



# EYE OF WISDOM

The Brahma Vidya Yoga Society Newsletter

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## A Dark Mind with a Shining Ego



Today we live in an era which is governed by our Ego. The Ego rules everywhere, in every sphere of life, whether political, social or even religious. The question is: Are we really civilised as we claim to be? The modern civilisation is all about materialism; man wants money and money alone. He is not bothered about finding inner peace or discovering the truth about his own being. The modern man's life is a rat race: he is always running after money until he reaches his final destination which ends at the graveyard.

Nowadays, people have become skilled in the art of treachery; they can intelligently cheat others in almost any field of life. There exist all kinds of devices that stimulate the senses to their climax. Once man

gets trapped in this whirlpool, he becomes intoxicated and forgets all about his own inner beauty, his own being and the ultimate truth. Only the Ego pervades. Through the Ego, the world is being destroyed. Sadly, the future generations will have to bear these consequences. The Ego is the subtlest and hardest wall that stands between you and the Divine. The Ego has to be destroyed. The world can be changed only through the transformation of oneself and that is the very essence of the human existence. Transformation of oneself can be achieved through self-knowledge and complete alertness. The mind has to be cleared of all its ripples and disturbances. When Ego prevails, the mind gets drowned in darkness. And that is when the Ego triumphs, just as stars conquer the night.

One has to drop the Ego and embrace the beauty of selflessness and humility. A mind filled with hatred has a powerful Ego. Hatred is nothing but the shadow of the Ego. If there is no ego there is no hatred. Ego always creates conflicts: it causes quarrels and eventually ends in hatred. Try to become silent and observe the nature of the mind. Once you become silent, your energy becomes so clean and pure. The way is not in the sky, the way is in the heart. Look within sincerely. Watch how jealousy, anger and lustful desires are brewing in there, like the hot magma waiting to erupt any time.

Crush the Ego and awaken from the spell of ignorance. Be aware of the Ego which is the fall of humanity. Arise and awaken your Consciousness! Reconnect with the centre of your own being. A mind freed from the clasp of the Ego is light, pure, filled with humanity, compassion, love and respect for Mother Nature. Ego is the root cause of all miseries. Ego is a lack of self-awareness. Ego makes you live a crippled life. The darkness of the mind is nothing but the Ego. The Ego is you, the dirty mind, the egocentric doer. Be a witness. The witness is nothing but the non-ego within you. Remember that you are not the doer! The world can become peaceful and harmonious only when the Ego has been overcome. That is when you can feel the fragrance and beauty of the Existence. The Ego can be destroyed only by the light of wisdom which is achieved through meditation.



# Yoga: The Universal Scientific approach towards Holistic Health Consciousness



Yoga is a technique of Self-awareness. It is a physical and psychological discipline that should be practised daily. Yoga, at its core, signifies union, union of the body and mind so as to commune with the Universal Existence. Yoga is not a religion and does not need any particular dogma, as many people think. It is fundamentally an enriching journey that allows personal development. Through Yoga, Man learns to explore his physical and spiritual potentials in

every aspect of life. Medical science has acknowledged Yoga as a powerful treatment for improving health through stress relief.

Yoga should be practised regularly as it promotes mental clarity, emotional stability and it allows complete relaxation of the body. Yoga helps a person to become more alert and aware of his body. It is a holistic approach that heals an individual as a whole; it acts directly on the physical, mental and spiritual level while maintaining perfect harmony throughout. Yoga allows you to lead a peaceful life.

Most importantly, Yoga encompasses the breathing science. The very essence of life is contained in the breath. One learns how to breathe correctly through Yoga. Correct and proper breathing, through diaphragmatic belly breathing, is highly beneficial as it improves one's overall health. However, Yoga is a discipline that demands dedication and devotion. Some simple basic rules have to be followed when practising Yoga. It requires determination, perseverance and patience. Yoga cannot be mastered through books. Always a qualified teacher has to be sought in order to learn the Science of Yoga. You do not become a doctor or a medical practitioner and start treating patients just by reading medical books.

