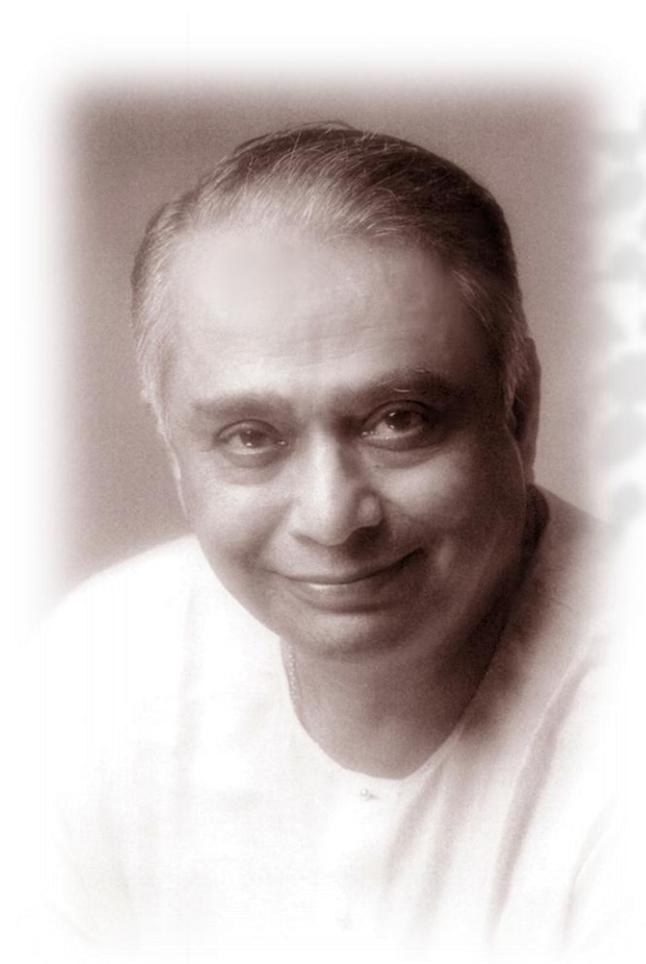




Brahma Vidya





Brahma Vidya

'Experiences'



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Brahma Vidya and its Influence on My Life

Since last seven years, I am a student of Brahma Vidya. I have been diligently practicing the exercises and their affirmations regularly, rarely missing a day.

As per my experience, the great system of Brahma Vidya is not only helpful in day to day life, but also helps to clean and clear all physical disorders as well as mental habits and gives us a proper understanding and leads us to a new and a true way of life.

During our life we collect great deal of negative data consciously or unconsciously, and this gets accumulated in our minds. The exercises, affirmations and the lectures help to clear this and empower us to face any problem and a difficult situation with confidence. Fear and all other disturbances disappear and a new firm, courageous and authentic thinking pattern establishes with a proper understanding. It also increases mind-power and endows with the ability to solve day to day problems. It teaches to always to be in the 'NOW.'

Pranic energy helps to develop perfect health and lead us towards rejuvenation. Meditation happens effectively. All outer disturbances keep away while meditation gives complete and comprehensive affect to reach the final state of relaxation and blissful condition of body and mind.

I am eternally grateful to dear Guruji for the opportunity to learn this Vidya under his guidance.

– A. K. Rangwala

Experiences

Dear Readers,

First of all let me introduce myself to you. My name is Amol Deshmukh and am 24 years of age, currently working as a Chief Officer in the Merchant Navy with an American Oil Tanker Company.

When my mother informed me that they were going to publish a book on Dudhat Guruji and were inviting articles of personal recounts and experiences of Brahma Vidya, I jumped at the opportunity. Not because I' am fond of demonstrating my writing skills but because this is one topic which is dear to my heart and I'd love to share my experiences with other people, who will surely be benefited from it, just as I was.

I had always been a lad who was to things falling in place and had high expectations from life, a dreamer some might say. An optimist to the core of the heart with a wild temper and a passion for destruction. Planning life, to the minutest detail for the next ten odd years came naturally to me. With God's grace all used to go well, just as planned.

Until, along came a phase in my life, which changed me drastically, for the better of course. I still remember the agony and frustration that I went through those few months. Because I was so demanding from life, if things did not go as per clockwork, I'd get frustrated, lose my patience, tolerance levels would plummet and all mayhem would break loose. It was the spring of the year 2000, when mankind was moving into a new millennium; little did I realize that I'd move into another time frame myself.

A lot was happening as it should have been. My career wasn't moving along smoothly, close friends were suddenly not what they seemed to be, trust issues breaking out, Girl friend troubles, and the usual mind boggling problems faced by an average 21 year old.

Not much to fuss about, you might say, believe me when you are of that age, these are the very things that your entire life revolves around. Needless to say, for a guy like me, life was in turmoil.

My Mum as all mothers could see the restlessness in me which I'd be reluctant to express she had been attending Guruji's lectures for a quite a few years now. One day, she suggested to me that I should come and attend his lectures and maybe I would benefit from them or at least use them to sort out my muddled life.

Experiences

The very first impulsive thought which ran through my mind was, 'I'm too young for all that philosophical talk. That is meant for old people'. (Only a few months later did I realize how wrong I was!)

