

## LESSON # 8

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'

Now onwards we shall take up Breath No.3 – THE INSPIRATIONAL BREATH - in our series of Spiritual Breathing Exercises. It is assumed that by this time you are all familiar with earlier two Breathing Exercises – the Memory developing Breath and the revitalizing Breath.

BREATHE NO.3 – THE INSPIRATIONAL BREATHE

(Commence with 2 breaths and later increase gradually to 7 breaths)

STAND ERECT AND SEE THAT THE SPINE IS STRAIGHT – ARMS AND HANDS AT THE SIDES.

A) Empty the lungs by a forceful exhalation through the mouth (as you are now familiar) – then take a deep inhalation.

B) As you inhale, raise the arms (rigid) slowly until the heads touch above the head (palms outward) with the thumbs crossed and the forefinger tips touching. The inhalation must be complete as the hands touch above the head. See that the body is rigid and full of tension and that your hands are reaching as high as possible, but without disturbance to your feet. (No tip toeing) Hands of hands touching.

C) Retain the breath a few seconds only – say two or three seconds – not more.

D) Now, lower the hands to 45 degrees (one fourth of the way down) from the shoulders, at the same time exhaling a little air vigorously slowly through the mouth (as in the earlier two exercises). Then lower your arms, level with the shoulder (i.e. half way down from the top), and vigorously exhaling a little more, at the same time). Then lower the hands again a little (three quarter way down from top) letting out a little more air, but with the chest as firm as rock all the time. Then lower the hands to the sides, thoroughly emptying the lungs and pressing in hand with abdomen. Remember – buttocks firm. Then inhale and exhale normally through the nostrils and relax the completely. When you feel relaxed and comfortable, start the same exercise again until you complete seven times likewise.

AFTER DOING THE ABOVE EXERCISE 7 times, keeping the hands at the sides and in deep devotional attitude of mind - the body now completely relaxed, repeat the following affirmation for this breath with FEELING.

Now, we relax entirely...coming right down.relaxing the whole body --- I THANK THREE LORD, for My Body – I thank Thee, LAW.the Eternal, everlasting, Unchangeable, Changeless, Immutable Law of my Being ... for my Body.

MY BODY - the transcendently beautiful, the Infinitely Intricate, and the Most Gloriously accurate Instrument in the Universe.

MY BODY – the temple, the temple of the Living God, the temple of the God that lives

within me – that is alive within me.

I stand in reverence before the Wisdom pent up in the very substance of My Body – and I pledge myself, I VOW that from this moment henceforward nothing that I shall do or say or think – shall injure or abuse this temple of the living god MY BODY.

And now feeling happy, giving thanks I take a little breath and long, deep, sweeping, sweeping sigh... and now I take another little breath, and a quick.

You may practice a few times the above Breathing exercise without full breathing so as to become familiar with the procedure. It is important that you follow the procedure carefully. After the exercise, relax entirely, and take the above spiritual affirmation (which you will have to thoroughly memorize) and FEEL within yourself not merely intellectually following the words alone.

It is assumed that you by this time are though convinced that you are taking up the quest – that you are sure that you have found that you have been seeking and that, if you will do your part in working to discover that Knowledge (which is Power) it will all be known to you. So be of good cheer. If you feel that you are not making the progress that you would like to make, rest and be happy. We are all alike. We all gain what is truly ours to gain. It may take a little longer with you than with others – but it will come, as you persevere and are happy. We are all grateful for all that we have gained so far, physically, mentally and spiritually.

We are now putting in the foundations – therefore be humble in Mind, and the knowledge will come all the more quickly. Perhaps some of you may be feeling that this all known to you as common knowledge, perhaps you may think that you have heard of all this before or, read out such advices. You are therefore, requested to drop for time being all that you have learned (outside these lessons) and which you have not TESTED in the acid test of your own experience. The conception of the truth of living continuously for example is so contrary to accepted thought that there is no room in the Mind for conflicting ideas. As we saw in an earlier lesson, THERE MUST BE NO CONFLICT OF THOUGHT. In the earlier lessons we have touched the subject of OMNIPRESENCE, OMNISCIENCE AND OMNIPOTENCE of the creator. Let us now examine the subject of creativeness that is OMNIPRESENT. If you happen to be in a garden or a park – or if you imagine that you are there and look around

you – at the trees, the grass, the flowers – you are a CREATIFENESS everywhere. This CREATIVENESS is always at work. It is never ceasing in its activities. It knows its work absolutely. Now, isolate something – let your mind rest upon it - see whether you can see WHY it is what it is and WHY it is doing what it does. Consider any living thing – say, an apple tree – Don't you see that the apple tree knows how to make an apple – and that is universal with all apple trees. An oyster - do you not see that oyster knows exactly how and where to build a shell and make the pearl? It is the same with everything in life. A human being is the only being that can make a human being. Every living thing is the only thing that has the power to reproduce itself and continue the Stream of Life that flows everywhere through the Universe. Now, what is this CREATIVENESS? Let us look at this Creativeness, the creative spirit and, as we do so, we are compelled to see three things.

FIRST – that IT IS EVERYWHERE PRESENT –you cannot imagine it not being everywhere.

SECOND - that IT IS INTELLIGENT – wise, because IT KNOWS HOW.

THIRD – that IT IS ALL POWERFULL - it has the Power to do all things.