Religion only provides beliefs but Yoga shapes your health; it empowers your mental state. Yoga brings stress-relief and a peaceful state of mind while you carry on with your journey of life. Many illnesses can be remedied through Yoga therapy. High blood pressure, bronchitis, back pain, headaches, asthma, heart disorders, premenstrual tension and an acidic stomach are some diseases that can be completely cured through Yoga practices. Yoga also has the power to heal chronic and severe illnesses such as sclerosis, cerebral palsy, osteoporosis, rheumatoid arthritis and depression. Yogic exercises improve flexibility of the body. The different bending and stretching poses and the twists during Yoga are greatly beneficial for healthy joints, especially for those people who lead a sedentary lifestyle.

Yoga is a boon to the whole humanity as its benefits are innumerable. Yoga knows no age limit, no barriers, no caste, creed, colour race or sex. It is beyond any distinction. Through Yoga, one can achieve harmonious health and living as Yoga allows complete relaxation of the mind and body. Through its breathing science, Yoga activates all the channels in the body and opens the gate of the mind. The practice of Yoga renders an individual calm, cool, alert and yet completely peaceful and relaxed. Such an individual becomes more receptive to all positive vibes around him and lives in complete harmony physically, mentally and spiritually.



# FASTING

Fasting, today, has become a fashion, a business. Many people fast out of fear or simply due to blind beliefs and dogmas. No one is truly aware of the essence of fasting. Our society is too mechanical. Man has never pondered on the real cause of fasting. Caste, creed, so-called religions and traditions have imposed fasting on Man. The latter is merely a puppet which is following blind instructions from medieval times. Nobody has ever dared to question the very source or cause of fasting: What is fasting? Where does it originate? When should it be done? What is its purpose?



Firstly, Man has to learn the language of the body-mind and spirit. Learn to understand your body when it communicates with you. When the body is hungry or thirsty, it prompts you through secretion of gastric juice and you feel hunger or thirst. When your body needs rest, it prompts you through yawns or sleepiness.

Fasting is not about punishing your body by depriving it of food or other luxuries. Fasting is the practice of self-discipline to tame the wild mind. Fasting is living in awareness. Be aware of your every action, thought and speech. Keep a check on your negative tendencies. Refrain from entertaining all the whims of the dirty mind! That is the true meaning of fasting. Fasting is the cleansing of the body and mind in the spirit of consciousness. The 7 syllables of fasting can be defined as follows:

**F**eed your mind with pure thoughts and be eager to learn the truth about your own being

**A**bstain from evil actions that are governed by your ego and don't be fooled by the tricks of the mind

**S**weeten your speech through the language of your heart.

**T**rust your every breath which is the vital force that is connected with the Existence

**I**nnner silence and watchfulness over the mind bring peace and harmony through your body and spirit

**N**ever become a slave of your ignorance and those conferred by others; use your will power hidden in you and be free

**G**row and glow through the path of meditation and appreciate the beauty of life. Smile!

*Love and blessings,  
Master Raaj I. Appiah*



*"When an elephant is in trouble, even a frog will kick him."*

Hindu Proverb

*"Dig a well before you are thirsty."*

Chinese Proverb

*"Never rely on the glory of the morning nor the smiles of your mother-in-law".*

Japanese Proverb

*"Knowing others is intelligence; knowing yourself is true wisdom.  
Mastering others is strength; mastering yourself is true power".*

Lao Tzu

*"The kind words of your heart can warm three winter months,  
and your smile can wipe away others' sadness".*

Master Raaj Appiah

*"Mindful among the mindless, Awake while others dream.  
Swift as the race horse, he outstrips the field".*

The Dhammapada of Gautama Buddha

## 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: 06.15 to 07.30 hrs  
and Every Sunday: 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: 09.30 - 11.00 hrs

Under the Guidance of **Master Raaj Appiah**

**Open to all Mankind without any distinction of caste, creed, colour, race, sex or age**



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



**Site plan of the BVYS**

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