Nevertheless, I said to myself, there's nothing to lose by attending one lecture and nothing else was working anyway. I was supremely confident that it wasn't going to be of much help.

A few days later, on the next Friday, we went for my first lecture. As I entered the room, I felt quite out of place. Probably the only person wearing six-pocketed trousers and a football jersey! However, I decided to keep an open mind. The lecture went off well and I was impressed by Guruji's oratory skills. He had been a lawyer and judge after all. Nothing more than that happened.

The following week, my Mum asked me if I wanted to go again. This time, I had a choice. And fortunately I made the right one. I said to myself, 'well, it was a good talk and it was appealing listening to his soothing voice, so why not go again'.

And so it went on for the next few weeks. I suddenly realized that this was getting to be quite an interesting topic, which I'd never read about in books and had seldom heard people discuss about. Especially because the lectures were in English and he gave scientific explanations for every theory. It was a whole new world out there, literally. And since I've always been fascinated by mysteries, this one not surprisingly, caught my eye.

After attending a few lectures and hearing Guruji repeatedly insist that you are the Master of your own Life and it can be as wonderful as you want it to be, I thought 'Now, Amol, here is a man who's throwing you a challenge'. And I'm a man who never backs away from any challenge. I silently made a solemn promise to myself. I decided, that I'd do all the Mental Physics exercises and meditation exactly as prescribed, with complete dedication and if after a few months I didn't see any results, I'd just put the book in a corner and walk up to Guruji and say. 'I'm your first failure and I've proved you wrong'. On the other hand, if life turned out to be exactly as he'd promised, I'd be the person benefiting immensely from it.

So it was always going to be a win-win situation.

Experiences

I left for the ship, armed with my new weapon and with grit determination, to sort out my life. The next few months entailed a lot of sacrifices. That's because we have very unpredictable schedules on the ship, especially when you are a trainee officer. 10-12 hours of hard work, 2 hours of study, 6 hours of sleep and in between find time for meals and entertainment. Amidst this hectic schedule, job pressures, odd work and rest hours and to add to it, being deprived of your mother's tenderly love and inevitable homesickness, I had to find 2 hours each day for meditation, breathing exercises and to read the Mental Physics handbook.

Other physical constraints such as the fact that the ship used to often swing into a 20 degree roll while you are trying to keep your spine as upright as possible and the fact that the thickness of the bulkheads was not sufficient to keep the heavy sound produced by the exhalation of breath, made it an even more arduous task. In fact, I remember the first day, the guy sleeping next door came rushing to see if I was alright because he thought I had asthma and was gasping for breath! It was quite hilarious and I made up an excuse that I was practicing a bit of yoga in the middle of the night!

Nevertheless, after a few days of struggle, I settled into a good routine. And suddenly all those physical and mental constraints didn't matter any more because when my concentration levels increased, I was oblivious of the surroundings. Within a few weeks of dedicated commitment towards one cause, I started seeing the results. Life was so much different. Nothing seemed to be an impossible task and I believed I could achieve anything I wanted to. People were a bit alarmed at my optimism, but I just ignored them. I learned to control my temper and focus that excess energy to find a solution to the very problem which was causing it. I've kept perfect health ever since. Intuitions were very common. And I used to crack a wry smile when people said something, which a few seconds earlier had already transpired through my mind. No one could understand the change I was going through unless they had experienced it themselves. Negative thoughts which used to spring up earlier had been suppressed.

With practice, I learned to use the Creative breath successfully to achieve absolutely the most impossible tasks and to heal people who had fallen sick on the ship, with miraculous results.

This was too good to be true. But of course I always used it for the benefit of other people and not meant to cause any harm to others.

Experiences

The most noteworthy was the power of visualization. So much so that even people who didn't practice mental physics could benefit from visualization alone and I've tried a few successful experiments with that.

I felt as though I was scaling a mountain and leaving behind ordinary people who unfortunately could not experience what I was going through. The climb was never easy, especially with doubts creeping in your mind all the time and no one to guide you. But in one way or another I got my answers, especially through observing nature. The climb to the summit would be ultimately reaching God. Life was perfect! All that Guruji had promised was not untrue after all and I can never thank him enough.

And now I understood why he always said that I want more young people to practice this art. They have a whole lifetime ahead of them to put what they've learnt into practice.

When I got home from that ship, my Mum was eagerly awaiting my return at the airport and it was quite visible from my face that her son had stepped into a totally new world. A world of pure bliss. I was quite excited about it and wanted to share it with everyone I met. However, that's when I realized that not everyone was as open minded as I was and it was just some sort of a fairy tale for them and they used to ridicule me. So I just stopped talking about it. But was there to stay with me and a lot of friends who'd met me after years seemed to notice the change in me and asked me how it came about. I just replied that I've reached 'Xanadu'. For people who've read comics like 'Mandrake the Magician' will know exactly what I'm talking about. Xanadu was the place of residence of Mandrake and was supposed to be a mysterious place where the world was perfect, wonderland.

I could talk at length on any topic with people at impromptu even though I'd never studied that subject before. Whenever any problem came up, assistance in some form or other would arrive from all directions in plenty. I could quote countless instances, where I've been in trouble and things have sorted themselves out almost miraculously.

Self-confidence, fearlessness, happiness, joy, satisfaction, health, strength, peace were all by – products.

