



EYE OF WISDOM

The Brahma Vidya Yoga Society Newsletter

November - December 2016

A Charitable, Educational and Philosophical Institution

Reg. No. 5377 - CSR Accredited No. N/1465

Morcellement Orchidées, Rose Belle

Website: www.brahmavidyayoga.org - Email: bvys.center@gmail.com

The Pilgrimage of Life



Life is a journey that can only be accomplished through the path of Meditation. Once you open the door of your heart through the light of your consciousness, the journey to the abode of bliss simply becomes so easy and wonderful.

It is the journey that starts from impurity to purity, from hatred to cosmic love, from death to immortality, from slavery to freedom, from imperfection to perfection, from pain to eternal happiness, from diversity to unity, from ignorance to eternal wisdom and from weakness to strength. Therefore live in Soul Consciousness or the Self within. Let the divine flow from your inner-being. Seek first the beauty of your Consciousness which is actually a fountain: it is the source of divine riches, power and beauty. *Your sole business in life is to attain the real spirit of your inner-being.*

Spiritual practices (sadhna) foster introspective vision. They develop your inner faculties, bring you closer to your real Self and help you cultivate an unruffled state of mind under all conditions of life. You become a changed human being: a new thrill of spiritual current will pass through your entire being. A wave of spiritual bliss sweeps over you and you have the awareness of life. That is achieved only through Meditation. Real happiness arises from the innermost Atman, your OWN SELF.

Spiritual experience cannot be described in words. Language becomes imperfect and does no justice to it. Such spiritual awakenings are meant to be felt only and elevated through intense self-discipline. The highest experience is that in which you become identical with the Existence, the Absolute, from where you emerge, just like the wave and the ocean.

Allow the waves of love to constantly arise in your heart. Feel the warmth of Divine Love. Bask in the Sunshine of Divine Love and enjoy it. Taste the Bliss of Eternity. Cultivate serenity through peace of mind. Strengthen your will power and surely tremendous inner spiritual force will awaken from your inner-being. Then the perfect journey of life begins and you start to live an ideal life.

Try to meditate daily. Become a magnanimous Soul, you will definitely enjoy Supreme Bliss. Lead a life of intense physical activity to overcome stress. Keep always a calm mind. Do not be afraid of difficulties and failures in the spiritual path. Difficulties will develop your will power. Failures are the stepping stone to success. Use your intelligence, determination and common-sense. Dismiss fear and anxiety. March boldly in the spiritual path, fearlessly. Nothing can harm you. Remain serene always. Smile and rejoice in your inner Self. Surely the journey of life will lead you to the abode of eternity and immortality.

Be Thyself and Love Thyself

Love and blessings, Master Dr. Raaj Ittyandeo Appiah

Let The Mind Become Innocent

It takes a healthy mind to appreciate the beauty of the Existence and your own Being. Truth is the real form of God. God is not that idol or image that man has fictitiously created to satisfy his ego or to continue to dwell in his ignorance. Allow the mind to become innocent through the path of Meditation.

A pure mind is not time-bound. It is not one that is condemned by the fears of God that have been created by the society for its own comfort. Enduring torture is accepting a dull mind. Leading a life full of suffering then becomes your fate.

Arise! Awake! Become a totally integrated human being with a clear and rich heart, full of love and intense feelings. Be that complete human being who is capable of relishing the beauty of Nature, appreciating the smile of a child and sensing the agony of a woman who has never had a full meal.

Meditation develops sensitivity. It is the beginning of an extraordinary feeling and you become sensitive to everything around you, at all times. You start to respond to the vibes of Nature, you show compassion towards animals and you cultivate a free and open mind. Intelligence comes with sensitivity and observation. Training the intellect does not result in intelligence. Intelligence is fostered when one acts in perfect harmony both rationally and emotionally

There is no path that leads to Truth. Truth must sprout from your own being. Truth can be attained only when the mind and heart are clear, void of any rubbish. Only love pervades in the heart. Truth cannot prevail in a heart that is full of the noises of the mind. A heart full of love does not talk about beliefs, division or the power that creates division. It cannot even think about promoting brotherhood, for it does not seek reconciliation. A loving heart is already complete within itself, always in unity.

