



EYE OF WISDOM

The Brahma Vidya Yoga Society Newsletter

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Pollution starts from the Human Mind...

It is the human mind that is primarily annihilated by the deleterious effects of hydrocarbons, nitrogen oxides and carbon monoxide before nature is destroyed. Nature is our mother; she nourishes us and bestows upon us an abundance of all the riches of the Existence, along with the five elements. She sustains life and helps us to evolve as perfect human beings. Nature knows no caste, creed, religion and culture; yet, she fulfills all our needs selflessly. Instead of expressing our gratitude and reverence towards Mother Nature, we torture her with our vile practices and our dirty mind.

Pollution has become the sad reality of our contemporary societies. The environment has been marred, the air we breathe has been heavily polluted with toxic gases and smoke, water bodies have been contaminated with all sorts of chemicals and hazardous compounds and the soil has been stuffed with excessive amounts of fertilizers and pesticides. The evil mind of man is the root cause of this catastrophe. While man's role was to protect Mother Nature, he left no stone unturned to violate his very own mother and all living creatures. Mind pollution is one of the most threatening perils that humanity is facing today. Our own self-destructive footsteps are responsible for global warming, depletion of the ozone layer and other potentially disastrous consequences. Are we really aware of our roles as authentic human beings? People today are fake and treacherous. They are actually hiding behind masks that assume human forms. Life is short and time is fleeting. Be ready for the doom!

Through our ego, we are destroying Mother Nature. The man of ego loves his ignorance and glorifies his foolishness. The only way out is through a clean mind, that is achieved through awareness and mindfulness. Man, in his egocentrism, has turned the earth into a hell, into a dark gloomy place of death. Drop the filthy mind and become an architect of the welfare of the Universe, where human beings can live joyfully and prosperously. All forms of pollutions germinate from the filthy mind, the ego-centric mind, the mind of infinite desires! We cannot lead a happy and peaceful life as long as we are destroying our environment. Real pollution starts from the mind first, then nature becomes its target. What you sow, so you will harvest! Impressive talks by elites and prestigious conferences around the world cannot solve this problem. Actions must be taken today and one must act NOW!

Take care of the health of nature! Have a true insight into the environment, if not, it will be too late. So wake up from the slumber of ignorance! Think and act for the welfare of the environment. Do not make of the world a landfill, an open dumping ground. Let us work for the wellbeing of the world through love and compassion. If our clothes catch fire, we will run to the closest water source to douse ourselves. Similarly, the decision to put off the fire that is ravaging Mother Nature lies in our hands, most precisely in our minds! Think and meditate!

*Be Thyself and Love Thyself
Master Raaj Appiah*

Health is one, Diseases are many

A healthy mind and a healthy body are great assets to the development of a healthy spiritual life. Health is a state of continuous wellbeing at the physical, mental, social and most importantly at the spiritual level. We must always keep in view the relationship that exists between the individual and nature. The key to life wellness is through adoption of a clean and healthy lifestyle. This includes daily routines of rising early, exercises, gargling, bathing, yoga, meditation and regulated sleep.

Educating the mass about the benefits of a sound health is imperative to improve national health. Being healthy is the ability to utilise one's faculties and capabilities fully; being energetic, dynamic, alert and happy to be alive, even during old age, are the attributes of wellness. Unfortunately, today, this is not the case. Our society is dominated by stressful living. Mental stress is the root cause of many illnesses including hypertension, diabetes, heart problem, peptic ulcer which lead to other health complications.

Health is a state of complete equilibrium and harmony between forces of life within and the stream of universal life outside. In order to be in perfect harmony with nature, one should develop watchfulness over one's body and mind. The basic principles of a sound health include:

- 1. Awakening to a new health awareness**
- 2. Knowledge of the psychophysical organism**
- 3. Regulation of food, sleep and exercise**
- 4. Relaxation**
- 5. Attunement to biorhythms**
- 6. Removing mental blocks**
- 7. Opening the system to cosmic forces**

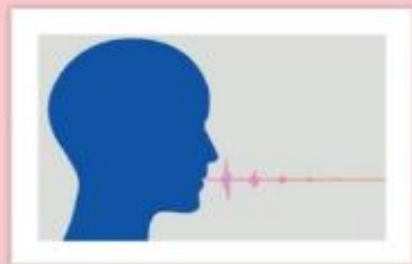
Personal health is a continual process of keeping oneself spiritually, mentally and physically strong. The harmony between a healthy body and a healthy mind must become a shield against disharmony.