The realization came that a materialistic life is only short-lived, but this was permanent. It was so addictive that the more I practiced it, the more I felt that I must get into this full time and dedicate my life to it, solely because it was worth it.

Experiences

Finally last year, it came to a stage wherein I spoke to my Mum about it and complained about why I should lead such a materialistic life when I could lead another and I was disturbed about it for a few days until, as always I got my answer. This time though a friend, again purely by chance. He had an excerpt of FAQ's where some one was asking his Guru exactly what I had in mind. I've copied the Excerpt here.

“Question: I am tired of my present life. I would like to spend my remaining life with you, doing God's work.

Answer: If you think walking on this spiritual path is easier than leading a normal life, you are mistaken. This path is very difficult. In your normal life, the materialistic world around you, keeps your mind occupied and entertained. You do not have to do anything specific to achieve that. But, to lead a spiritual life, is to take your mind away from this physical, materialistic world. This is not possible without total detachment.

An ant will always be attracted towards sugar. Similarly, your mind, by its very nature, that has been evolved over centuries, will be attracted towards this materialistic world. To take your mind away from this is very difficult.

Only after man has experienced all the pleasures available in this world, does he realize that there is no happiness in any one of them. And then and only then will he move towards spiritual life. So your normal life is the 1st act while, the spiritual life is the last act. If you do a good job with your 1st act, you will find the last act very easy”.

Needless to say, I got my answer. So friends, I'm here right now in the 1st act of life eagerly awaiting my last.

I hope this personal recount of an ordinary individual like yourself would inspire you enough to take up this path. Believe me, it's definitely worth it.

I'd like to thank Gurujī once again for introducing me to this path and guiding me well and of course my Mother who they say is God in human form.

Thank you.

– Amol Deshmukh

Experiences

Since 1987 I am a humble student of Brahma Vidya Course conducted by our Guruji Justice M.L. Dudhat whose lectures, demonstrations of breathing exercises meditation were highly inspiring in my life saddled then with official and domestic responsibilities. In the first Shibir held at Mahabaleshwar during December 1987 I had an unforgettable and are inspiring experience both pleasant and spell bound as if struck by an electric shock and lightning.

These experiences were explained to me by Guruji. My interest increased several folds since then. The meditative approach to viewing of life enabled me to face a space of unfortunate events which included bereavements in the family in close relations and friends, retirement, health problems in the family and many others in a span of 2-3 years. Despite these several and crowded events I could keep my balance of mind and health because of the meditation and the guidance of our Guruji.

I am grateful to his advice and directions in facing the legal and family problems which arose then. I feel the equanimity of mind needed then, was in great measure possible due to the Master mind of Guruji. No amount of words would ever express adequately my sense of gratitude to him. Mahabaleshwar Shibir, particularly 1992 and 1993, form a source of inspiration and an experience for excellence as far as meditation is concerned.

Justice Dudhatji insisted on writing down the experiences regularly. However some of the experiences defy expression in words. Near ecstasy and pleasant feeling of deep meditation are the only forms of experience, words as they are for these too, and my grateful pranamas to the Master Mind our Guruji – Justice Dudhat.

– Dr. S. G. Khirsagar

History of Brahma Vidya Classes

Hon. Justice Dhudhat was a student of the first batch in 1977 when Shri Ramnathanji alias Swami Jyotirmayanandji introduced the Brahma Vidya System in India. He had started the course in Mental Physics and Breathing Exercises from Mr. Ding Le Me, who had personally studied the system in Tibet and started propogating it in U.S.A. 1928.

In 1985 Mr. Dudhat was requested to give a talk in a weekly meeting of Chembur Senior Citizens Association (Regd) in May 1985. When he talked about “Guidelines to Better life”. The initial talk was succeeded by one question & answer session and a talk concerning Senior Citizens. In the last talk Shri Dudhatji expressed his willingness to guide the Senior Citizens in Meditation to those interested. This was the beginning of starting of Brahma Vidya classes by Shri Dudhatji in Mumbai.

The classes were started in June 1985 and were held once a week in Mr. Pandya’s home on 12th road Chembur. In December that year, Shri Dudhatji observed that more than half the course was completed at that time and as new students continued the course could be repeated in the succeeding year. Accordingly this course is being conducted every year from July to March/April of the succeeding year till today since 1985. The venue of the classes was “Ramsharanam Hall” on 15th Road from 1986 July to August 2002, when it was shifted to A.F.A.C. High School in Chembur as the Ramsharanam Hall building was demolished for construction of a 7th storied building on the plot. The Brahma Vidya followers in Chembur center are very much indebted to the Agarwal family who owned the Ramsharanam building, for their cooperation in allowing the weekly classes to be held in the magnificent hall with the facilities without any remuneration in cash or kind, even towards operating costs. After Shri. Dudhatji was appointed Hon. Judge of Mumbai High Court he shifted his residence to Nariman Point where classes in Brahma Vidya started being conducted by him since October 1989 and are being conducted every Wednesday in K.C. Law College, Fort, Mumbai at present.

For eight years since 1993 till 2002, Shri Dudhatji conducted weekly classes in Vashi New Bombay and had to be discontinued for unavoidable reasons.

Medium of all the above classes is English. However on requests from some of the Sadhaks, Shri Dudhatji conducted classes in Marathi in Chembur for 3 years; they were however discontinued because of lack of satisfactory response.

