

## LESSON # 3

Memory Developing Breath from Brahmavidya yoga lessons. Wishing all the aspirants of brahmavidya 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 let us take up the subject of Scientific Meditation. Let us closely follow this important part of the lesson with utmost attention, for you are now to learn to enter into that magic realm of MIND to ultimately become the Master of your own life.

First of all let us learn how to be 'STILL'. Few people know what Meditation means, going into to the Silence of your Own Being. Now, clearly understand the important requirements for meditation practices:

- Your must have a quiet, undisturbed place (free from noise and other distractions);
- The place selected for regular practice should not be changed often;
- A steady, uniform posture, and
- Regularity and fixed timing for your practice.

The posture for meditation is very simple. You may sit in the sevenfold (squatting) position in the place selected by you, as near as possible to the same time of the day (or night); you must decide about the time according to your convenience. Now, follow instructions given below carefully for achieving rapid success in your practice.

a) Sit on the floor in the squatting position, with a cushion under your seat, so that your legs are slightly low in position; see that the spine is straight. Repeat the SPINE MUST BE STRAIGHT. (There is no need to sit in what one may call; Siddha Asana or Padma Asana. >>simple squatting position will do).

b) Take three or four breaths through the nostrils (free smooth inhalation and exhalation); as you exhale, flex the body (get rid of all tensions in the body), so that it becomes quite limp (not so flexible). The tenseness of all the muscles withdrawn. {Place your hands on your knees – palms upward. Sit still, breathing gently without effort. Sit still, and WATCH YOUR BREATHING PROCESS (see whether the breathing is smooth or harsh, slow or fast, broken or uneven) and as you continue watching, you will feel the even incoming and even outgoing breath which gradually becomes very fine and perhaps you will have difficulty in identifying the inhalation and exhalation – or whether you are breathing at all. When you reach this level of consciousness, you can be sure that your body is relaxed entirely.

c) Now do with the MIND what you have done with the body. Just let go. Don't try to think – don't try not to think. In this process, all kinds of ideas will surge up in the mind. Pay no attention – let them surge. Don't resist. Sit quietly and watch the show, so to speak. After a time, however, without stirring, take possession, and say in a low, but firm voice, slowly and, of course, audibly –'PEACE.... BE STILL.... I AM STILL...I AM AT PEACE...I AM AT PEACE...PEACE...PEACE.

(You must not think of time, for you are about to lift your consciousness into super physical realm where time does not exist).

The above process will gradually enable the mind to be quiet and the mind will be free. At this time your Conscious Mind and the Sub-Conscious Mind are very close and whatever you recite reverently will sink effectively into the Sub-conscious Mind, ultimately to be absorbed by the entire body through the countless cells within. If there is any tendency for the mind to wander, simply repeat once again. PEACE... PEACE...PEACE. And the mind will become peaceful and steady.

d) Now, take the following foreword (to be memorized) given below and chant with deep reverential attitude of Mind.

I AM NOW ENTERING UPON THE GREATEST TEACHING ACCESSIBLE TO MEN/WOMEN, FOR I AM LEARNING THE SECRET OF EXISTENCE.  
'THE RIDDLE OF THE UNIVERSE IS ABOUT ME: I AM NOW SOLVING IT.'  
'I LEARN WHY MEN/WOMEN DIE. WHY THEY ARE BORN, AND WHY THEY LIVE. I LEARN WHY MEN/WOMEN SUCCEED, AND WHY THEY FAIL, WHY THEY ARE HAPPY AND WHY THEY ARE DISCONTENT. I HAVE THE POWER AND ABILITY TO LIVE AS LONG AS I DESIRE, TO ACHIEVE WHATEVER I WISH, AND THE DOORS OF MY MIND ARE NOW OPEN THAT I MAY LEARN HOW THIS IS DONE.  
'I NOW LEARN THAT MAN/WOMAN IS THE MASTER OF HIS/HER DESTINY. I NOW REALISE THAT ALL NEGATION IS A MENTAL CONCEPT AND NOT A LAW OF LIFE.  
I LEARN THAT THERE IS ONLY ONE LAW OF CREATION – THE LAW OF LIFE. I AM NOW DEVELOPING THE POWER AND THE ABILITY TO REALIZE IN MY OWN LIFE THE ONE DIVINE PRINCIPLE IN, WHICH ALL SUCCESS, HAPPINESS AND PEACE RESIDE.  
'AND I THANK THE INFINITE SPIRIT WITHIN ME FOR THE KNOWLEDGE OF THIS WONDEROUS TRUTH NOW REVEALED OF MY CONSCIOUSNESS.

