

## LESSON # 4

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)

You are acquainted with:

- a) The PRANAYAMA Breathing Exercise
- b) The MEMORY DEVELOPING Breath
- c) The ETHEREAL KINGDOM
- d) RIGHT UNDERSTAND and
- e) The technique of going into MEDITATION

It is hoped that you have clearly understood the above and practising the two breathing exercises regularly as instructed and that you have a clear concept of the arrangement of the Cosmos and the Ethereal Kingdom. You also know now that without RIGHT understanding we are unable to proceed further. The Affirmations following the Memory Developing Breath are powerful in their effect, if properly recited from memory with FEELINGS.

On the subject of Meditation, you are counseled to carefully and seriously note that these early lessons are for guiding you to develop the ability of LIVING CONTINUOUSLY and of REJUVENATION. Unless we can get our minds to accept the truth that (irrespective of what appears at present) we can greatly extend the span of our lives, and live as long as we desire, it is impossible to imagine ourselves realising in life all that we desire to achieve.

The Lessons that are given to you are for actual PRACTICE rather than mere intellectual study. It is utmost important that –

YOU GET A CLEAR CONVICTION – A CLEAR CONVICTION THAT IS POSSIBLE FOR YOU TO LIVE AS LONG AS YOU DESIRE TO LIVE, THAT IT IS POSSIBLE FOR YOU TO ACHIEVE WHATEVER YOU HAVE SET YOUR MIND UPON, SO LONG AS IT APPEALS TO YOUR REASON AS A POSSIBILITY.

In the process of living – first we THINK, then second we FEEL – third we ACT – Thinking, Feeling, Acting, (or doing). Now you are reading this lessons, you may have set your mind upon some great achievements that you intend to carry out, and you have decided that Brahma Vidya will lead you on into knowledge that will show you how to do it. You must cultivate this feeling. Think of it every moment

that you can. But you must not stop at merely thinking about - you must be convinced that you can do it, for you must FEEL that you can do it. The difference between a mere intellectual conception of a fact and a deep spiritual realization of a fact are as far apart as the poles. You must be really CONVINCED.

You know, because you feel, that it is possible for you. What you have to learn is the Law by which it is attained. This conviction must, therefore, be firmly established in your Mind. Also, this conviction must pass from the mental sphere to the FEELINGS, so that you not only feel that to be certainty, but YOU KNOW THAT YOU FEEL IT TO BE A CERTAINTY. Do you see the difference? You must know that FEEL it. You are alive with the feeling of it... it is burning itself into your consciousness because your whole being is alive with the truth that you feel, you will make your life exactly what you want it to be. Get this clear in the mind. Without this clear CONVICTION – unshakable, fully established – that you can greatly extend the span of your life that you can live as long as you truly desire to. DO what you truly desire to do, achieve WHATEVER you desire to achieve ... without the conviction it is not possible to proceed far. Therefore, practise the following with FEELING.

CLOSE YOUR EYES. Now declare:

I AM THE MASTER OF MY OWN LIFE. IT WILL DO WHAT EVER I DESIRE TO DO. Rest. Now say it again with more FEELING. THE MASTER OF MY OWN LIFE. I WILL TO DO WHATEVER I DESIRE TO DO. Say it as if you KNOW that you are the Master of your own life, for no one else is; say it as if you FEEL that you know you are the Master of your own life. (Now continue). I REJOICE – I DID NOT FEEL THIS BEFORE BUT NOW I KNOW IT – FEEL WITH ALL THE POWER OF MY BEING THAT I AM THE Master of my own life – and I WILL BEGIN NOW TO TRULY LIVE IT.

IMAGINATION AND REASON:

THE REASON:

It may not have occurred to you that REASON and IMAGINATION are totally different faculties in man/woman. THE REASON DOES NOT CREATE – IT CANNOT. THE IMAGINATION CREATES – that it all that it can and does do. The reasoning faculty reasons and makes decisions. That is all that it does, for its work ends there.

Now, let us follow the process of Thinking. Not only must the Reason see that the Consciousness FEELINGS the certainty (of living continuously), but the conviction is till to pass a stage further – INTO THE IMAGINATION. The Imagination is the CREATIVE FACULTY of you and others. It is this faculty that causes us to do all that we do, and to be all that we are. Your own Imagination is the Creative Faculty of the INFINITE FACULTY, which dwells within. None of us can do anything at all without the idea first coming to us through our own imaginative and creative faculty. You must learn what to do with it, and how to control and direct it. BECAUSE IF YOU DO NOT DIRECT IT DIRECTS YOU but remember that the CREATIVE POWER WILL DO FOR YOU WHATEVER YOU DIRECT IT TO DO, WHATEVER YOU TRAIN IT TO DO.

Let us repeat – if you do NOT direct it, it direct YOU – it directs you according to the tradition of the Race, which is disease, decay, senility, failure, disappointment, death and so on. Now you are part of the race – of course – every one is. WELL, WHAT YOU ACCEPT IS BELIEFS AND TRADITIONS UNQUESTIONINGLY, NOT FINDING OUT FOR YOURSELF AND DOING YOUR OWN THINKING, THEN YOU CANNOT ESCAPE THE RESULTS OF SUCH BELIEFS AND TRADITIONS. THIS IS FOR YOU TO DECIDE.

