

EYE OF WISDOM

The Brahma Vidya Yoga Society Newsletter

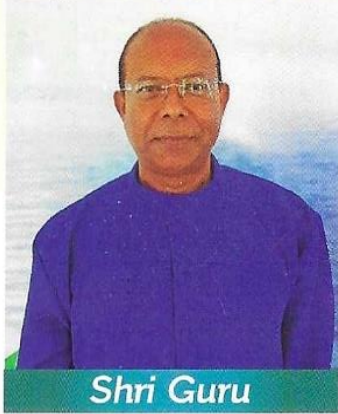
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Shri Guru



Laughter, the Nectar for the Mind



Humanity, today, seems to have been cursed, for humans can no longer find their inner laughter. But why so? Is it not because we have let sadness, emotions, unlimited desires and illnesses overwhelm our beings? Laughter has immense meditative and healing powers. In fact, laughter meditation is now the new trend to relieve the body, mind and spirit. Laughter works wonders: it changes your very chemistry, it attunes your brain waves, and it shapes your intelligence. Laughter has the extraordinary ability to penetrate the innermost part of your brain and reach your heart. Laughter is simply transcendental.

A man of laughter can never commit suicide or die of a heart attack. A man of laughter intuitively comes to know the world of silence, for when laughter ceases, suddenly only silence prevails. And every time laughter becomes deeper, it is followed by deeper silence. That is the blissful state of the mind and brain. Most of our diseases are related to the condition of the brain. Laughter is a clarification process that clears the garbage of the past and unbinds us from all traditions. Laughter provides us with a new vision of life. From laughter, one is awakened, one becomes more alive, more vibrant, more radiant and more creative. Medical science has already declared laughter as one of the best medicines that nature has provided man with. An ailing person who can laugh will definitely recover in no time. Laughter transmits part of the energy from your inner being to your surface. Have you ever noticed that when you laugh deeply for a few moments, you experience a complete sense of inner peace? Thinking stops, as it is impossible to think while laughing. That is when you reach a deep meditative state.

When you are possessed by laughter, suddenly the mind disappears. That is the methodology of the Zen: to attain the no-mind state. And laughter is one of the most beautiful gateways to reach it. Dancing and laughter are thought as the most natural and easily accessible doorways to attain the no-mind state. When you are dancing, there cannot be any thoughts. Again, thinking stops. That is the practice of the Sufis, where all boundaries melt away. Same for laughter, it unites you with your inner being, with the Existence. It is a wonderful introduction to the non-thinking state. Laughter is an important exercise in some Zen monasteries; every monk has to start and end his day with laughter. If you start your very day with laughter, then your whole day will be filled with laughter. Most people do the complete opposite; from the very early morning they get out of bed gloomy, sad, complaining, depressed and miserable.

But try it! Start your morning with laughter and end your night with laughter! You will experience tremendous peace of mind, an inner coolness. If every day you laugh, it becomes a form of meditation. Your blood flow changes and your brain cells become more active. Your heartbeat becomes more rhythmic. Laughter needs no pharmacy, no doctors. It is so spontaneous, so natural and all free. Laughter and love go together. So love yourself and do not forget to laugh hard every single day!

INDIVIDUAL TRANSFORMATION

Accept yourself as you are. Then watch how the beauty of life unfolds. Once you accept yourself wholly, you become more open, more receptive and more energetic. The very moment you accept yourself, the fear of the future disappears, for there is no need to cling onto anything outside. You experience a tremendous change in your being. Life begins to take a new colour. A new dawn arises, a new music emerges.



For centuries, you have been conditioned not to accept yourself as you are, not to think as a whole human being. You have been condemned to eternally live in anxiety, worry and tension, as you live at the mercy of so-called cultures and religions. They have instilled anxiety and fear in you, the fear of tomorrow, the fear of the unknown. Your mind keeps hankering for the future. But that future never arrives because you have missed the present. You simply miss living your life fully and slowly you start to perish. This has been

the sad history of humanity for endless years. Today, nearly everybody leads a stressful life with an ego-centric mind.

The Enlightened man is the one who has the audacity to break free of this trap. That man is called a Buddha, a Christ, an Awakened Being. Accepting yourself is a prayer in itself. Accepting yourself is showing gratitude towards the Existence. Embrace your Self and relax in your Being. Remember that this is the way the Existence has wanted you to be!

