

LESSON # 7

Memory Developing Breath from Brahma Vidya yoga lessons. Wishing all the aspirants of brahma vidya yoga happy reading practice and abundant health and prosperity in all their endeavours.

BRAHMA VIDYA – AN ANCIENT SYSTEM OF YOGA & PHILOSOPHY INTRODUCTION TO THE GREATEST TEACHING ACCESSIBLE TO HUMANITY

Our Prayer: 'PRANAMYA KARUNAAMOORTIM ATMANJNANA PRADEEPAKAM
YOGAKSHEME NIYUKTHOHAM DHYATWA JYOTHIRMUKHAM GUROH'

We are now beginning our third lesson in Brahma Vidya. Let us review broadly since we started our pilgrimage through Brahma Vidya, that all we have experienced so far.

First, when we had a clearer conception of the Cosmos – its order, its arrangement, its beauty, its connection with our body, our life and all other varieties of life expressions – we simply stand in wonder, and we naturally develop in our minds what can be described as JOY!

When we are overwhelmed with JOY when we realize with inspiration and enthusiasm and the knowledge that is gradually growing with these lessons in Brahma Vidya – the Spiritual Breathing Exercise and the wonderful method of Meditation being taught and practised by us, we cannot but feel GRATITUDE towards the Infinite Wisdom – the indwelling Power latent within all of us which reveals itself to us. We are extremely grateful for all that we receive through Brahma Vidya.

Following the experience of JOY and GRATITUDE for all that we have received so far and continue to receive from the creator, there naturally grows from within us a sense of deep REVERENCE.

JOY, GRATITUDE and REVERENCE – these three form the Triangle in our life expression. "Joy" is generally known as "The Urge of Life". "Gratitude – is the "Compensation of Life " and Reverence" the " Order of Life". You and I are here for a purpose. How are we to do it? Well, of course, the answer is simply to do it. But how? First, then, what IS joy? Joy is the basic subtle force that Life Itself uses to express itself. Upon Joy are dependent all the forces which bring Life into manifestation. We have but to think a moment to realise that only in the great magnet of "JOY" can Life's forces be joined in rhythm for the purpose and end of creation.

Then, second, what does Joy do? True joy is that force which starts the rhythmic motion in the secret waters upon which all Life's essences come forth into expression. Joy propels the fluids of Life. When Joy is established in the mind, its nature to the human being is precisely what the sun is to the earth. And Joy is hidden everywhere in Life, as the fragrance of the rose is hidden in the rose. Joy is a lamp whose flame we should fan, for in this way we may learn the hidden truth of immortality. Out of Joy emerge other expressions like Peace and Strength, Imagination and Hope, Energy and Action. Where Joy is, there can never be discord, and thus joy paves the way in our lives for a perfect reflection of Creative Wisdom (God's Wisdom) leading to expressions of Compassion, Charity, Hop, Abounding Love towards all living beings. Joy has one purpose – it is the

everlasting urge, whose action, when recognized, impels us to higher and higher expression.

And now the third – what is the ultimate of Joy? To be happy is our duty, for the reason that there can be no true contact with Wisdom unless we know Joy. We can only know God (ourselves) to the degree that we know Joy, and when we become Joy, our whole being is all-pervading in Joy – we knew our life in God. Joy brings Light into our Mind and makes us glad and rids our consciousness of all darkness, negation and inertia, transforming us by the renewing of our minds. Joy leads us finally to silence – the Pure Gold of Life. He/she who attains to the highest simplicity, humility and sincerity does so because of Joy's deep power within him. He/she who practices Joy in the hope that his/her whole Life Forces will be propelled in bliss for the benefit of his/her fellow women/men, benefits him/herself abundantly, and his/her life becomes the reflection of the creator within him/her. Since you and I are small likenesses of God's Universe, we can only

realize God's Way by imitation of its principles.

