

## LESSON # 10

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 JYOTHIRMUHAM GUROH'

(Having made reverential salutations to my Guru who is the embodiment of Benevolence and who kindles the Light of Self-Knowledge, meditating upon his lustrous and radiant face. I engage myself with dedication in service to humanity)

It is hoped that you are faithfully carrying out your Meditations. If you are, by this time you should be able to see some results – you should be happier. There should be a feeling of well-being. You should more easily be able to go into state of abstraction. Remember that this is for you to do.

Nobody else can do it for you. If you faithfully and reverently go into Meditation each day, you may be assured of success later on. Now, please read the following carefully and with intense feeling – THOU, O LORD, WHO IS THE LIFE AND SUPPORTS OF THE UNIVERSE – WHO ART DEARER THAN LIFE, PURIFY THOU MY HEAD. THOU WHO ART FREE FROM ALL PAIN, BY COMING INTO CONTACT WITH WHOM I AM FREED FROM ALL TROUBLES, PURIFY THOU MY EYES. THOU WHO PERVADEST THE UNIVERSE DIRECTING AND CONTROLLING IT, PURIFY THOU MY THROAT. THOU, WHO COMPREHEND, PURIFY THOU MY HEART. THOU WHO ART THE CAUSE OF THE UNIVERSE, PURIFY THOU MY BODY. THOU WHO ART ALL SUSTAINING, PURIFY THOU MY FEET. THOU WHO ART ALL TRUTH, PURIFY THOU AGAIN MY HEAD. THOU, WHO ART ALL PERVADING, PURIFY THOU MY WHOLE ORGANISM.

In Brahma vidya we are learning that we may live as long as we truly desire to live, as we are also learning that we may achieve whatever we desire to achieve. It is a tremendous statement, but it is true. All the same, we must not deceive ourselves. We must GET THE FACTS, and form our own opinions accordingly. There have been cases where, old men and women who have passed the age of 80, a third dentition has taken place. There have also been many cases of personal living far beyond the century mark, quite health and active. With the principle of life firmly established in the mind, we surely – when DAILY PRACTISING THE ART OF LIVING – can quite deliberately and easily exceed the average span commonly believed, and live as long as we find life desirable. If you are GOD in human form, you should be able to remain in the body as long as you desire to maintain it. You must use your Imagination! Think again, as you listen and read. Does this appeal to

you as being reasonable? Do you TRULY Realize that you are whatever the creator is? THINK ON THESE THINGS. Again, let us stress the importance of your getting an IMPERISHABLE IDEA OF IMPERISHABLE HEALTH – the TRUE YOU. Your body is the instrument – it is the temple of the Living God. If the instrument is not perfect, how can receptivity be perfect? How can you express perfectly the perfect Substance of the Universe with an instrument that is imperfect? In these early lessons repetitions will occur frequently: this is necessary. We are starting on a road entirely new to us and it is important that we should not lose sight of the minute truth in these lessons. So GET THE IDEA ROOTED within YOU THAT YOU ARE HEALTHY. THE BODY STRAIGHT AND STRONG AND PERFECT – AND THEN A PERFECT MIND IN A PERFECT BODY.  
BREATHE NO.4 – THE PHYSICAL PERFECTION BREATHE

(Commence with two breaths – increase gradually to seven breaths)

Stand erect heels together, the toes apart, spine straight and tighten your back (bottom) and feet firmly on the ground.

- a) Extend your arms up level with your shoulders straight in front of you with fists clenched, and thumbs out. The arms comfortably firm but not too rigid. See that you are standing firmly on your feet, with a sense that you are gripping the floor, and have your body perfectly straight and firm. Exhale vigorously through (teeth closed) the mouth.
- b) Inhale a complete breath. Retain your breath.
- c) Standing very firmly, swing the arms back as far as they will go, not bending them, so that you stretch the chest, the arms gradually getting more and more rigid as you swing them back. Bring them to the front again, seeing that you allow no breath to escape. Do this three times. Then bring the arms quickly to your sides, open fists with all fingers touching each other and exhale vigorously (through the mouth as in the earlier exercise), inhale and relax. Repeating mentally your own spiritual affirmations for the breath as given below:

RELAXATION EXERCISE following PHYSICAL PERFECTION BREATH – to be memorized.  
And now, relaxing entirely, relaxing the whole body – we prepare ourselves to think of the Greatest Thought we ever shall be to think...

