



EYE OF WISDOM

The Brahma Vidya Yoga Society Newsletter

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Every human being eventually reaches that stage of life where spiritual awakening takes place. This is the governing law of the Existence. This phase can be considered as a second birth or the Spiritual Birth. It is the awakening of the Consciousness and the acceptance that we are inherently spiritual beings in our essential nature. We are all parts or reflections of the Infinite Spirit or the Eternal Supreme Consciousness.

The human birth is very rare. It is that golden opportunity that allows you to peek within yourself to discover your Inner Being and attain Self-Realization. It is going back to the Existence through the grace and divine guidance of Illuminated Souls like Buddha, Krishna, Ramakrishna Paramahansa, Ramana Maharishi and even Jesus.

It is indeed very difficult to lead an honest, good and clean life in this contemporary era as our mind has already been corrupted by all the rubbish and garbage imparted by this ignorant society. One can live blissfully only through the grace of the Divine that manifests itself as a Soul in the form of a Guru that touches your heart. A true Guru is always universal. He guides you unto the path of Self-Realization, helps you to grasp the Universal Wisdom of life and attain Nirvana or Moksha. The Divine Bliss cannot be experienced without the grace of all these great Masters of the Existence. Blessed are those who take refuge at the holy feet of these great Masters. The Guru Purnima is celebrated in the month of July to pay tribute, respect and homage to the universal teachings of all great Masters of the Existence. We surrender to all the great Souls who have ventured out to mould our life into a model. They have set the example of an ideal, pure and honest life without any distinction of creed, caste, race, sex and any other nonsense. These enlightened Masters bring you to the gate of eternal life and help you realize your inner self. Sincerely knock at the door of your Inner and it will be opened! Be aware that the mind is always restless. One minute it is in hell, the next minute it is in heaven and the next moment it enters the world of suffering due to the ignorance of your own being. Kabir said "Moko Kahan to dhunderé bandhé main to teré pass houn" - Where are you searching for Me? I am always with you, just like the relationship between the wave and the ocean. These are the teachings of the Holy Masters of the Existence. Likewise, Buddha's last words were: "Appa Deepo Bhava" - Be a light unto yourself. Jesus said the "kingdom of God is in you."

Night and day you are wasting your precious time in temples, churches and pilgrimage when your mind is still full of garbage.

Meditation is the only detergent to clean a chaotic mind and cut off all the ropes of desires, ignorance, lust, greed, hatred, anger and jealousy. Live in the state of Pure Awareness and lead a blissful life. An uncontrolled mind is the source of all sorrow. Be mindful! The light of wisdom is already glowing in you. Just be aware!

Be Thyself and Love Thyself

Love and blessings, Master Dr. Raaj Ittyandeo Appiah



Yoga is a universal approach that helps mankind to live in constant harmony with nature and the Existence. Yoga is skill in action, as taught by Lord Krishna in the Bhagavad Gita. It is the science that transforms our intellect, mind and emotions into a sound body system.

Yoga provides a complete philosophy for living. It is a way of life, the science of holistic living. We must develop certain faculties and skills in all aspects of life in order to be able to live holistically. Yoga can be regarded as a methodological effort towards self-perfection by developing our latent potentials at the physical, mental, vital, intellectual and spiritual levels. Gaining mastery over one's mind is the most fundamental step that one can take towards expanding the limits of one's consciousness.

Yoga is, in fact, the gateway or the key to good health and happiness in today's world. We must first understand the causes of illnesses, chronic emotional stress syndrome and psychosomatic ailments.

Yoga has contributed enormously in the evolution of mankind and the world. Yoga practice helps us attain and maintain inner peace at all times, in all our actions. It is highly beneficial to the physical and mental health. Yoga is the gentlest means for quietening the mind without any force, pressure or mechanical technique. Our mind is as tumultuous as a tsunami, full of evil thoughts and constantly under stress. The philosophy of yoga therapy is based on the holistic concept of the five sheaths of human beings:

- (1) The Physical frame
- (2) The Vital body that is made up of Prana, the life energy that flows through us in invisible channels known as Nadis.
- (3) The Mind (our emotions and thoughts)
- (4) The Higher Intellect (perfect thought and knowledge)
- (5) The "Abode of Bliss"- the bliss sheath consists of the positive energy that is associated with the Divine. It is from this sheath that inner peace radiates true happiness at all levels: physical, mental and spiritual.