A human being is composed of three inseparable components: body, mind and spirit. Cause and effects and action and consequences have strong implications in healing. The law of cause and effects, more commonly known as Karma, has been recognised as a vital element in holistic healing traditions. Every action has its consequences: any infringements of individual and community moral codes are simply governed by the laws of the universe. This bears a direct impact on the health of an individual. Every case of sickness and pain has its reasons. Be careful! Health is the greatest Wealth in the Universe. Be in tune with your body-mind and soul!



*Love and blessings,
Master Raaj Appiah*

Discipline of speech



Watch your every word, this is the greatest discipline. Words are of mighty power. One should know how and when to use them wisely and carefully. Meditation teaches you how to control your speech and how to prevent your tongue from wagging. Always be conscious of every word that passes your lips. Learn to be silent. Become a man of measured words.

Use simple words and conserve your energy. Save time for the quest of your inner being. The organ of speech is one of the biggest distractor of the confused mind. Tame and calm the mind. Silence any bubbling thoughts and surging emotions. Dive deep into the innermost recesses of your heart and cherish the magnanimous silence. The soul is silence; peace is silence. Silence is the language of the Existence. The Existence denotes Supreme Silence and silence is the language of the heart.

The tongue is a double-edge sword and words are those lethal arrows that can pierce through any individual, injuring his/her feelings. Much energy is wasted in idle talking and gossiping, but if one can exercise mastery over the energy of speech, it can be slowly and easily transmuted into spiritual energy. Through discipline of speech, the mind becomes silent and in silence there is enormous strength, wisdom, peace, joy and bliss. Freedom, perfection and independence prevail in silence.

The energy of speech should be sublimated into spiritual energy and utilised for meditation. Only then you will enjoy serenity, calmness, peace, real happiness and inner spiritual strength. Once the mind becomes silent, intuitive experience dawns in. To go into silence is to become one with the Existence. The source of all life, the source of all knowledge is thy Innermost Self! Oneness with the Existence is reality and the realisation of this reality is NIRVANA. Meditation is the key to unfold the divinity, which is your Own Being. There is no knowledge and wisdom without meditation. Through regular meditation, you gradually grow in spirituality and the divine flame grows brighter and brighter.

The lustre of spiritual awakening changes the perspective of the mind; you are plunged into the Oneness of your own being. Meditation draws you more and more inward, from the gross to the subtle, from the subtle to the subtler, from the subtler to the subtlest, the Supreme Spirit. Meditation is the only royal way for attaining immortality and inner bliss. Peace and bliss are not to be found in books, churches or monasteries. It is realised through Meditation by disciplining your whole system, starting from your body, mind and speech.

*Love and blessings,
Master Raaj Appiah*

"In case of a scorpion, the tail is poisonous.
In case of a fly, the poison is in its legs. In case of a snake, the poison is in its fangs.
In a wicked person, however, the whole body is poisonous."

- *Nitya Neeti, Pg. 68*

"Mud thrown at the sun falls into one's own eyes.
Evils directed at noble people rebound on oneself."

- *Abhana Shatakam-42*

"When you divide mankind, you are multiplying your ego.
When you divide love, you are multiplying violence."

- *Master Raaj Appiah*

"Are you aware of what you are doing?
Are you doing it consciously or just because others are doing it?
Are you an imitator, just following the crowd like a sheep?
Be a man, don't be a sheep! Don't follow the crowd, be individual,
only then you can be a Master, only individuals can be Masters."

- *Buddha*

"The ignorant man is an ox. He grows in size, not in wisdom."

- *Gautam Buddha*

PRACTICAL COURSES

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

MUSIC CLASSES

Every Wednesday : 19.30 to 20.30 hrs

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

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.



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Site plan of the BVYS

