



# EYE OF WISDOM

The Brahma Vidya Yoga Society Newsletter

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**You are the CAUSE of your OWN miseries!**



Man creates his own miseries and sorrows out of his own foolishness. Stop being stupid! God is not a sadist, He does not enjoy your misery. Sorrows and miseries are simply self-inflicted. Miseries have been with you for so long that you do not know any other way of life - that of living blissfully. The only lifestyle that you have been accustomed to is sorrow. Happiness and bliss are innate in you. You are like that ignorant fish which is living in the ocean but is always thirsty and looking for the ocean.

Don't become knowledgeable, not even in the quest to know your Self. Whatsoever you have known, forget all about it. Go back to innocence, become like that clean slate that you were as a child, without any labels on your being. In gratefulness much more will

come to you. Whatever happens to you, be always grateful and thankful. An innocent mind is always free from the clutches of this egocentric world. Only then meditation becomes easy and you can understand your own being and your relation with the Existence.

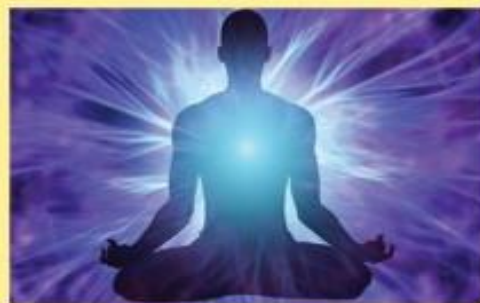
People today are so fascinated by miracles which are nothing but a means, a device, to satisfy their ego. Man is ready to spend fortunes on so-called miracles that will apparently alleviate his miseries. Understand the essence of the Sutras. Learn to experience them. Buddha is not an ordinary religious human being. He is not interested in miracles, or in anything occult and esoteric. His vision is to transform you, from an ignorant individual to an enlightened being. Today we are living in a world full of information, with no actual inner transformation. The ultimate path to transformation is through meditation. Buddha never performed any miracles and that is the greatest miracle! He is not mystifying you, his whole effort is to give you the keys so you can open the doors of the mysteries of the Existence. Buddha is very existential, non-philosophical and non-intellectual in his approach. He is not theoretical, but very practical and pragmatic. His whole approach is experimental and experiential. A Buddha cannot be understood if you merely read books, scriptures or sayings.

Try to live, apply and experience his teachings. Learn to quieten your mind, ponder and be watchful and you will be amazed at the outcome: freedom, bliss, truth, wisdom, innocence and purity will prevail. Spring suddenly bursts forth in you, with thousands of flowers starting to bloom in you. That is the transformation, the greatest miracle from information to transformation. Everybody has the birthright to become a Buddha, anybody who is awakened, anywhere in the world, has the right to be called a Buddha. For Buddha simply means "the Awakened One". Being a Buddha is not being Buddhist. A Buddhist is simply a follower, whereas a Buddha is aware, awakened from within. The journey of life is very short. Just a single step, a total urgency and absolute honesty are needed to look deep into your own being. Understand life, grow and glow through meditation.



# Meditation

Meditation is an alchemical process. It has nothing to do with morality, rituals, religion, fasting, pilgrimage or sacrifice. It is the very science of the Soul. Through meditation, anger is gradually conquered until it disappears and its energy is converted into gentleness.



If you suffer from great anger, it means you have great potential for gentleness. Anger simply shows that you have great energy. A man without anger is impotent; he has no energy. A man who cannot be angry cannot be gentle either. You have to transform anger into love and compassion, but the energy is needed. Today conversion has become a fashion. People keep converting from one religion to another religion, from one belief to another belief, one ethnicity to another, from one nonsense to another. But real inner conversion of an individual is actually missing. The conversion from anger to love, from hatred to compassion, from deceit to truth is just so rare.