We must, however, remember always that Joy has its balance – and that is sorrow. There can be no Joy without sorrow. Laughter and tears are akin, and tears are the overflowing of Joy's great river. The deeper our channels of sorrow, the more freely can Joy's waters flow and its strength be contained. Our very life is suspended on the pendulum – Joy at one end, sorrow at the other – and the golden mean is the transmutation into bliss. If Joy and sorrow did not meet, there would be no measure of comparison. Service in a just cause and to mankind rewards us with more real Joy than any other venture.

GRATITUDE – The compensation of Life.

As we have seen that Joy is an outgrowth of -* one of the roots of - Universal Law, so we should be able to equally see that Gratitude is also a root of God's Law. Gratitude is that which causes Man first to surrender to Law: second, in his/her practice of surrender, to use and finally to become the Law. Gratitude is so close to Joy – and Joy is the force that sustains the whole Universe – that only those who know Joy constantly can possibly know gratitude. And as Life itself is action (our lives are what we do), so we see that Joy and gratitude are the essence of the Law of Life, propelling Man/Woman into Life's purpose, which we may call the will of God. Therefore without these two roots of the Law established in our consciousness and working in our own life, we can never properly do God's Will. Gratitude then can be seen to be a principle of the Great Unity. Sages of the past have said that Gratitude is the seed of Man/woman's divinity. How many times we have noticed the expression of gratitude by those who have received help, comfort or sincere advice expressing thanks and gratitude to those who do such help or give comfort or advice to those in distress or in need of help? Gratitude is a duty, which every man/woman should willingly pay for favors done to him/her, but to expect favours from another or to remind them to do to another is a very bad sign of shallow understanding. Sages say that constancy in Gratitude to our fellowmen/women refines our own heart and sustains peace in all our associations. Gratitude to the Living creator of Life, from whom has come all we now possess, and from whom we expect all we can hope for, is an attribute of unfolding Divinity. Let us all therefore, develop gratefulness in our heart for all that we have received and learn to do like-wise to others whole-heartedly. If, in giving to us (as all life gives) generosity of our friends awakens us to Gratitude, then we prepare ourselves to enter into Cosmic Abundance, in which we

give, and give, and give - only to find that we retain alone that which we give. But we will never enter into Cosmic Abundance, unless we are grateful to God and re fortunate enough to have learn ed how to be grateful. and to know what God is. Whenever anybody passes us something, or gives us anything, or in anyway whatsoever, does anything to us, the least that we can do is to say 'thank you'. The conventional expression of Gratitude instantaneously contacts something in the other person to whom your Gratitude is expressed, and then the two, coming together, cause the Light to be doubled in intensity in both parties. So far. All about Gratitude.

REVERENCE – The order of Life

At the beginning a broad idea of the arrangement of the Cosmos and the Ethereal Kingdom was give to you and later likewise, we had dealt with the Sidereal Kingdom – the Kingdom of Light. In Lesson 3, which we have begun, in the coming week, we shall be dealing with the Mineral Kingdom.

In memory developing Breathe – corresponding to the Ethereal Kingdom and the 1st step to the Noble Eightfold Path – Right Understanding. The mystic word corresponding to this Breath is Joy.

The revitalising Breath – corresponding to the Sidereal Kingdom - 2nd step in the noble Eightfold Path – Right resolution. The mystic word – GRATITUDE.

We shall be dealing with the 3rd Breathing Exercise – the Inspirational Breath in the present lesson, which corresponds to the Mineral Kingdom, and the 3rd step in the Noble Eightfold Path – Right Speech. The mystic word – REVERENCE.

Everyone can understand the advantage of being happy, his/her very happiness leading him/her on to an understanding of gratitude. Understanding gratitude, man/women prepares himself/herself for Reverence. Reverence is a beautiful word meaning 'honour, veneration, awe, adoration, submission.' . Awe, adoration, submission'. It is also mean 'to regard with fear – to feel awe, mingled with respect, affection and esteem; to venerate'. But now how meaningless are these definitions compared with that unspeakable practice that Brahmavidya teaches as we feel and express REVERENCE.