Do not hurry over this part of the lesson. Spend some time just reading and re-reading and thinking on these essentially simple truths of all life in the Universe. We may think a long time, or for a short while about all this but no matter what else may come to our minds, we shall have to admit that these three aspects of this CREATIVENESS EMERGE viz:

IMNIPRESENCE: present in all places at one and the same time.

OMNISCIENCE: the faculty of knowing everything; knowledge unbounded, infinite.

OMNIPOTENCE: unlimited or infinite power. Almighty power, all power. We see, then, that these aspects of God – Omnipresence, Omniscience and Omnipotence – are everywhere in the Universe. There is not a single embodiment of life in which they are not existent.

These three aspects comprise a TRIUNE ACTIVITY, which is the ORIGIN OF ALL THINGS. This beautiful Truth is placed before you here as simple as possible. Get your own ideas about it.

WE HAVE FOUND GOD! Rest a little. Be happy. Let the truth of the above revelation sink within as you FEEL the truth, the truth of your own Life as well. Can you feel something within you that is stirred? Can you feel that your imagination is at work – for you may not have thought about this Creativeness that Universal, in this way before? Feel happy for YOU WILL SEE THAT THE GOD THAT WE HAVE ALWAYS VISSUALIZED, WHETHER AS A BEING UP ABOVE IN SOME NEBULOUS PLACE CALLED HEAVEN, OR IN ANY OTHER MANNER, IS REALLY THE CREATIVE PRINCIPLE EVERYWHERE EQUALLY PRESENT AND IT CAN BE KNOWN AS INTIMATELY AS A FATHER KNOWS HIS SON/DAUGHTER. We now come to the conclusion and 43alise that the Universe and God are not separate. Also that created Man and the creator are we NOT DETACHED – GOD IS IN MAN AND MAN IS IN GOD. THEY ARE NOT SEPARATE ENTITIES. That which we call God – that which we have many names for – is WITHIN YOU, dear aspirants! God, the creative

spirit, the Infinite Wisdom, the First cause, the Supreme architect – as seen through the traditional teachings of the many religions – Hindu, Christian, Mohammedan, Buddhist, Sikhs, Parsis (Zoroastrian) – and so on, as worshipped by us all – are WITHIN YOU, are WITHIN ME and are everywhere. Let the Light of the tremendous Truth FLOOR YOUR MIND – Be happy and give thanks – FEEL this truth within you. You will see that you have now discovered the very basis of ALL existence. To know it thoroughly is to have solved the Riddle of the Universe.

THIS IS THE GREATEST TRUTH THAT CAN BE TAUGHT BY ANY TEACHER OR LEARNED BY ANY STUDENT. If you are not very clear about this truth, let us analyze this in another way.

QUESTION ANSWER

ARE YOUY OR ARE YOU NHOT A PART OF THIE UNIVERSE? YES, I AM

CAN THIS UNIVERSE BE COMPLETE WITHOUT ALL ITS PARTS? NO, IT CANNOPT THEREFORE, WITHOUT UYOU, CAN UT VE COMPLETE? NO

ITS COMPLETENESS, THEREFORE, LITERALLY DEPENDS ON YOU? CERTAINLY, LITERALLY

THERREFORE, WITHOUT YOU IT CFANNOT EXIST IN COMNOLKETENESS NO

Then, you surely can say in all truth – BECAUSE OF THIS, I STAND TO THE UNIVERSE AS A CIRCLE, IN TGIUS CASE, I AM THE CENTRE – the Circumference is everywhere.

Without a Center no Circumference can exist! Now we know that the Creator is OMNIOPRESENT, OMNISCIENT and OMNIPOTERNT (i.e. all the Present there is, All the knowledge there is, and All the Power there is in this Universe). As nothing can exist outside if the ALL we arrive quite logically do we not, at the wonderful knowledge that THE CREATOR IS ALL THAT THERE IS. SINCE THE CREATOR IS ALL THAT THERE IS, SINCE I AM THE CENTRE ANDN THE CIRCUMFERENCER IS EVERYWHERE, I AM THE CREATOR DIFFERENTIATED INTO HUMAN FORM.

Carrying the above idea to a further step, we arrive at the most stupendous truth that can never be known, since all human kingdoms are in some way derived from it. YOU CAN NOW TRUTHFULLY AFFIRM THAT WHATEVER THE CREATOR IS, I AM.

Having come so far in our lessons, realizing the TRUTH embodied therein, you will now be able to reconcile the meaning contained in the Sanskrit chanting "AHAMBRAHMA ASMI or BRAHMAIVAHAM ASMI" meaning – INAM THECREATOR or WHATEVER THE CREATOR IS I AM " There are many ways through which this great truth will come into the Mind but it is best for you to think about it personally and then figure it all out, in the way that is natural and best to do so. All that we are doing is to find out what LIFE is, what the Origin of Life is, and what the Continuation of Life is – what it is that causes it all. We may think in this way. We can see that there is One Organizing center of Life, and all comes from it – Everything in the three Kingdoms – the MINARAL, the VEGETABLE, and the ANIMAL Kingdoms. It is easy to see that every living thing lives by its breath. I do, you do. You can see that your Breath IS your life. You can see that this TRUTH is UNIVERSAL and if we understanding our breath, then, we shall understand ourselves. Meditation will surely reward you adequately. PRACTICE THESE EXERCES AND MEMORISE THE MEDITATIONAL AFFIRMATIONS AND DENIALS so that you enjoy abundant health and successful in all your endeavors.

· PEACE IS WITH YOU.

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