



EYE OF WISDOM

The Brahma Vidya Yoga Society Newsletter
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Know your Divine Heritage



The Master, SSA.

Courage, power, strength, wisdom, self-knowledge and happiness are the birthright of Man. These are his divine heritage from the Existence. The spiritual aspirant is never helpless. He is eternally showered by the blessings of the Existence. Remember that you alone are responsible for your thoughts, power and influence. Always be watchful and compassionate. Let thy gaze be full of kindness, let thy speech be full of sweetness, let thy touch be full of tenderness and let thy ears be filled with the praise of the Existence. Embrace the beauty of the Eternity.

Grow, expand, and evolve as a perfect human being. Develop pure love and allow the hidden treasures of the Spiritual Consciousness to unfold in the temple of your heart. Mould your character and

improve your behaviour. Become affectionate and benevolent. Develop tolerance and humility. Step out of your small egoistic and oppressive circle and get a broader vision of life. Speak gently and sweetly in a loving manner. Eradicate undesirable thoughts and unholy desires. Let the mind be calm and cool and always live in Divine Awareness.

Faith can take you to realms where reason cannot enter. Unwavering faith in your own being makes you strong enough to face life with a smile. Have unshakable faith in yourself. You are already connected with the Divine Consciousness, the immortal source of life. Kindle the light of truth in your heart and let thy light be infused in everyone around you. Surrender to the Divine Will. That is how the blessed state of Nirvana may be attained, through the union with the Existence, where your whole being is filled with peace, love, compassion, bliss and eternal happiness. Self-realisation is the purpose of life. It is your very birthright to know your own being and attain divine bliss.

Work is worship. Work is truly done in Meditation. Serve everyone with intense love, without any idea of agency, without expectation of fruits and rewards. Service to humanity is service to the whole Existence. The spirit of service must be deeply rooted in every cell of your body and being. Feel and experience the cosmic expansion and infinite bliss. No religion is greater than the Truth. Truth is the only holy way to life. Ignorantly, Man is constantly searching for truth externally, in temples made of concrete and bricks. The real temple of the Divine is actually in your heart. Follow the path of Meditation and develop virtuous qualities. Know thyself, love thyself and live freely. Let your hands perform noble tasks and surrender the mind to your soul.

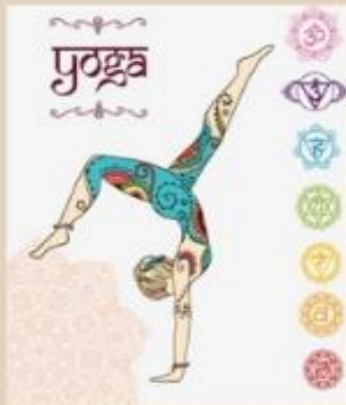
The Master, SSA

❀ Inner Yogic Discipline of the Mind ❀

The world just celebrated the International Yoga Day on 21st June 2018. While the practice of Yoga should not be limited to a specific day or time of the year, it should be performed regularly, on a daily basis. Only then can Man upgrade his physical-mental and spiritual system and achieve the goal of the human life. The essence of Yoga lies in the discipline of the mind, physical body and the senses. This, in turn, helps in the coordination and control of all subtle forces within the body.

The mind is full of all types of garbage and rubbish; it is severely polluted by your ignorance and the way you eat and think. We are often enslaved by the illusions of the mind. We suffer from the delusion that we are beggars in the kingdom of life, when we are actually a charming prince or princess in the abode of the Existence. Yoga brings ever-lasting happiness, perfection and calmness of the mind. Yoga is the key for unlocking the doors of your Consciousness. A restful sleep, a calm mind, good health and a higher standard of living are achieved through the practice of Yoga. Yoga allows

complete mastery over the mind, passions, emotions, impulses, temper and the tongue. So the body and willpower are ever at your beck and call.



Today, honesty, mercy, humility, truthfulness, respect for life and for every living creature is practically inexistent. Vanity and hypocrisy are dominating the contemporary society. Universal love is such a rare trait in the modern human being. Yoga and Meditation are the ultimate path that will take you to the temple of everlasting peace, infinite bliss and the supreme joy of life.

