

Introduction to the Basic Course of Brahmavidya

Brahmavidya is an ancient system of Yoga and Philosophy. Most religions teach that there is a spark of the Divine in every human being. Brahmavidya merely helps you to realize this more clearly and to use the Supreme Intelligence within, in a very practical way.

Being potentially divine, man has within him all the power required to overcome his difficulties and problems. Brahmavidya teaches definite methods by which a person can overcome all of his physical and mental problems and lead a better, happier life.

YOU can use these methods for mastering your personal problems, for building the superior mind and ability and power necessary to carry out your ambitions, to fulfill your desires, and to give you greater strength to fight off sickness and old age.

By practicing the Spiritual Breathing Exercises taught in this course we learn correct breathing. Through regular practice the capacity of the lungs increases, more Oxygen and more Prana energy are brought in the body and body learns and forms a habit of right breathing. This makes the body healthy and efficient. **Breath (Prana) brings Health in our body, Joy in our mind and peace in our spirit.**

As correct breathing purifies our body, we can say that Right Meditation cleans our mind. Regular practice of meditation improves mental outlook of the person and makes him more positive, cheerful, optimistic and confident. Due to better physical and mental health a person can do his daily work more efficiently. This can make him more successful at his job, his business or his profession.

The following information about the origin of the Philosophy of Brahmavidya will be of help to inspire you in taking up these teachings.

About 1200 years ago, ancient **NALANDA University** was a great centre of Learning and was popular internationally. The Department of yoga and Philosophy at that time was headed by a great master and Tantrik – **Guru Padmasambhava**. Foreseeing the destruction of Nalanda University by foreign invaders **Guru Padmasambhava** along with a few of his advanced student migrated to Tibet. His sacred and rare teaching were very closely guarded and were handed down for generations through a chain of selected disciples to the sufficiently evolved followers.

During the early years of the 20th century an English gentleman named **Edwin John Dingle – a reborn Lama** was mysteriously guided and drawn back to Tibet under strange circumstances. After completing his studies and practices for over nine months in Tibet he went out into the world for teaching the methods he had learnt. He settled in USA and imparted his teaching to nearly 2,18,000 students all over the world. He was lovingly addressed as **DING LE MEI** in Tibet and he used this name throughout his life.

Guru Jyotirmayananda, a disciple of Guru Ding Le Mei started Brahmavidya classes in Mumbai In 1977. **Brahmavidya Sadhak Sangh** promoted by his students in 1977 is a **Charitable Trust** duly registered with the Government. All teachers and volunteers of the trust work with a spirit of SERVICE.

The syllabus:

The Basic Course of BRAHMAVIDYA comprises of twenty two lessons containing

- a) Pranayam and Spiritual Breathing Exercises which are to be practiced daily, in the morning and
- b) Graduated lessons in Meditation (Dhyana) – to be practiced during night or early morning as may be found convenient.
- c) The laws of life for health and success
- d) Theoretical information on certain aspects of human body and mind

Depending upon the level of interest and availability of time one can devote more time for practicing these techniques, but **minimum requirement is 20 minutes for breathing exercises in the morning and 20 minutes for Meditation.**

The Duration: The course duration will be of 23 weekly sessions of one and half hour each totaling to 34 hours approximately.

The fees structure: The course fee charged by the trust is Rs. 1500/- per student.

The examination: On the basis of attendance and practice of spiritual breathing exercises and meditation, students will be eligible to get the certificate of your college for completing the course.

The Certificate: the certificate will be given by your college which will be signed by the head of the institution as well as Brahavidya teacher conducting the course. The certificate will be only for completion of the course without any gradation or marking scheme.