



# EYE OF WISDOM

The Brahma Vidya Yoga Society Newsletter

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## Ego: The Evil of the Mind!

The Ego is responsible for the downfall of Man. Born of ignorance, the glorified Ego is often accompanied by a feeling of superiority and domination. A pompous, and self-conceited man is bound to collapse. The selfish man has never pondered that one day he will be left all alone in the graveyard, without any identity nor possession. Life is a short visit on this planet. Do not miss the opportunity to eradicate your toxic Ego before leaving this world. Only then can you attain Nirvana (liberation).

Man is always unhappy on account of his Ego. He is continually living under the misconception that he is the owner of the Universe. What he has actually forgotten is that he will ultimately end up five feet underground, in his grave, his final rest-house, deprived of all the luxuries of life. Face it: your Ego is your real enemy which is rendering your life miserable. Be simple, humble, loving and be aware of every moment in life.

An egoistic individual thinks that he is the most important person on Earth, that he is indispensable. Driven by his ambition for money, position and fame, he can do anything to show his superiority, by hook or by crook. He does not mind humiliating others and can stoop down to any extent. To kill the Ego, one must have inner moral courage and the guts to tread on the path of honesty, truthfulness and self-respect. No temptation can ever deviate him from this path. As man gets richer in materialistic possessions, his Ego gets inflated. He does not have the courage to admit his weaknesses. So he embraces self-deception. Because of his deceptive attitude on life, he can have no inner evolution, no inner growth.

Egoism is highly injurious to spiritual life and the only antidote is through the path of Meditation. Meditation not only dissolves the Ego, but also brings awareness and wisdom of your own Being. An egoistic world is deprived of universal peace, love and harmony; it becomes a curse to humanity. Arise and awaken from within and sow the seeds of love, compassion, peace and harmony. Stop nurturing the Ego by thinking that you are the King, the sole ruler of the Universe. Death has always shown you how precious and short life is. So many times you have witnessed the passage of death, in your family, your neighbourhood and around the world. Death has given you endless chances to value life and to appreciate its beauty. So seize the opportunity to understand life.

Develop awareness and allow the rays of bliss and happiness to flow from your Consciousness. The original source of bliss is within us. To attain bliss one has to cut the Ego by the sword of wisdom. An egocentric personality is lethal to your Being. Here it is a No-Man-Land: nothing belongs to you! Show gratitude towards the Existence. Develop self-respect. Remember the air that you are breathing is free of charge; it is not being supplied by you or your Ego. Real sacrifice is eliminating the Ego through the silence of the mind.





## A DEPRESSIVE WORLD



I cannot help laughing when I see people living in depression, drowned in oceans of sorrow and mental pain. Depression, in fact, stems from the ignorance of the mind and the infinite desires of Man. Have you ever thought about the root causes of depression? Where is the source of depression? Is it outside or inside your mind? In the olden days, it was known as Melancholy and today it is called.



In the olden days, it was known as Melancholy and today it is called Depression. It is one of the major psychological problems in developed countries. People live in complete despair while the mind becomes weaker day by day. But what is depression? Is it a reaction to a depressing world, a form of hibernation? Is it just a reaction to suppression or oppression? Or is it just a form of self-repression?

Man has always lived with the hope that one day he will attain a paradisiac future, a beautiful location somewhere far away, full of happiness and all sorts of luxuries as promised by the societies and religions of the world. But poor Man! He has never learnt to live in the present. Never has he valued the NOW, this very moment. He is continuously chasing his golden future which is yet to come, when all his long awaited longings would be fulfilled. Oh stupid mind, you are forsaking the present in your quest for the future! Sadly, even in death Man is hoping for a better future life.

Oh Man, understand that only the present belongs to you! Simply awaken your Consciousness and look within! As Buddha said, identify the cause of your suffering; then, you will find the way inside. The idea that there is a God who cares for us seems contradictory. A glance at today's world and it seems like there is nobody who cares. Throughout your life you toil hard to earn money with the belief that one day, when you have amassed enough you will enjoy a relaxed and peaceful future. But what you forget is that throughout your whole existence on this planet you have been tensed and full of stress. Tension has become your discipline, your second nature. At the end of life when you have finally gathered all the money you wanted, you just cannot relax. You have become so spent. So, eventually you are not a winner but a loser who lost his precious present for materialistic purposes. Your very life becomes a waste as you have misused time.