History of Brahma Vidya Classes

However to meet the demand of Marathi as medium, Shri Dudhatji started conducting weekly classes in Dadar since 1995. The attendance at these classes is over 150 students who include students from places as far away as Dahisar on western suburbs of Mumbai and Thana, Kalyan from Eastern Suburbs.

Shri Dudhatji had started conducting these classes with the object of forming Master mind and helping people to develop a positive approach towards life and he has been pursuing the activity with missionary Zeal. He has been conducting these without any financial commitment on the part of The Students, in spite of the fact that he has to make the trips to Dadar, Chembur and for some years to Vashi every Week,

Initially for first few years one lesson in the hand book of “Brahma Vidya” would to be read by a student and Guruji would elucidate the purpose. There in his inimitable, refreshing and convincing manner. However for some years now the practice of reading a relevant lesson in the text book has been dropped. Keeping the essence of the particular lesson he delivers his discourse covering the full duration of the class bringing out the salient features as also similarities of in the teachings of our Rishis Five thousand years back and the findings of modern day scientific research.

From 1986 in Chembur, Shri Dudhatji guided the Students in meditation regularly every week. Even now meditation sittings are held once in a week in his residence at Nariman Point on Tuesdays and in Sindhi Society, Chembur every Saturday.

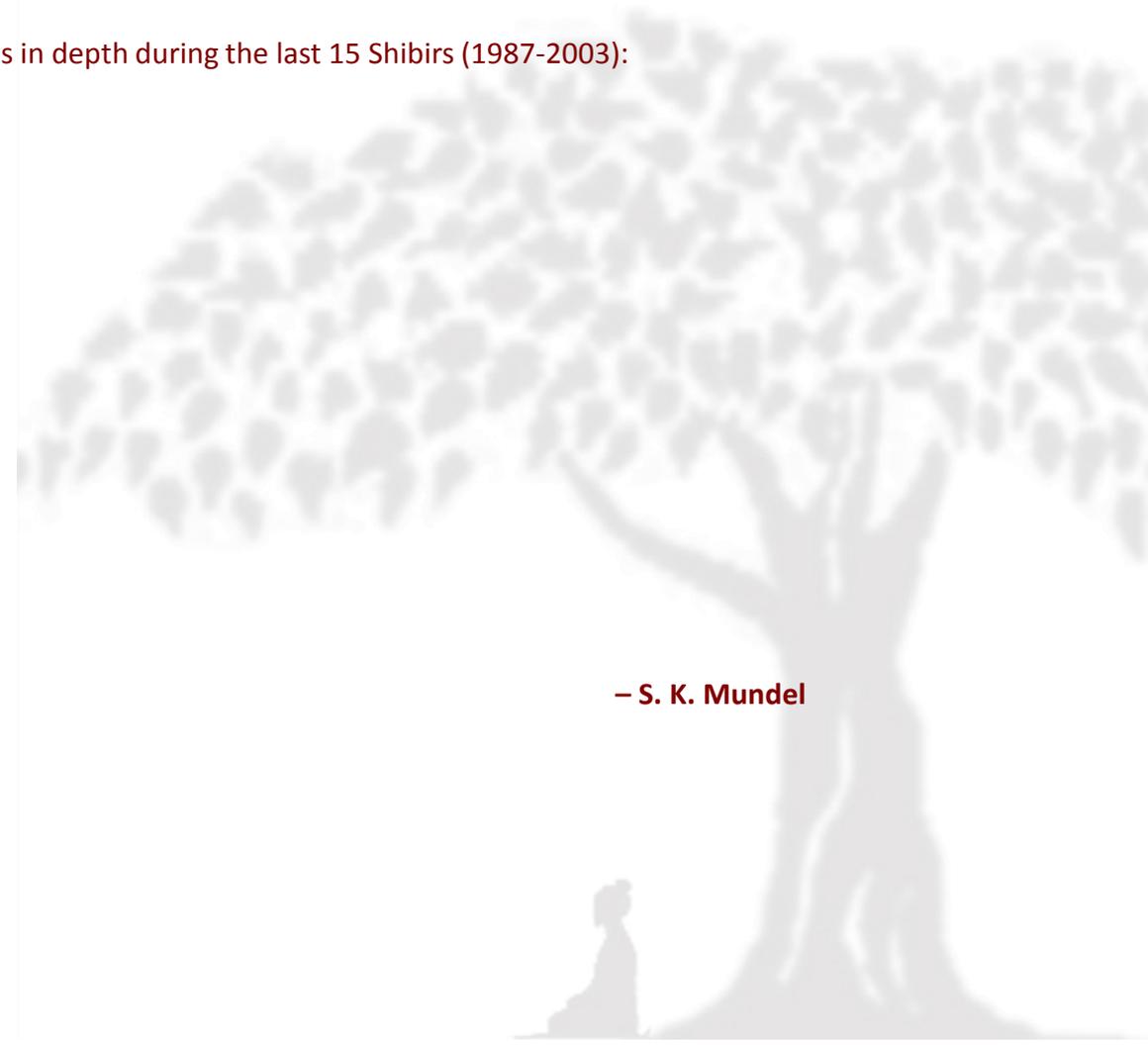
In February 1987 Mr. Vasudeo Mata a colleague of Shri Dudhatji in legal profession suggested that they visit Mount Abu and attend a 5-day Shibir being regularly conducted there by Brahma Kumari Trust. Accordingly he with his wife & five students of Brahma Vidya attended one such Shibir in February. On his return to Mumbai, in May he expressed his desire to have similar Shibir for the students of Brahma Vidya at a venue away from Mumbai. Thus started the annual Shibir in the Girivihar Hotel in Mahabaleshwar Since December 1987. The duration of the first Shibir was three days. However the duration is of 5 days at present Participants numbering over 140 derive benefits of the spiritual activity in the calm & Salubrious climate of Mahabaleshwar in the company of revered Guruji Shri Dudhatji, throughout.