Now let us try to understand the faculty of our IMAGINATION. Your imaginations that faculty within you that develops ideas and paints the pictures – presents the images, that inspires you with most fascinating ideas of what you can do. You must, however remember that the IMAGINATION CANNOT REASON – it is no reasoning, and it is SUBJECT TO THE REASON.

Therefore, when the IMAGINATION, with the fascination of an unseen artist, creeps into your mind with all sorts of schemes and hopes and desires and pictures and images, and whispers to you that you can be a great man or woman tells you that you can do something that has never been done before tells you that you can do something much better than you are now doing it tells you that you can be health and well and happy that you can make more money that you can become the greatest person that ever lived in your particular sphere of activity and you listen, what happens? You are thrilled! You see this entire going on in your mind, and you are intensely happy. While in this condition, the things around you mean nothing to you. You exult. You see yourself triumphant. You are the conqueror. You are the optimist. You are alive with hope, and are very happy. You are enjoying in the serenity of your own mind the marvels of achievement that this wonder worker

within you - IMAGINATION - is giving you. You feel that you can be well. Can be more and do more. Can live as long as you desire ... you can literally hear your Imagination saying to you - You can be what you want to be, and you can do what you want to do.

No, after all this, if ever happen to say, "Ah yes. I FEEL that I can be more than I am – BUT I KNOW THAT I WON'T, all the beautiful work of the Imagination crumbles. The "I DON'T is an instruction to the Imagination confirming the Race thought to create negative conditions, and so, all your desires disappear like smoke. This is the manner in which we come into achievement – or the reverse. So it is the in everything that we desire to.

Therefore – LET THERE BE NO CONFLICT IN THE MIND BETWEEN THE REASON and the IMAGINATION. FIRST – Examine carefully what the Imagination brings to you. Let the Reason endorse the idea. Cultivate the certain conviction of the possibility of doing it – of living as long as you desire to live, to grow young and happy and well – to make of your life an outstanding success ... anything at all that your reason endorses.

SECOND – Then train the Imagination to feast upon its delights.

Rest and think. You have entered Brahmavidya. You believe that the age-old wisdom – the Wisdom of the Universal Spirit of all life – can be made to work out in your life whatever you truly desire, and whatever you can say with your reason you truly deserve.

In this Science of Brahmavidya we emphasise in the early lessons the need of building into your consciousness the irrevocable idea of LIFE – LIFE – LIFE. You and I are LIFE, and LIFE never changes in principle, therefore – we believe that Man/Woman has the power of Immortality within him/her. We emphasise the need of building into our consciousness the belief that you and I should have the divine privilege of exercising our inherent power to LIVE. As you go on further in these lessons, you will be shown why men/women die and why men/women fail. The fact is, there is a power of LIFE within you and me which, when we fully understand it, we should be able to control – and it should render us immune from those conditions that cause disease, Disharmony and dis-balance on all planes of existence.

Picture up in your mind a Being – The Real You – full of LIFE and VIGOUR, of ENERGY, OF HOPE AND BELIEF IN THE MANIFESTATION OF DIVINE POWER WITHIN YOU, OF INTENSE PERSONAL MAGNETISM WHICH WILL ENABLE YOU TO DIRECT HUMAN ACTIVITIES IN LINE WHICH WILL ENABLE YOU TO DIRECT HUMAN ACTIVITIES IN LINE WITH YOUR HIGHEST HOPES.... in short, a LEADER throbbing with power and attracting to yourself only that which is in unison with all Good. Think if your REAL SELF – the 'I AM'. When we understand and uncover the 'I AM ' we come to know that, truly, 'WHATEVER THE CREATOR IS, I AM ' (in Sanskrit 'AHAM BRAHMA ASMI). All thinking men and women should refuse to merely accept Race Beliefs. All people who have the power to think DO refuse to accept beliefs simply because 'it has always been so'. They think for themselves. Now is unto you to decide. It is unto you and to me and to every original thinker to REVERSE the tradition of the Race, enlisting the Creative Faculty to build Life Conditions. Health conditions, success instead of failure, courage instead of fear, wealth instead of poverty...HOW? By the scientific direction of the very Power of the Sustain and Controller of the Universe, which is coming to all of us through our IMAGINATION.

Your must realise that you are a part of the CREATOR embodied in human form. Knowing what you know –

# You must not say – "I want to live indefinitely, but I know that I won't or "I will, but I can't. NO, a thousand times No!

# You must not say that you cannot make a fresh start.

# You must not say that you cannot do what you feel that you would like to do.

# You must not say that you lack anything whatever to keep you from being what you want to be.

NO, NO – NEVER... YOU BELIEVE that you can conquer, and that WITHIN YOU – though you may not yet know what it is – there is a POWER THAT CAUSES THE UNIVERSE TO BE WHAT IT IS.

Follow the instructions given to you regarding your Meditation. I request that you have to memorise the foreword, the Denials and Affirmations given. I trust you have memorised them so that you can chant during your meditation; the ideas in the denials and affirmations sink deep in the Subconscious Mind.

Now add the following to your Meditations Affirmations.

'I AM NOW DEVELOPING CREATIVE WISDOM THROUGH MY IMAGINATION

– I AM CHANNEL OF CREATIVE WISDOM – CREATIVE WISDOM IS THE LIGHT OF MY MIND – I AM FREE FROM ALL NEGATION’.

PEACE BE WITH YOU.

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