WHATEVER THE CREATOR IS I AM

The Creator is right here ... right in the Heart of Me ... right in the Substance of Me. Right in the Mind of Me ... Right in the Being of Me.

REVEAL THYSELF, O LORD OF MY LIFE – COME I WAIT, I LISTEN, I LOOK WITHIN ME – I AM STILL – NOW I WILL TO SEE THE GREATOR AT WORK WITHIN THE TEMPLE – AS GIVING THANKS FEELING HAPPY, EVER SO GENTLY WITHOUT LETTING MYSELF KNOW IT. I TAKE A LITTLE BREATH AND GENTLY A LONG DEEP SWEEPING SIGH. AND NOW I TAKE ANOTHER LITTLE BREATH AND A QUICK SIGH – AND I SIT DOWN QUIETLY.

The above is for your morning practice. Now, given below are Meditation Affirmations, which you are required to add to your regular Meditations at night (or early morning, according to your convenience).

MEDITGATION AFFIRMATIONS:

HENCEFORTH AND FOREVER I THE CREATIVE SPIRIT DIFFERENTIATED FROM ALL OTHER LIFE FORMS EMBODY MYSELF IN PERFECT BEAUTY STRENGTH AND HEALTH. I AM IMPERISHABLE. I AM INDIVISIBLE. I AM EXHAUSTLESS. I AM THE CREATIVE SPIRIT EMBODIED. I AM LIFE ETERNAL. I AM IN ETERNITY NOW... RIGHT HERE. I AM ETERNAL NOW, RIGHT NOW. ETERNAL LIFE. I AM LIFE ETERNAL.

You know have an IMPERISHABLE idea of IMPERISHABLE HEALTH of your body. Now let us proceed a little further on this subject of HEALTH. Let us suppose that you are engaged in Meditation and you are saying audibly I AM HEALTH - you are silent and immovable and relaxed in body and mind. Here we wish to take you back to the New Visualization Exercise, already introduced to you in your Lesson No.2. Some of you perhaps, had difficulty in bringing before your mind your own PERFECT picture. Persistent practice and a great deal of patience are absolutely necessary to get good results. Let me now try to explain this once again.

While in the silent, relaxed conditions your body and mind as you start saying audibly the affirmation I AM HEALTH - you make yourself completely receptive to the feelings of vibrations and vivid imagination (visualization) and see before your Mind this glorious picture of yourself in all perfection (think healthy hair – a beautiful face serene, unlined and happy – a strong neck and a powerful chest – strong arms and hands) – a light around is BATHED in intense light. It is now coming nearer nearer. So near the light nearly blinds you and YOU FEEL IT FULLY AND PLEASANTLY FLOODING YOU FROM HEAD TO FOOT ... (do not think this far fetched) just sit and contemplate it. Imagine it – you surely can IMAGINE a light as you sit doing this mental exercise quietly and silently, you are to learn later on in these lessons that what you are doing is absolutely according to TRUTH Only... you do not know WHY at the moment. There is no reason why you should

not learn the HOW – AND SO OPERATE THE LAW. Practice brings that beautiful perfect picture, before your mind- (as many times as possible – each day). LIVE IT.

Then, when you see and feel this Light, REALIZE that YOU ARE HEALTH. You may break out in perspiration through the heat from the Great Light – the Divine Light within. Then impress your Mind with the wonderful Truth that, if it was possible for other men/women (human beings), just like you, with no knowledge of the art of Living, to live to great age, in perfect health and vigor, then I – the real I, can live as long as I desire and retain my vigor and grow continually in knowledge and power and achievement. So, when we acquire this knowledge – and YOU WILL ACQUIRE IT IN DUE TIME, NEVER FEAR. Among these we are to classify senility, which Science proves is no disease at all, but due to a CHEMICAL CHANGE IN THE BODY – which can be known and controlled.

WE ARE NOW LEARNING THE ART OF LIVING, of REMAINING YOUNG AND EXPRESSING LIFE. In later lessons you will be duly instructed as to how you can accomplish this.