The Shibir program includes daily meditation in the morning & evening & two discourses on a predetermined subject every day. The subjects are different from Brahma Vidya course and new every year. Shibir in 1990 & 1994 had to be cancelled because of contingencies.

History of Brahma Vidya Classes

Respected Guruji Shri Dudhatji dealt the following subjects in depth during the last 15 Shibirs (1987-2003):

- 1) Seven levels of spiritualism.
- 2) Auro Healing.
- 3) Thought Dynamics.
- 4) Is there justice in the world?
- 5) Mind.
- 6) Life beyond death.
- 8) Zen Philosophy
- 9) Kundalini
- 10) Tantra
- 11) Continuity of Life.
- 12) Conversation with God.
- 13) Kaivalyopanishad.
- 14) Yog Vasishta.
- 15) Shri Krishna.



– S. K. Mundel

My Experiences With Guruji

The Brahma Vidya lectures by Retd. Justice Shri M. L. Dudhatji (Guruji) has had a tremendous impact on my life. I have found a different dimension to my thought processes - an elevation to a higher level. My thoughts, deeds and actions have been kindled by 'pure love' and have transcended to a different plane. Thus I say, because in whatever I do now there is joy and happiness - Life has become more meaningful. I do my best according to my inspirational creativity. I feel more and more youthful and there is a constant flow – a bubbling enthusiasm as I paint, sing and organise events and meet people. The ripples around are created and the outcome – a spreading of joy and love.

This I have achieved because of Guruji's lectures, constant connectivity with him from time to time through meditations. Guruji's oratory skills, his shining personality which is an example of the discipline which he professes – His 'Margadarshan' and through his connectivity to the Creator, has left me with rich spiritual experiences. I am grateful to him as my Guruji and a warm and affectionate individual.

– Mrs. Hema Gandhi

Experience in Brahma Vidya

I am attending the Brahma Vidya Lectures delivered by Guruji Shri M. L. Dudhat, since three years and also have attended the Mahabaleshwar Shibir twice.

It was second week of November 2002 and I met with a small accident due to which I had tremendous pain in my Collar Bone and Spinal Cord. I was on Pain Killer tablets, which would relive the pain only for some time. Doctor had advised me to take rest. I had paid the Mahabaleshwar Shibir Charges, but went to Mundle Uncle to tell him that I cannot come to attend the Shibir. On this Mundle Uncle told me that you don't worry at all, god knows in meditation when the master mind is formed you will get relief. And this really happened on the very next day after reaching to Mahabaleshwar my pain was reduced by 50%. By the time I reached to Mumbai I had stopped taking the pain Killers. This is all because of Guruji and Brahma Vidya.

I was very short tempered before joining the Brahma Vidya lectures but I have changed a lot. This I can experience personally and also my relatives say the same.

First my sisters were afraid to show my mistakes but now they are not.

Before attending the Brahma Vidya classes I use to react immediately on anything without thinking about the consequences. I use to take the decisions immediately. While doing my job my attention use to get diverted to many unwanted things, which would create lots of mistakes, but after hearing from Guruji saying "do all the work with full loyalty. Enjoy each and every work you have to do then only you will be successful". Many times I use to think negative, i.e. whether my work will be completed or not, If I don't do the work in time what will happen, etc. In this I would go on thinking living the work aside. But now it is not so. I just start the work and live rest on Guruji and really speaking everything happens automatically.

I am into Business and have money problems in November to February every year. But always I have seen that I do the best and rest I live on Guruji. Really I get money automatically. Either my friend comes and gives money on his own or my sister will give money on her own or sometimes my outstanding amount is cleared.