Without reverence we cannot know the Order of the Universe and the creator who has expressed this orderliness of Himself/herself – the Universe is God's expression. The man/woman who practices reverence knows that it is reverence for the Creator and the Universal Laws, which stirs up within him/her irrepressible, desires to know Life's secrets, and that. through the Joy he/she feels in being a part of the Life, and the gratitude that follows even lowly accomplishments, REVERENCE leads him to ever-expanding wisdom. Through reverence he/she sees herself/himself established in that noble order of the creator, which assures for him health of the body, sanity and power of mind, repose and security of the soul. To the man/woman who knows no reverence, there can be no inner meaning of the good order of the Universe, he/she will be wrong in his/her judgments, never conscious of hi/her failings, never conscientious his/her actions, inconsiderate to others,

and ignorant of the good things that lie about him/her and within him/her. Every wrong done by one man/woman to another, whether it affects his/her person, his/her property, his/her happiness, his/her reputation or anything that makes him/her what he/she is, is an offence against the Law of reverence (which is justice).

The eye of the cheerful and the melancholy are fixed upon the same creation of Life, but very different aspects of Life are born in their consciousness, the to the one all is beauty

and harmony and gladness, the order mournfully gazes upon the same scene, but knows only discord. The one knows reverence, but the other is in delusion.

Order is that out of which all production in the Universe comes. Creation itself is the production of Order and Order is the Law of all intelligible existence. We may look at order of Life from the great universal point of view, that is taking in, the while of the macro cosmic aspects of the Universe; let us take a grain of sand or a blade of grass, the infinitely small, and the study it and consider its order, and from it learn precisely what we may learn from the extreme variety that we find in the macro cosmic order of Life. Let us look for a moment at an illustration from the macrocosm – the limitless universe, Let us look at the firmament, at what we call the heavens. Very few people know much about the heavens, but we do know something. As you look out on a beautiful, clear night into heavens, you see multitude after multitude of stars. Probably in the Universe as many stars as there are grains of sand on all the seashores of this planet -, earth – and that is a very great number of grains of sand but it is true. And this earth which is more familiar to us than any other great stars of the Universe, the uninitiated man/woman or man/woman who is not inclined to self enlighten does not know much about the planet on which he/she lives, nor does such a person very much consider that which lies beyond the earth. As we are all miniature Universes (microcosm) let us express Reverence towards one another, and in so doing, we purify ourselves. Reverence is like a Central Fire. You can image light, and at the very center of Light there is this Fire, and this Fire lights the Way. Reverence within the Fire keeps us humble, makes Life beautiful, constantly creates and re-creates and increases Light.

Never underestimate the importance of your body. It is truly the “Temple of Living God”. As you get further along in your lessons you will BETTER UNDERSTAND THE MEANING OF THESE WORDS. The person, who attempts to improve himself or herself with mind power alone, neglecting the body, is miserably mistaken. Indeed. Mind-power can do almost anything, but it must be given the instrument and the material with which to work. Thought alone cannot keep a starving man from getting weak and then, nor can it long maintain the health of a person whose diet omits certain important elements the body needs. The Power within must be given the substance with which to build a capable body and brain. This substance consists of five foods – solid food, liquid food, breath, thought and rest. Each of the five must be of the right kind, and all five are required to build a gloriously strong and capable individual. Thought can work wonders but not without the other four

essential foods. One of these - BREATH in sufficient quality – is lacking in most people’s lives. If there is such thing as brain food, Breath is it. As your practice of Breathing Exercises and Meditation gets established gradually you begin to see the good results. You are requested that absolute faith and regularity in your Breathing Exercises and the Meditation will surely reward you adequately. PRACTICE THESE EXERCISES AND MEMORISE THE MEDITATIONAL AFFIRMATIONS AND DENIALS so that you enjoy abundant health and successful in all your endeavors.

LET THERE BE PEACE EVERYWHERE – LOKAA SAMASTHA SUKHINO BAVANTHU.

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