#### INTER- RELATION OF BODY AND MIND

As your Body is made up of Physical Substances, so your Mind is composed of Mind Substances – but the one as we have learned, is visible, while the other is invisible. We shall be teaching a great deal more about this later on but for the moment we will say that the SUBSTANCE OF WHICH YOUR MIND IS COMPOSED IS IDEAS. These IDEAS, which make up the Mind substance, are a mass of mental pictures made by your THINKING – that which you have been conscious of – this can be spoken of as YOUR CONSCIOUSNESS. Now, you are learning – step by step how to build a NEW CONSCIOUSNESS, and this is done by REVERSING changing and improving your mode of thinking (actually what you think), it is of the utmost value to you that you persevere with the practice of Meditation – for in YOUR MEDITATIONS YOU ARE BUILDING YOURSELF OVER. How? 1) THE DENIALS – Blot out the old ideas 2) THE AFFIRMATIONS – Build in the new ideas.

You may wonder how this can be done, but when we come later to the lessons that show scientifically the operations of the Subconscious Mind. It will all be clear to you.

#### EMBODIMENT – A PRINCIPLE IN NATURE

YOU ARE NOW INVITED TO CONSIDER THE FOLLOWING READING: slowly and reverently so it may sink in and be UNDERSTOOD AND ACCEPTED BY YOUR MIND. Do this a few timings (during your meditation session at home) until you feel that you KNOW it and that IT IS TRUE. You must also clearly understand that Embodiment is a Principle in Nature. “ I have learned that WHATEVER THE CREATOR IS, I AM. I SEE AROUND ME LIFE FORMS EVERYWHERE – TREES, ANIMALS, MAN/WOMEN – THE EARTH AND THE HEAVENLY BODIES. I ISOLATE A TREE AND I SEE FORM AND COLOUR, AND MY TOUCH TELLS ME THAT IT IS SOLID SUBSTANCE. I KNOW TOO THAT THERE IS AN INTELLIGENCE IN THE TREE AT WORK BUILDING THIS COLOUR AND FORM INTO THE SUBSTANCE. I CALL THIS THE CREATIVE LIFE. I CANNOT SEE THE LIFE BUT I KNOW BEYOND DISPUTE THAT IT IS THERE. I KNOW THAT IS EMBODIED IN THE TREE AND THE FORM, COLOUR AND SUBSTANCE THAT COMPOSE THE TREE ARE THE CLOTHING WITH WHICH THE CREATIVE LIFE WITHIN THE TREE ADORNS ITSELF.

I now must conclusively believe because I KNOW, that the Creative Life is EMBODIED IN THE TREE.

I know also that what is true of the tree is also true of the animals – in fact – of everything in the THREE KINGDOMS – MINERAL, VEGETABLE AND ANIMAL, and I therefore, am led to believe that NOTHING EXISTS WITHOUT AN EMBODIMENT – the embodiment of the creative Life, the creative Spirit. I conclude that EMBODIMENT IS A PRINCIPLE IN NATURE. I say that I identify myself with the Creative spirit, for the reason that I CANNOT BE SEPARATED FROM IT – BEING PART OF IT.

WE CAN NOW ARRIVE AT THE CONCLUSION THAT WE ARE THE ABSTRACT PRINCIPLE

OF EMBODIMENT.

Now rest a while – think – I AM THE ABSTRACT PRINCIPLE OF EMBODIMENT. Is it TRUE? We can truthfully and with all the vigor - our mind say that it is TRUE for it has become part of our consciousness.

Every evening, take the WHOLE of the Meditation Affirmations and Denials. During your session in Meditation, start at the beginning and go through them all. While you should have no idea of time while in a state of Meditation, yet you must give yourself plenty of time. Never hurry.

Wait and watch. As you AUDIBLY recite the Affirmations let the voice be so low and even that very sound will seem to lull you to rest – but NOT TO SLEEP. Cultivate the low long intonation of the words, so that the breath will be deeper and more quietly rhythmic every time you breathe. Go through them all - one after another and let the Mind revel in this sensation of Perfect Bliss. Also be regular with your Breathing Exercises followed by the respective AFFIRMATIONS for the exercise in their order.

Meditation will surely reward you adequately. PRACTICE THESE EXERCISES AND MEMORISE THE MEDITATION AFFIRMATIONS AND DENIALS so that you enjoy abundant health and successful in all your endeavors.

LET THERE BE PEACE EVERYWHERE - LOKA SAMASTAA SUKINO BHAVANTU.

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