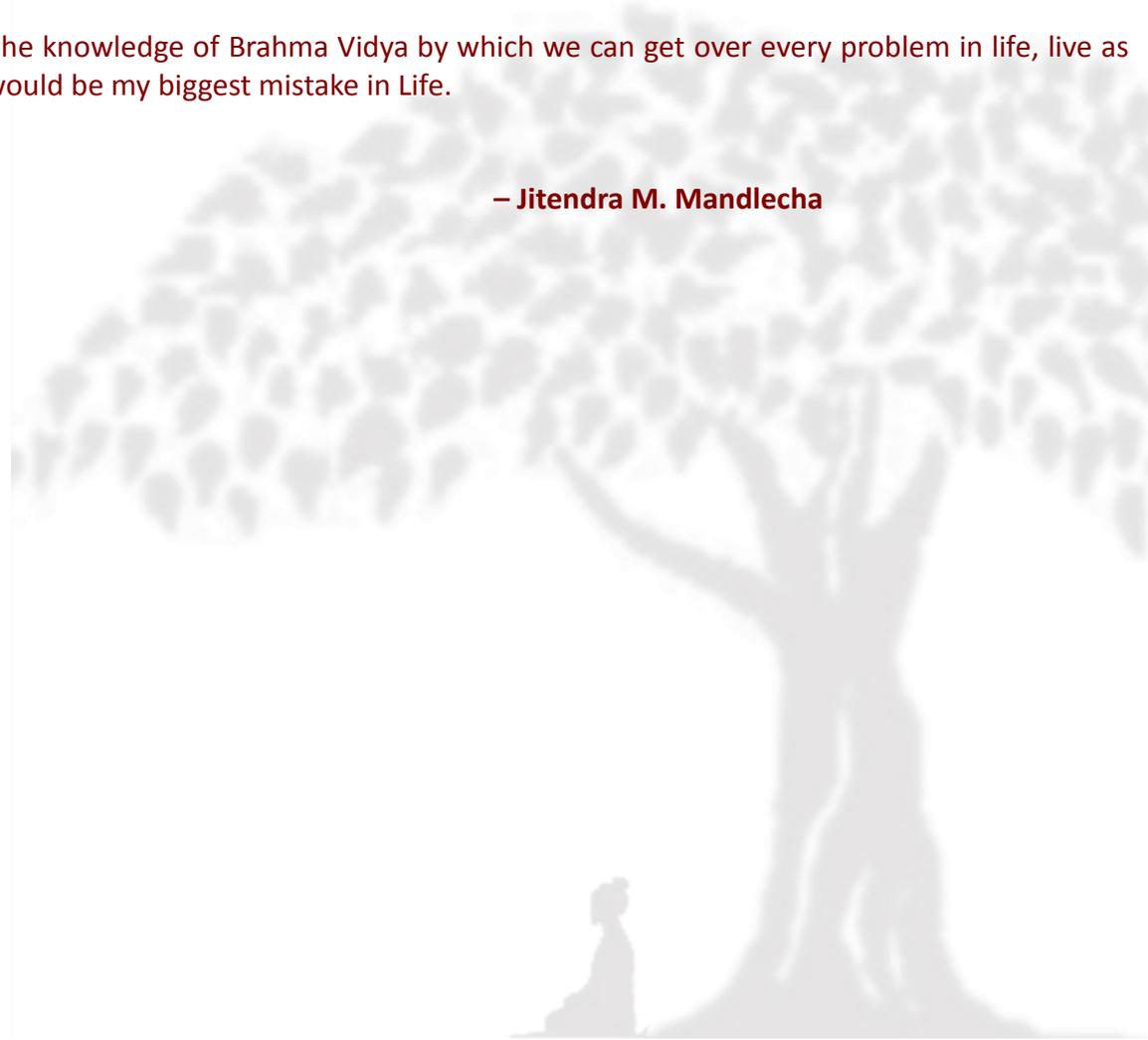


Brahma Vidya

Experience in Brahma Vidya

I am thankful to Guruji because of whom we are getting the knowledge of Brahma Vidya by which we can get over every problem in life, live as much as desire, etc. If I have not attended the lectures it would be my biggest mistake in Life.

– Jitendra M. Mandlecha



The Answer of an Aspirant

Miracles do happen. Material and spiritual/subtle rewards are reaped in this life- time. Heaven is here and now. These statements are not from a book but from deep down of my heart.

I am an ardent student of Brahma Vidya. The journey started eight years ago, when a dear friend introduced me to the classes. I have been hooked on, since then.

Beloved Guruji's depth of knowledge and breadth of vision is incomparable. His glowing face, charismatic smile, the continuous flow of pearls of wisdom from his lips and his imitable mannerisms, bring us closer and closer to him.

The tough and difficult concepts of Brahma Vidya were made so easy by the effortless lectures of Guruji. His beseeching to us to regularly do the exercises, affirmations, denials and above all meditations for a fruitful successful and happy life. Those of us who follow him are rewarded amply.

1. Though not from a business family background, neither experience in business, I ventured into trading along with my 23 years old son. Understanding the system, knowledge of banking intricacies, establishing and maintaining healthy relations with the company officials on one hand and with the dealers on the other – the whole ride was rough with pitfalls but an unseen hand guided us sail through. We not only succeeded in one activity but also started another business venture and are doing well in that project.
2. The birth of my grandson was nothing short of a miracle. From the very conception, through pregnancy and a complicated and delayed delivery, the Totality forces took over and Om was born. Guruji warned me when the expected due date was nearing “The baby is in trouble get the operation (Caesarean) done”.
3. My daughter was planning to go to USA for a Ph.D. programme. It was providential how she got admission in one of the prestigious universities and how she got a US visa (an impossible mission). She sat for meditation along with the others and soon after meditation Guruji looked at her and said. “Beta, no difficulty about finances, everything is taken care of”. Believe me, how she got funded, how she got assistantship on the campus and how some philanthropic individuals and institutions helped her is beyond our imagination.