Only the flow of love emerges from Meditation. Then you are simply a human being, without any label, without a country. You become a universal human being. Allow truth to flourish and that can only happen when the mind is empty and the heart is full. Today the mind is full of non-sensical issues and the heart is empty. Truth is not related to the past or the present. It is timeless. Truth is known once we understand the play of the mind. Truth is a state of being. Discovery of truth is an internal process, it is a complete revolution. It does not belong to any class, nation, group, ideology or any organized religion, for truth is not found in temples or churches. Truth is neither manmade nor fabricated by the mind. Get ready for your inner discovery through the path of Meditation and develop a pure mind!

*The BVYS wishes you and your dear ones
a Merry Christmas 2016 and a Happy and Prosperous
New Year 2017.*

Health

Health is the most precious treasure, asset or wealth that one can possess. Good health is the key to leading a happy and dynamic life. It is a state of physical, mental and social well-being. Good health enables people to enjoy the beauty of life and seize the opportunity to achieve the goals they have set for themselves. In our contemporary society, people are on the verge of ruin. They are destroying their own health by having recourse to all sorts of drugs, alcoholism, through consumption of unhygienic fast food and by polluting the environment. There is a serious lack of basic knowledge about the behaviour and proper maintenance of the human body. Man has failed to understand that the human body is a priceless gift from the Existence. He is determined to damage his health through unhealthy living and bad habits. It is like having a beautiful bungalow in a public graveyard. Many voluntary agencies strive hard to preserve and improve the health of people.

Proper nutrition, exercise including all forms of outdoor activities, yoga, proper rest, relaxation, sleep, cleanliness and hygiene and medical and dental care are all essential elements of healthy living. A balanced diet provides all food substances needed by the body for healthy growth and development. Try to eat the correct amount of food each day. Overeating can lead to obesity (fatness). Excess weight puts extra strain on the heart and increases a person's chances of getting diseases such as diabetes and heart disease. It is time to become more conscious.

Physical fitness is beneficial to both physical and mental health. It enables the body to withstand stresses that would otherwise cause physical and emotional problems. To achieve fitness for life, a person should start an exercise programme slowly and build up gradually to a level that maintains a healthy heart and strong muscles. Daily exercises provide the greatest benefits and are important.

Popular activities as cycling, jogging, swimming, long walks and above all yoga and some vigorous exercises are necessary for maintaining a good health. Good practices that should be adopted to keep you fit physically, mentally and spiritually include:

1. *Regular exercises*
2. *A balanced diet*
3. *Yoga and Meditation*
4. *Rest and sleep*
5. *Physical and Mental cleanliness*
6. *Medical and dental care*
7. *Being free from emotional stress syndrome*

Wish you all the very best in attaining a good health at all levels and be always self-confident!



Love and blessings,
Master Dr. Raaj Ittyandeo Appiah

"The lion is never crowned as the king or gets trained by the animals.
It gains the position of Kingship by its own power".

- Hitopadesha-116

"Success always occurs when opportunity and preparation
meet through perseverance and hardship."

- Master Raaj Appiah

"A lioness sleeps with no fear even if it just has only one cub.
But an ass, though it has ten offspring, has to carry heavy weight."

- Subhasita Manjari- 14.95

"Be aware that patience and time can be your two best friends:
embrace them with a balanced mind."

- Master Raaj Appiah

"Free your mind of ignorance and be anxious to learn the truth,
which is not an object."

- Buddha

"The extrovert religion prays to God: the introvert religion meditates.
Prayer is extrovert: it is addressed to some invisible God. He may be there,
he may not be there. You can't be sure or certain: doubt is bound to persist"

- Osho

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: 06.00 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 : 09.00 to 10.30 hrs

Under the Guidedance 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

Morcellement Orchidées,
Rose Belle

Contact us

T: 627 5019 / 627 5937

M: 5 910 2616 / 5 787 7048

Website:

www.brahmavidyayoga.org

Email: bvys.center@gmail.com

Site plan of the BVYS