Read the above at intervals in order that the thought may penetrate to the Subconscious mind, to be absorbed and established. Say it to yourself several times a day – whenever you have time and are free. Now, at the initial stage, it is not necessary for you to see the sense of it. That will come later. All that you do now is as a child does when it sets out to learn the Alphabet. We must start by accepting unquestioned essential truths.

e) After the foreword (as given above, properly and correctly memorized), ALLOW THE IDEAS TO SINK DEEP INTO YOUR subconscious Mind, and take your own time. Then, as soon as you are still again, take DENIALS given below, and in a firm low voice, not even audible to others – but you must say the words - repeat a few times the words of the denials. There should be no hurry in all that you do during your Denials sink in. If there is any tendency for the Mind to wander, draw it back again by repeating the words of the Denials.

f) Now, take the Affirmation, very resolutely, and treat it in the same manner. Let the tone be decisive, positive, and yet reverent. Then remain STILL, VERY STILL, very peaceful and still, and let the Affirmations sink in.

g) Always sit in the same place, as already advised. You will know later on why this is desirable. Assume a grateful mood. You have to learn in a way that you have never learned before that the INFINITE WISDOM, of which you are a part, knows ALL. Therefore, when you are in touch with it consciously, there is nothing that YOU cannot know. Your connection with IT now is UNCONSCIOUS instinctive.

The Denials and Affirmations given below are to be thoroughly memorized for your

chanting (audible to you only).

DENIALS (to be memorized; recite audibly)

‘ I AM NOT SUBJECT TO DECAY, SICKNESS OR OLD AGE. THERE IS NO OLD AGE... THERE IS NO DECAY. I AM NOT SUBJECT TO DECAY AND OLD AGE. NOW I AM FREE, FREE FOR EVER MORE”

AFFIRMATION (to be memorized; recite audibly)

“THE LAW OF CREATION IS LIFE...I AM LIFE...GLORIOUS...WONDEROUS... VIBRANT LIFE...I AM YOUTH...I AM BEAUTY...STRENGTH...POWER...I AM FREE, FREE, LIFE...LIFE.

“I AM LIFE ETERNAL...BOUNDLESS...LIMITLESS...EVERLASTING... NEVER ENDING...WONDERFUL LIFE...I AM FREE...FREE. FREE.”

While preparing for meditation, please see that the nostrils are cleared and that you have nothing tight against the body; be reverent in your mind. Do not think that the Denials and Affirmations are so simple to understand that you have known these all before – you are merely starting at the very beginning. You are beginning to build that perfect Temple of the Living God and it is absolutely necessary for you to put in strong foundations.

Be open minded; put aside, for the time being, all that you have learned before about psychology or any of the multifarious phases of Life that you may have studied. Do not think that you can be robbed of any Truth you may previously have learned. MOST MEN/WOMEN ARE IGNORANT OF THEIR TRUE NATURE. It is known that our lives are based on laws as definite in their operation as electricity, heat, light, gravity, magnetism – all Natural Laws, though these Great Natural Laws are invisible to your eyes, we know that they exist and that they are powerful. No one ever SAW gravity or electricity, but we know his or her effects. No one ever saw the force that pulls the compass needle towards the North Pole, but we know it does pull it.

You never saw the force that makes you Breathe, but you know that you do breathe. In the practice of Brahma Vidya exercises in Breathing and Meditation, we go to the place where that Force resides – in the Silence, and it is from the Silence that our knowledge will gradually break through from the Great Universal Storehouse.

You are urged to make a sacred vow with yourself that, come what may, your practice shall not be interfere with during the whole of time taken for this course of lessons. There must no excuses, shut out all affairs that will interfere with your faithful adherence to your daily practice. You are to learn and realize during the ensuing few months more regarding the facts of life that you ever learned before.

There is a good deal of work to be done in the first few weeks/months, but thereafter especially when you begun the Mastery of the Scientific and Spiritual Breathings, you will find that you settled down to manifest the new truths that you are learning and looking for.

PEACE BE WITH YOU

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