Let acceptance be your colour, let acceptance be your very essence, your characteristic! Always nurture acceptance, utter acceptance. That is real transformation in the Divine path. Life is ever-ready to bestow its blessings, its gifts, on you. Life has always been a giver and not a miser. The Existence always gives abundantly and freely. But the society has turned you into a miser. Because people feel unworthy to receive the gifts from life, they cling to miseries. People keep punishing themselves in a thousand ways. From your very childhood, you are told that you were born in sin. How stupid is that? How can man be born in sin when in reality he is born in innocence? There is no such thing as original sin. In fact, only original innocence exists. A child is always punished for being natural and innocent and rewarded for being artificial and cunning.

Feel the inner transformation of your Being and enjoy the process. That is the path of Meditation. Relax and allow yourself to be freed from the rubbish of others. Release all stress from your heart and mind. Live freely, think freely, and then self-love starts to flourish. Love is not possible without self-love and self-acceptance. So accept yourself and love yourself. Do not be selfish. Learn to be "self-full". You are a beautiful creation of the Existence. You bear the signature of the Existence. You are special and unique in your own way. Acceptance creates the milieu for love to grow. Acceptance prepares the soil for love to bloom. This is real transformation. Let your inner light shine and do not be misguided by the blindness of others. Live Life, chant Life and celebrate Life!

Health, the stamina of a sound body

A healthy body is that well-maintained vehicle which can operate at full capacity. Health brings joy and happiness. Health brings out our full potential. It is a real pleasure to live in a healthy and sound body. Health allows us to enjoy our day-to-day activities gracefully, with great ease. Even when we are resting or sleeping, our body must be in perfect shape, each and every part functioning harmoniously. Once we lose our health, life becomes miserable and painful. Life becomes hell. An unhealthy body is one which is heading straight towards the graveyard. As per the laws of the Existence, nothing happens without a cause, and a good health is no exception. Therefore an understandable, and practical approach to achieving a healthy body/mind must exist. If you are blind enough to forego your own health, you simply cannot blame the reaction on your body. Do not forget:

What you eat, so you become! We are what we eat!

Ayurveda, the world's oldest holistic medicine, states that a proper diet is the underlying foundation of all forms of therapies. This ancient health science provides an integrated approach towards optimal health, which has been designed according to individual needs. Indeed, the role of food and proper nutrition in maintaining a good health and disease-free life, can no longer be underestimated. Food lies at the core of our physical reality and even our thoughts and emotions are closely associated with it. Our body, on the other hand, is a living organism that exists and grows in relation to all its parts. The body has its own health surveillance system: it constantly monitors its bone density, its blood chemistry levels, its hormone levels and its nervous system. The body is a perfect example of wholeness. Its parts are not isolated, they cannot exist separately, away from each other. They work in perfect harmony as one unit, as taught by the science of Yoga. The key to attaining and sustaining a healthy body and mind lies in the principle of wholeness. It is essential to understand how the body functions as a whole unit. Some important health aspects that should be adopted in our daily life in order to achieve and maintain a healthy body and mind include:

1. **Food / Proper nutrition:** Ensures physical wellbeing of the whole body through a well-balanced diet
2. **Clothing:** Protects and insulates the body against adverse conditions
3. **Personal Hygiene:** Minimises the risks of infections of the skin, eyes, ears, nose and body. Prevents spreading of diseases.
4. **Exercise (any form), Yoga and Rest:** Ensures overall wellness of the body/mind and releases stress
5. **Relaxation and Sleep:** Revitalises the body, senses, mind and spirit and releases stress.
6. **Meditation:** Brings complete mental rest and ensures relaxation of the mind. Develops awareness and mindfulness

A healthy body and mind lives in perfect harmony with the Being. That is the journey of Bliss and Peace towards the inner Self. Live life, flow with life, feel the blessings of life and enjoy life!

***Be thyself and Love thyself,
Shri Guru***

“ Dig a well before you are thirsty ”.

Chinese Proverb

“ The way of a superior man is threefold: Virtuous, he is free from anxieties;
Wise, he is free from perplexities and bold, he is free from fear ”.

Confucious

“ Great people have oneness in mind, speech and action.
But the wicked have one thing in mind, one in speech and another in action ”.

Subhashita Manjari

“ Existence is a mystery. Mathematics is incapable of understanding it.
Mind is utterly impotent in understanding it because mind knows only one way.
The Aristotelian way is the mind's way ”.

Osho

“ When you have a pearl in hand, you won't go on collecting pebbles on the seashore.
That is the path of the wise and not the dull mind ”.

Shri Guru

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

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, colour, race, sex or age

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

Brahma Vidya Yoga Society

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Site plan of the BVYS