Yoga can be practised at home through a well-regulated lifestyle, a balanced diet, positive thinking and discipline of body and mind. Temptations are like vultures, waiting to devour the mind. So always be aware, and surrender to your heart. Listen to the voice of your Consciousness. That is the path to the Yoga Science. Yoga helps to maintain the balance of the mind and brings steadiness in one's life. It brings harmony and peace of mind. Yoga is very demanding as a discipline, but it provides inner spiritual strength to face life with a smile.

The Yogic student should identify his/her flaws and weaknesses through daily self-analysis and try to eradicate them through self-awareness techniques. That is the way to a peaceful mind and a sound body. Yoga unites the mind, heart, intellect and the Consciousness. Yoga is the stepping stone to spiritual development. Every aspirant in the path of Yoga must have serenity of the mind and the strength of a dynamic disciple. Only a silent and pure mind can receive the Divine Light, through the practice of Yoga and Meditation. Be sincere in your daily Yoga practices. Real victory is conquering the mind. Then only one can enjoy the real freedom of a peaceful life. Be happy and smile always!

The Master, SSA.

A Healthy Spiritual Life

A healthy spiritual journey involves the reconciliation of the body, senses, mind, thoughts and the Consciousness. Anxiety and intense emotions have strong negative impacts on the physical body and the mind. Once disturbed, the body becomes an easy prey to diseases. Mental stress is the root cause of several types of common illnesses, such as hypertension, peptic ulcer, headache, muscular disorder, body weakness, heart problems and complications of the digestive and respiratory systems.

A healthy spiritual life can only be achieved through a disciplined body and mind. We have to understand the nature of the food that we are consuming and its impacts on our physical body. Eating a balanced diet is necessary for a sound physical, mental and spiritual health. Yoga, exercises, breathing techniques and most importantly, meditation play a vital role in maintain one's overall health.

The whole world can only be cured once every individual has been healed through the path of self-discipline and spiritual awareness. Our body is Divine and should be treated with every due



due respect. It should be kept clean and healthy, free from any kind of physical or mental indulgence that threaten to defile its sanctity and harmony. Every human being should be aware of his own anatomy, physiology and his mental psychology. Each individual should know his/her physical, mental and spiritual state of well-being. That is his/her topmost priority.

Food is an important source of energy for the human body. Thus, regulation of food intake represents the very first step towards good health. Our selection of food and our food habits are largely influenced by the nature of our mind, based on the three attributes: sattva, rajas and tamas. A pure and

sattva mind will always opt for pure sattvic diet unlike a tamasic and rajasic mind. Most of the teachings of the Upanishad are based on the nature and function of food on the physical mental and spiritual states. Controlling the intake of food is controlling both, the quality and quantity of food consumed. We should develop a proper and healthy eating habit. Eating should be regarded as sacramental act. Food should not be eaten in a hurry, when angry, worried, distracted or chattering. One should make eating a fully conscious and peaceful act.

Besides food, sleep, relaxation, exercises and yoga occupy a prominent place in maintaining good health at all three levels: physical, mental and spiritual. Yoga boosts the immune system and is one of the best antidotes to depression. Yoga exercises help to channel and manage negative excess energy out of the body, maintain chastity and keep the brain cool. Life is a great healing process. Try to understand the connection between your own being and the Existence. Develop watchfulness over your body, mind and spirit.

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

"Trees filled with fruits bow in modesty.
Clouds filled with water come closer to earth.
Noble people who have wealth co-operate with others.
This is the very nature of service-minded people."
- Nitya Neeti

"The secret of health for both mind and body is not to mourn for the past,
not to worry about the future, nor to anticipate troubles,
but to live the present moment wisely and earnestly."
- Buddha

"The most difficult battle you will ever face is the battle within yourself."
- Zen saying

"Self-discovery is the greatest wisdom to be achieved
through the path of Meditation and Self-awareness."
- Master SSA

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 hrs

SPIRITUAL GATHERING

Question and Answers: Universal values, Human Consciousness

Every Sunday : 09.30 to 11.30 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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