With regards to psychosomatic ailments, yoga provides the vital elements that are missing in modern therapies and acts directly on mental imbalances. Yoga practice facilitates the restoration of a better health, sound body, mind and spirit, free from emotional stress syndrome. Only a peaceful mind can lead to MEDITATION. Awaken your potentials through yoga and natural living!

Be Thyself and Love Thyself

Love and blessings, Master Dr. Raaj Ittyandeo Appiah

The Middle Path

The Middle Path is the pathway that opens the inner eyes and bestows understanding. It leads to peace of mind, to the higher wisdom of life, to total Enlightenment. Buddha emphasizes the Middle Path throughout his preaching. As per his teachings, the Middle Path can be achieved through right view, right aspiration, right speech, right conduct, right livelihood, right effort, right mindfulness and contemplation.

Understand your own suffering and the origin of sorrow. Lead a life of simplicity and humility and be in the search of Wisdom.

Man has to free himself from delusions: reading the Vedas, making offerings to priests, performing sacrifices or any such penances in the name of God and religion will never cleanse the mind.

Be a witness to the world of today: people are continuously living in anger, drunkenness, obstinacy, bigotry, deception, envy, self-praise and superciliousness. They are constantly disparaging others while their minds are filled with so many evil intentions and garbage. "He who fills his lamp with water will not dispel the darkness and he who tries to light a fire with rotten wood will fail." - Buddha

Buddha explains that one should live like the lotus flower; water surrounds the lotus flower but does not wet its petals. Satisfying the necessities of life is not evil. Our prime objective should be to keep the body-mind in good health. Otherwise we will fail to trim the lamp of wisdom and keep the mind strong and clear. This is the Middle Path. Oh mankind, stay away from both extremities! Rather be moderate in all your actions! Buddha's words on the wise man who has chosen the right path are as follows:

"Right view will be the torch to light his way. Right goal will be his guide. Right words will be his dwelling place on the road. His gait will be straight, for it is right behaviour. He will be sustained by the right way of earning his livelihood. Right efforts will be his steps, right thoughts will be his breath and peace will follow in his footprints."

There is no immortality except in Truth.

There is no savior except the Truth.

Wisdom is the tyre; modesty and thoughtfulness are the hub in which the immovable axle of truth is fixed. These are the real daily rituals of life. You are a moving temple in the Existence, move freely and universally.

Overcome anger by love, evil by good, greed by liberality and lie by truth!

Be Thyself and Love Thyself

Love and blessings,

Master Dr. Raaj Ittyandeo Appiah

"Mud thrown at the Sun falls into one's own eye.
Evils directed at noble people rebound on oneself."
- Abhana Shatakam - 42

"Anger shows the character of a person even if he or she lives in a house made of gold."
- Master Raaj Appiah

"Never throw mud at others, you may miss your mark and have your hands dirtied."
- Master Raaj Appiah

"The deer makes friends with deer, cattle with cattle and horses with horses.
Similarly, fools befriend fools and the intelligent make friendship with the intelligent.
Friendship thus occurs between people of similar character and habits."
- Subhashita Manjari 14-557

"The peace of mind, good-heartedness, silence, self-control, purity of thoughts,
all these constitute Mental Penance"
- Bhagvad Gita - 17.16

PRACTICAL COURSES

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

YOGA CLASSES & LAUGHING THERAPY

Every Thursday: 17.00 to 18.00 hrs / Every Saturday: 06.30 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 : 09.00 to 10.30 hrs



*For full moon meditation and other activities,
please consult our website (below) for more information.

Site plan of the BVYS

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