on that occasion.

BVYS CALENDAR OF ACTIVITIES YEAR 2016

DATE	ACTIVITIES	DATE	ACTIVITIES
Wed-13-Jan	3 rd Anniversary of Nirvana Meditation Hall Swami Vivekananda Birthday (12-Jan-1863)	Tue-19-Jul	Full Moon Meditation (Guru Purnima) The Universal Teacher
Sun-24-Jan	Full Moon Meditation	Sun-14-Aug	Spiritual Retreat – Change your life !
Fri-12-Feb	Master Raaj Appiah Birthday	Fri-19-Aug *	Full Moon Meditation
Mon-22-Feb	Full Moon Meditation	Fri-26-Aug *	Krishna The Universal Teacher of Inner Science (Krishna Janmashthami 25-Aug-2016)
Mon-07-Mar	The Essence of Shiva (Maha Shivratri) / Meditation on Maha Mrtyumjaya Mantra	Fri-16-Sep	Full Moon Meditation
Wed-23-Mar	Full Moon Meditation	Sun-16-Oct	Full Moon Meditation
Fri-22-Apr	Full Moon Meditation	Mon-14-Nov	Full Moon Meditation
Sat-21-May	Full Moon Meditation Vesak Purnima / Buddha's Birthday - The most compassionate Man of the Universe / The Enlighten one	Sun-27-Nov	Community Service - Visit to the Poor Orphanage Yoga of Action (Karmayoga) / The Killing of the Ego
Mon-20-Jun	Full Moon Meditation	Sun-11-Dec	Open Day : Meditation - The Universal Energy You the Centre The "I" Rajneesh Osho Birthday (11-Dec-1931)– The Great Master of Modern World
Tue-21-Jun	International Day of Yoga	Wed-14-Dec	Full Moon Meditation

NOTE: ANY ACTIVITIES MAY BE SUBJECT TO CHANGE

PRACTICAL COURSES

YOGA, BREATHING SCIENCE, MEDITATION, NATURAL HEALING, STRESS MANAGEMENT, LAUGHING THERAPY

YOGA CLASSES & 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

Question and Answers: Universal values, Human Consciousness

Every Sunday : 9.00 to 10.30 hrs

Brahma Vidya Yoga Society

Morcellement Orchidées,

Rose Belle

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

Site plan of the BVYS