The Answer of an Aspirant

4. Two years ago, a boy showed keen interest in marrying my daughter, but my daughter's interest lay in studying abroad. All her attention and energy was focused towards that aim. I mentioned to Guruji about this proposition. He immediately gave his blessings and said, "He is the boy for her. You cannot find her a better match. She is ideally suited to him". All this was said without Guruji meeting the boy or even seeing his photograph!!! Guruji also advised me to rush to Chennai to see the boy's parents. But this did not happen and my daughter went abroad to pursue her mission. Within six months the boy followed her to USA. They met and knew each other better and decided to get married. Again Guruji advised me that this 'time' was as good as any other and that I should not delay. Paying heed to Guruji's advice and complying to the wishes of the couple, the marriage was solemnized at Chennai within 5 days. Everything went clockwork – right from air-tickets, to marriage hall to hairdressers, last minute shopping to logistics. It was an Unseen Hand guiding us, protecting us, heeding us to say something or sealing our lips to remain quiet.

It's so true, when GOD is with us, who can be against us. Implicit faith and always being in tune to God radio station helps us in leading our life graciously with vim, vigour and verve.

Citing these major events, nothing short of miracles, I feel blessed to be in and around Guruji. But humble as he is, he just dismisses these as nothing important what he considers really noteworthy is our spiritual progress. He says, "These are peripherals, what Brahma Vidya will give is beautiful, meaningful, fruitful and happy life and quantum leap in spiritual growth".

My most heartfelt "Thank you" and Pranaams to this Great Guru who really showed us the way.

– Kusum Jagasia

Gurukrupa

I started to attend the course of Brahma Vidya in 1996 at the insistence of my friends. However, after attending it for a few weeks I realized that I was not fully following the teaching as I was not fluent in the English language.

In 1999 my friend Santosh asked me to start attending the classes and she would explain the lesson to me the next morning when we would walk together. I also attended the Shibir in December 1999 at Mahabaleshwar along with my husband, which proved to be a turning point in our lives for my husband also started to attend the lectures thereafter.

We also became part of the group that meets every Tuesday for meditation with Guruji.

The lectures became more meaningful to me after this since my husband would painstakingly explain to me in our own language the depth of the message contained in the lectures. Attending Guruji's lectures and meditation has given us great mental peace and renewed faith in God. Our self confidence has increased and problems that seemed insurmountable earlier, we now work at them with a cool frame of mind and detachment. With the teaching and Guruji's blessings we are slowly and steadily working our way through life's difficult situations. The situations stay the same but the change in our attitude towards them helps us to work at them in a balanced state of mind and spirit.

On 20th. July 2004 I voiced some of my doubts to Guruji. He very patiently explained to me as to where I was going wrong. Being his focus of attention for nearly ten minutes left me feeling very energized, joyful and tension free.

Our heart is full of gratitude towards dear Guruji; and I am thankful to my friend Usha Banerji for directing me towards the Brahma Vidya course.

– Mrudula Jariwala

Brahma Vidya and How it Has Helped Me in Daily Living

I joined Brahma Vidya in Sept. 1997. I became a serious and sincere student and tried to follow the system thoroughly in 1998. Earlier to this I have joined various courses and attended many lectures but did not get satisfaction any where. It is only when I came to Brahma Vidya conducted by Guruji that I started to understand the true meaning of spirituality. This process was gradual as I practiced the breathing exercises, affirmations and attended Guruji's lectures and attended meditation sessions with him every Tuesday.

The ongoing practice and being in the energy field of the Guru has changed the way of my thought process and helps me move from the earlier conditioned patterns to a more balanced manner of thinking and being. This has also made me very sensitive to vibrations of people and circumstances I am placed in. It has helped me to keep physically healthy and emotionally fulfilled. As I surrender to the Master Mind, new energy flows through me. It is only through faith in oneself and in Guruji that the teaching of Brahma Vidya helps to transform and move towards the art of true living. The unfolding of mind gives understanding of day to day living and its problems, which grip the human mind with uncertainty, fear and insecurity. Sometimes I find fear and hatred in the people and surroundings and sometimes I find it within me, coming from past experiences and memories. Living life with awareness I can now distinguish whether the disturbance is coming from within me or from around me. Brahma Vidya gives me a great gift by teaching me how to send the love vibration from deep within myself to one and all. It teaches me that I am a part of all and not an individual entity. When this happens spontaneously and effectively, a feeling of peace, bliss and relaxation fills each and every cell of my body.

Dear Guruji has made me understand the meaning of the words Love, Faith, Patience and Surrender. For me these words are the key that open the gates to happiness and peace of mind. Guruji's unconditional love is our strength.

– Razia Rangwala

Brahma Vidya Course & its Influence on My Life

Much against my wish I joined the course in Brahma Vidya proving that a time comes in ones life when there is another will in operation other than your own. I came to realize, that the reins of my destiny were and are not in my hands.

I have been attending the lectures since August 1995, and in the very first few months the lectures, the breaths and the affirmations coupled with the powerful energy field of the Guru opened up a dimension for me that I did not know existed, thus changing the course of my life. I had no choice but to surrender to the events that were unfolding externally and internally for I realized that if I exercised my will, I was creating blocks on the path of my growth and entering into a state of utter confusion. The best thing to do was to forsake all responsibility and surrendering, flow with the scheme of things to unfold.

With the opening of this dimension under the Guru's guidance, the Kundalini energy set to work towards recreating my body, mind and intellect. The process of the change taking place was visually created for me as it was my best form of perception. These visuals are recorded in the books: Conscious Flight into the Emyrean, Kundalini Diary and third forth coming book. It took five years to complete the transformation, giving me on the way certain lessons and insights. Integrating the knowledge is an ongoing process.