Do not fight with darkness, let light shine within. Do not resist negativity, bring in positivity. And positivity emerges only through watchfulness. Negativity already surrounds you. The society fuels the negativity in you. The society wants you to be irritated, full of anger, so that you can be forced into wars, crusades, religious, political and ideological conflicts. The society wants to manipulate you into killing people, or into becoming martyrs. The society wants you to become self-destructive. Never fight against negativity, rather transform negativity into positivity. Transformation is possible. The medium to be used is none other than meditation. Just acknowledge this transformation to positivity. Become a spiritual wanderer. There is no need to drag the body like a beggar or a martyr, just let your spirit be that of a wanderer. Do not create bondages for your spirit.

Who is a wise man? Not one who knows everything, but one who understands deeply. The wise is not one who has all the scriptures at the tip of his fingers. The wise is someone who has discovered his own reality, one who has become aware of the universe, its beauty and its intelligence. The wise is one who has experienced the wisdom of the Existence, the oneness of his own being. He is not knowledgeable but he is absolutely innocent.

Be silent, close your eyes. Look inwards as deeply as possible. This is the way. At the very end of the way, you will reach your real home, your very own being. Just absolute honesty is needed to look straight into your own being. There is the mirror, the mirror of your consciousness. It is your eternal nature. Just relax and be watchful, be a witness just like a mirror. Meditate and become like a silent lake, with no ripples and only bliss shall be your fate. This present moment becomes no-mind, no-time. Only purity prevails. This is your freedom.



## HEALTH AWARENESS

Physical and mental health is of paramount importance in today's era. One should be fully aware of what one is eating as food is a key element of proper health management. Caste, creed, culture or religion are of no value when it comes to eating right. For the effects of malnutrition remains universal and same for all.

As I have said earlier, diseases are many and health is one, so be conscious. Today we are affected by atmospheric pollution, environmental pollution, water pollution, mind pollution and even intellectual pollution. Everyday a new disease is born. Man has already began to drift away from nature. He has fallen prey to this materialistic world and has lost all sense of the beauty of nature. He has been enslaved by his own desires and vices.

Today, we lead a sedentary life. The air we breathe has been heavily contaminated with thick poisonous exhaust fumes, we are addicted to processed junk food that are of no nutritional value and we consume toxic carbonated and alcoholic beverages. The only way to counteract the most troublesome and chronic ailments is to go back to Mother Nature. The best remedy is through natural living and adopting a healthy lifestyle. The most holistic approach to achieve dynamic and harmonious physical, mental and spiritual health is through proper diet, exercise, yoga, herbal remedies, breathing science, relaxation of the mind and meditation. These simple and practical techniques of life are not only healthy but are also free from any obnoxious side effects. Man is currently suffering from the effects of his own ignorance and ego.

Whatever be your problem: diabetes, blood pressure, asthma, acne, menopause, obesity, stomach ailments, premature ageing or general health issues, natural living is the royal path that safely cures any health disorders from its very root. Diet plays a crucial role in either promoting or preventing a disease. Any pills would be of no use if dietary guidelines are ignored. And there exists so many natural living guidelines. These have already been inculcated in our Global Human Awareness program that would be launched soon.

Proper diet, exercise and fitness of body and mind and yoga can cure and control any health disorders. Once you start eating balanced and healthy meals, it won't be long before you bid goodbye to those pills that have become your daily addiction. Natural living shows how you have to eat right and stay fit. Nature is here to bless you with all her virtues, so be aware and surrender to her.



*Love and blessings,  
Master Raaj I. Appiah*



*"He who asks is a fool for five minutes, but he who does not ask remains a fool forever."*

*- Chinese proverb*

*"Man becomes the master of difficult situations by refusing the assistance of weak men.  
He relies on his own strength of character."*

*- J. Ching*

*"The mind is the root of all evils, on account of its attachment to worldly objects.  
The mind is the basis of crime."*

*- Buddha*

*"There are only two ways, only two, basically only two which lead to enlightenment.  
One is meditation and the other is love."*

*- Osho*

*"The Ego is the gateway to hell.*

*Do not identify yourself with the Ego. Always be alert and watchful.  
That is how you can be liberated from the ignorance of the dirty mind."*

*- Master Raaj Appiah*

## 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**

### SPECIAL SUNDAY CLASSES

*Yoga, Meditation and Healing classes as from 06.30 to 09.00 a.m*

*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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