You lose your appetite. You destroy your health. You lose track of sensibility and sensitivity. You no longer appreciate the aesthetics of life and start living in depression, with a depressed mind. The individual who is running after money fails to notice the beauty of life. He misses the very door that leads to the Divine and comes to a dead end where only death is awaiting him. Remember, today you are alive but tomorrow you will be dead. A materialistic man is nothing but a dead man who is hollow inside. Come out of your depression. The only way out is through inner silence; that is where you start to feel the fragrance of your soul or spirit.





## Buddha, the Enlightened One



On the auspicious day of Wesak, all the meditation centres and communes around the world rejoice to celebrate the birth, enlightenment and departure of Gautama Buddha. Wesak festival is always celebrated on a full moon. We pay tribute to the great Master Buddha, as goes the sacred Pali Buddhist text:

***“Namo Tassa Bhagavato Arahato Sammā Sambuddhassā”***

Meaning: Homage to him, the Exalted one, the Worthy one, the perfectly Self-Enlightened one! Buddha says everyone has the opportunity to be Enlightened. He lays emphasis on three holy mantras:

***Buddham Saranam Gacchāmi***

Dive inward towards your own Being

***Sangham Saranam Gacchāmi***

Live among the wise and burn your ignorance that has marked you birth after birth

***Dhammam Saranam Gacchāmi***

Live by the laws and principles of the Buddha and spread the message through humanity.

Buddha speaks about the two main causes for this ongoing process: ignorance (avijjā) and craving (tanhā). Ignorance and craving are necessary for actions to possess karmic potency. The karmic potency is the potency by which volitional actions, through body, speech and mind, are able to produce a karmic result. Without ignorance and craving, actions do not possess karmic potency.

Buddha says that ignorance is a cause of karma, a reason why human beings are projected from life to life, from suffering to suffering. Beware the actions of the body and mind. Watch your physical, verbal and mental actions. Buddha explains that faith is the mirror of truth. Whoever possesses faith, will know that purgatory and destiny are not for him. Therefore, be ye lamp unto yourselves, be ye a refuge unto yourself. Buddha's teachings to the monks of his time:

“Oh Monks, if a cloth is dirty and it is immersed in a dye, the colouring will be ruined. But if the cloth is clean when immersed in dye, it gets dyed properly. Why? A clean cloth takes the dye well and a dirty cloth does not. Even so, a mind free from impurities is inclined towards salvation, not one that is impure.”

What are the impurities of the mind that are an obstacle in Meditation? Greed, malevolence, anger, hate, hypocrisy, jealousy, delusion, obstinacy, pride, self-esteem, conceit, indolence and the ego are the impurities of the mind. No holy river ever cleanses the heart of a wicked person of evil deeds. For the person whose heart and mind are pure everything is ever auspicious. Buddha is one of the greatest Masters of the Existence, who preached the light of wisdom, the simple way of Nirvana – final liberation of sorrows – through the path of insight Meditation. To meditate you must have the guts to dissolve your ego and live blissfully.

*Love and blessings,  
Master Raaj Appiah*





Radical changes require adequate authority.  
A man must have inner strength as well as an influential position.  
What he does must correspond with a higher truth.

Lao-Tze

The bamboo that bends is stronger than the oak that resists.

Japanese proverb

You must not lose faith in humanity. Humanity is an ocean;  
if a few drops of the ocean are dirty, the ocean does not become dirty.

Mahatma Gandhi

When you are deluded and full of doubt, even a thousand books of scriptures are not enough.  
When you have realised, understanding even one word is too much.

Fen-Yang

An insincere and evil friend is more dangerous than a wild beast for the wild beast  
may wound your body but the disloyal friend will wound your mind.

Osho

Just as dogs love to chew bones, the mind loves to get its teeth into problems  
while the owner of the mind gets drowned in the river of sorrows and pain.

The Master S.S.A.

Even in the empty forest, he finds joy because he wants nothing.

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

### MEDITATION CLASSES

Every Friday: 19.00 to 20.15

### SPIRITUAL GATHERING

Question & Answers: Universal values, Human Consciousness

Every Sunday: 09.30 to 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.**

## Brahma Vidya Yoga Society

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### Site plan of the BVYS

