



EYE OF WISDOM

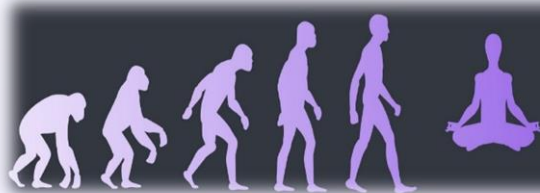
The Brahma Vidya Yoga Society Newsletter

March - May 2023

A Charitable, Educational and Philosophical Institution
Reg. No. 5377 – CSR Accredited No. N/1465

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The Human Birth and the Human Body



Man is born to live and achieve a great life. Yet, everything depends on how he uses his lifetime, this opportunity to live. For he can miss the very essence of life, the opportunity to live, out of sheer ignorance, ignorance of his own existence as a human being. Man keeps wasting his time on futile things and yet, he claims he has no time.

Oh ignorant Man, remember that death has been lurking around you from the moment you were conceived in your mother's womb to the time you reach the womb of Mother Earth, that is, your graveyard. Every passing day brings man closer to his death. Do not lose this golden opportunity to live as a human being and learn to cherish the human body. The chance to live a happy, healthy and peaceful life at all levels – body, mind and soul consciousness – is always present. Just seize it!

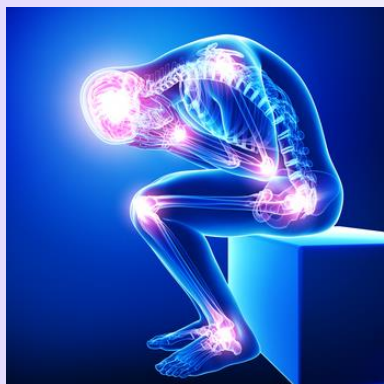
Growing up is the prerogative of human beings and growing old, out of complete ignorance, any animal is capable of that. Only very few claim the right to live as a perfect human being. So do not miss life! The deeper you dive into life, the more you understand the immortality within you. Death is nothing but changing clothes, changing houses, changing forms. Nothing dies. Death is the greatest of all illusions, the greatest fear that exists. Never fear in life. Face life with a smile and repeat "Aham Atma" – I am that I am.

Meditation is the first principle of life, for everything else comes second. Childhood is the best time of life because as you grow older, you are getting closer to death. And it becomes more and more difficult to go into Meditation. Meditation takes you back to your roots; it is going into your immortality, going into your eternity, going into your godliness. Become a child, for he is the most qualified individual who is still unburdened by fake knowledge, unburdened by religion, unburdened by education, unburdened by all the evils of the society. A child is innocent, but unfortunately his innocence is often mistaken for ignorance. The society has the greatest influence on him.

Spirituality involves research and exploration of the Self. Arise! Awake! Be bold! One needs guts to search for the truth. Be aware of the subjective world, of your own being, of your own cosmos; that is where the divine nectar of life dwells. Innocence has to be supported and protected because the child has brought with him the greatest of all treasures, the treasure that sages only find after arduous effort, also known as "Sadhana". Sages have testified that through Meditation, they become children again; they are reborn.

Cleanse your mind of all that is borrowed, all that has come from tradition, religions, theologies and philosophies. Become innocent again; go back to being simple and humble again. Become a child once again. It all depends on you as only you can rid yourself of the shackles of the society. Just follow the path of Meditation, that is the only royal way. Life should be a continuous celebration, a festival of lights throughout the whole year. Learn to transform small things into celebration. Learn to treasure the human body, that is the real temple of your inner Being. Be happy for eternity.

There is an intimate connection between the mind and health. As Osho says, seventy percent of diseases are mind-oriented. Before anything happens to the physical body, it manifests at the deep cosmic unconscious level. From there, it travels to the collective unconscious mind, then to the unconscious mind, before finally reaching the conscious mind. Any illness can be prevented even before an individual has any idea that he/she is going to be ill, because almost 70 % of diseases are mental. They may be expressed but their origin is in the mind. The mind has tremendous power over the body for the mind directs everything in the body. 70% of diseases can be transformed by changing the mind, because they originate from there; while the remaining 30 % of diseases start from the body. The only cure for the sick mind is Meditation, and not medication.



The body does not have beliefs or disbeliefs, but the mind has; and the mind has immense control over the body. Remember, your mind is your world, your mind is your health and your mind is also your illness. So be conscious! Emotional stress syndrome first attacks the mind, before it cripples the body. If you live with the mind, you continue to live in a capsule, completely unaware of reality. That reality is known only when you drop all types of mind: communal, individual, social, cultural and personal. When you drop all types of minds, you become calm; then, your mind becomes universal. It becomes one with the mind of the Universe.

