



EYE OF WISDOM

The Brahma Vidya Yoga Society Newsletter

June - July 2017

A Charitable, Educational and Philosophical Institution

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

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AWAKEN YOUR INTELLIGENCE



Have you ever realised how long you have been imprisoned by the thick walls of your own Ignorance? Only the power of wisdom, attained through the path of Meditation, can crumble these defensive walls. First learn to become a better human being.

Use your power of discrimination to destroy the Ego and set out on the quest of "Who am I?" Even the smallest ray of inner light attained through meditation will miraculously illuminate your path. Life is the unfolding of the latent capacities of the Soul that is your real inner being.

Cultivate sublime divine thoughts in your mind through meditation and self-control. Bathe in the river of life which is everlasting. Plunge into it, swim in it, float in it and rejoice! Sit down with a composed mind and assert mastery over your body and mind. Plunge deep into the chambers of your heart and merge into the stupendous ocean of silence. Listen to the voice which is soundless. Meditation is the unfolding of the bud of the flower of the soul. Meditation is life and bestows eternal life. Only through meditation can one attain good health at all three states: body-mind-soul. The divine within you is stronger than anything that is without you.

Develop the healthy habit of constantly improving yourself through daily self-appraisal. Learn to build your character, purify the heart, develop divine virtues, eradicate evils traits and conquer all that is worthy and noble. The temple of wisdom is already in you. Let it sprout by purifying the heart and mind. Build your spiritual life on a sure foundation, on the rock of the divine grace and strength of character. All downfalls, calamities, any form of agony and unlimited desires arise from the Ego. There is no greater enemy than an Ego-centric mind.

The arch-enemy of a true seeker is the EGO. Once freed from the clutches of egoism, man attains his real nature. He discovers his reality and that of the mind. Man is initiated into the eternal secret of his own being. Give up selfishness, control your senses and live a divine life.

Try to understand the spiritual psychology of the mind. A filthy mind is the breeding ground for the EGO. This is where it grows and develops. The mind acts as soil whilst the Ego becomes the seed. Be very careful! Cultivate spiritual awareness. Remember that Self-realisation can be achieved via three fundamental aspects:

1. *Constant remembrance of your own Being (The Atma)*
2. *Cultivation of virtues*
3. *Spiritualisation of all your work and activities*

The devil mind can quote scriptures for its purpose; similarly the mind can use a virtue to indulge in a vice.

Be Thyself and Love Thyself
Master Raaj Appiah



Understanding Death (from Buddha's teachings)



Death is, in fact, your own shadow. It will definitely come and nothing can prevent that. No matter where we are born, irrespective of the country, religion, caste and whatever our status in life, be it the poorest man or even the richest of Kings, death is inevitable. Whether it be in fortunate or unfortunate states of existence, we all shall definitely have to die. No matter where we are born, in the happiest and most heavenly regions of the world or in the worst hellish places on earth, we shall have to experience death. However far and wide we travel we shall never find a place where we can hide from death, even if we travel far into space or tunnel deep underground.

When the time of our death arrives there is no escape. The most powerful monarchs of the world have been helpless in the face of death. Even the most affluent people on this planet have not been able to trick death. They have failed to bribe death or buy themselves more time to ensure longevity. They cannot fool death by saying "if you postpone my death I shall give you wealth beyond your wildest dreams". Death is relentless and will not be compromised.

In "Sutra Addressed to a King", it is said that death is like the collapse of an immense mountain in all four directions. There is no way to hold back its devastation. In this sutra, Buddha says:

- Aging is like an immovable mountain
- Decay is like an immovable mountain
- Sickness is like an immovable mountain
- Death is like an immovable mountain



Aging progresses surreptitiously and undermines our youth, our strength and our beauty. Although we are hardly aware of the process, it is already underway and cannot be reversed. Sickness destroys the comfort, power and strength of our body. If doctors help us to overcome our first illness, others take its place until eventually our sickness cannot be removed. We cannot escape from sickness and death by running away from them. Every single being in this world must suffer aging, sickness and death.

From the moment of our conception we head inexorably towards death, just like a race horse galloping towards its finishing post. Even racehorses occasionally relax their pace but in our own race towards death, we never stop, not even for a second. One moment after our birth, part of our life span has perished. We live in the very embrace of death.

The seventh Dalai Lama said: After our birth we have no freedom to remain even for a minute. We head towards the embrace of the Lord of Death like an athlete running. We may think that we are among the living but our life is the very highway of death. Just think and meditate.

*Love and blessings,
Master Raaj Appiah*



Fundamentals of Health



Vitality and good health should be our birthright. Yet, Man has forsaken these rightful wealth due to his ignorance and lack of understanding about his own body-mind and spirit. Genetic inheritance, education and every activity carried out throughout life do not only build one's character and behaviour, but also one's body.

Additionally, our diet, emotional state, level of stress and thoughts highly influence the chemistry of our body and determine what and who we are. We are basically an outcome of a combination of genetics and our environment. Our daily routine and activities shape the picture of our wellness. Our lifestyles represent the very corner-stones of health and vitality. Good health can be achieved by carefully observing and monitoring our every action: thinking, breathing, movement, diet, sex and sleep, for these are the six fundamentals of health. Within this realm lies success or failure in our physical health and emotional happiness. All body functions and thoughts are governed by the brain which is the central control system. The brain coordinates all body movements, thinking and emotions.

We must understand that our blood cells are created from the food we eat and the quality of our blood influences the quality of our thinking. Our will power, our sense of direction and happiness are entirely the output of the harmonious and proper functioning of our body, mind and spirit. It is our thinking that guides us in life.

Breathing plays the most important role in our life. Deep breathing is the best way to maintain health. The breath is essentially a combination of Yin and Yang forces that balance the autonomic nervous system. Breathing affects the quality of blood necessary for digestion and assimilation of food in the body. Abdominal breathing and exhalation are connected with blood circulation.

Long deep rhythmic breath supplies essential oxygen to body cells and promotes mental stability. Only when the breath is calm can the mind be calm. If you can control your breathing you can become totally free. The daily practice of breathing exercises is highly beneficial in improving one's overall well-being. Learn to breathe correctly and deeply; include natural food as part of your diet and integrate exercise as your routine activities. Let these good habits become your daily prayers.

Love and blessings,
Master Raaj Appiah

*"Just as rainwater does not seep into the house, which is well protected by a roof,
lust and desire do not distract a well-trained mind."*

- Nitya Neeti - Pg 150

*"One should rise by one's own efforts. One should not degrade oneself.
One can be a friend to oneself or one's own enemy."*

-Bhagwad Gita – 6.5

"The way is not in the sky. The way is in the heart."

-Buddha

*"A wise man often speaks words that are harsh and unkind:
take heed of them because they are spoken from the depths of truth and tell you
what you really are."*

-Osho

*"The worse agony in this world is to forget one's own being and consciousness.
That is why there is so much of suffering before we eventually perish in the
darkness of ignorance."*

- Raaj Ittyandeo 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: 06.30 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 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.**

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Site plan of the BVYS