When you don't have a diseased mind, your own mind and your consciousness become universal. All problems are psychosomatic because the mind and body are not two things. The mind is the inner part of the body and the body is the outer part of the mind. So anything that starts in the body, can enter the mind or vice versa: it can start in the mind and enter into the body. All problems have two edges to them. They can be tackled through the mind and through the body. Yoga and Meditation are the actual medicines that can cure all illnesses of the mind and body, because yoga and meditation are all about the science of living harmoniously both internally and externally, and such an art can only be learnt from a Master. Yoga shapes the physical body while Meditation tames the wild mind.

Every problem has to be tackled from both sides simultaneously. It has to be attacked from the doors, a double frontal attack. Only then, Man can be completely cured. First, the body must be cured because the body is the portal of the mind, it is the porch and because the body is gross, it can easily be manipulated. Therefore, the body has to be freed of all its accumulated masses.

Never live for so long with the feeling that you are weak! Learn and master the science of Yoga and at the same time, allow your mind to be inspired through the science of Meditation. Allow the body and mind to become lighter and drop all weights that are pulling them down. Let the body and mind rise in awareness. Learn to live a healthy and blissful life, both internally and externally.

*Blessings and Love,
The Master, Dr. Raaj Appiah*

Power of the Mind

The mind is the greatest force on the planet. He who has controlled the mind, is full of power. That is the very essence of yoga, the ability to control the mind. All diseases can be cured through psychic healing. Every human being has, within himself, so many potentials; he has the total capacity to bring the mind under control.

Transform Thyself

Nurture a loving and compassionate heart. Let your eyes look with kindness. Let your tongue speak with sweetness. Let your hands touch with softness. Let your ears be filled with the divine sound AUM. Have faith in your own being, rather than on idols, statues or man-made God. Your inner faith can take you to the realms where reason cannot prevail. Have unshakable faith in your inner being. Only through meditation you can attain self-realisation.

The Key to Self-Evolution

Allow yourself to grow, evolve and expand spiritually.

Nurture pure love. Reflect on thy self, meditate, and attain the wisdom of life. Allow the hidden treasures of Spiritual Consciousness to unfold in your heart. Mould your character, behave properly and live in complete humility. Eradicate undesirable thoughts and desires from your system.

As you think so you become

As a man thinketh, so he becometh is one of the great laws of Nature! If you think you are pure, you will become pure. If you think you are a perfect human being, you will become a perfect human being. If you think you are the Soul, then soul consciousness you will become. Become an embodiment of grace, love, compassion and humility. Do always good actions. Serve, love and share. Observe yourself and learn to control anger. Always share joy and live in happiness.

Mistake of the Modern Age

The biggest mistake of the modern age lies in ignoring one's spiritual potentials. We are too comfortable and happy living in the dark, in complete ignorance. We spend enormously to live in complete stupidity throughout our lives. Arise and awaken from your ignorance! Embrace the path of yoga if you want to live a harmonious and blissful life physically, mentally and spiritually. That is why yoga is necessary now, more than ever, because yoga enforces moral, mental and physical discipline. Yoga activates the centre of intuition. Yoga brings calmness, peace and vision to the modern man who lives perpetually in a state of nervous strain and tension. Within you is the hidden God. Within you is the immortal Soul. Within you is the inexhaustible spiritual treasure. Within you is the ocean of bliss. Live peacefully and joyfully in your own being.

*Blessings and Love,
The Master, Dr. Raaj Appiah*

🌸 Better light a candle than to curse the darkness.

– Chinese proverb

🌸 To know when one does not know is best. To pretend to know when one does not know, is a disease. Only when one recognises this disease as a disease, can one be free from the disease.

– Lao-Tzu

🌸 Anything truly revolutionary is created by a few who seek what is true and are willing to live according to that truth; but to discover what is true, demands freedom from tradition, which means freedom from all fears.

– Jiddu Krishnamurti

🌸 Man becomes the master of difficult situations by refusing the assistance of weak man. He relies on his own strength of character.

– I Ching

🌸 Meditation is a surgery of your being, where all that is not yours is removed from your system, while only your true authentic being is preserved.

– The Master Dr. I. 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 & Answers: Universal values, Human Consciousness

Every Sunday: 09.30 to 11.00 hrs

Under the Guidance of Master Raaj Appiah

Open to all Mankind without any distinction of caste, creed, color, race, sex or age

***For full moon meditation and other activities, please consult our website for more information.**

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Site plan of BVYS