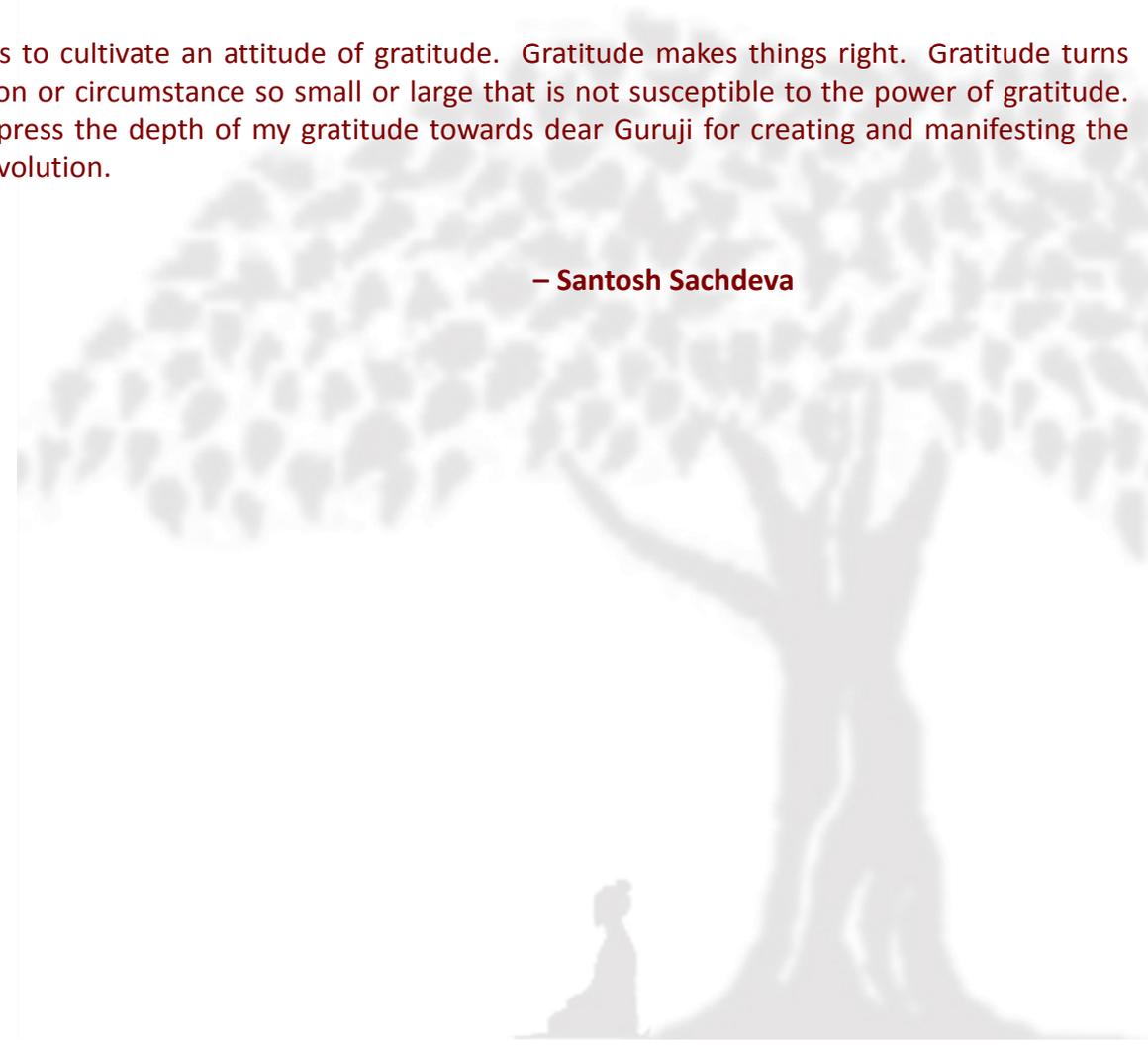
Some of the simple truths that I came to experience and understand while practicing the exercises, reciting the affirmations and listening to Guruji are: (a) Every thought has a form and potential to actualize itself. (b) If you release an intention with an appropriate attention, it will fructify. (c) I learnt that there are certain simple rules one can follow. They are: do not 'compare', do not 'judge', do not 'complain', do not ask 'why', do not 'criticize', have no fear and finally have no 'expectation'.

These simple rules though difficult to imbibe, if observed, will lead to a happy and peaceful life. These rules are for daily living and not for those who are in any such profession where one cannot adhere to them. If you are to live by them then you have to live your life in complete awareness at every moment and every step. Another realization that dawned was that, the other is a reflection of ourselves and our judgement of others generally reflects how we feel about ourselves.

Brahma Vidya Course & its Influence on My Life

The other major lesson I learnt and Guruji emphasizes is to cultivate an attitude of gratitude. Gratitude makes things right. Gratitude turns negative energy into positive energy. There is no situation or circumstance so small or large that is not susceptible to the power of gratitude. There are no words I could use that would suffice to express the depth of my gratitude towards dear Guruji for creating and manifesting the space that would be most conducive for my growth and evolution.

– Santosh Sachdeva



Journey with Brahma Vidya

Words cannot even begin to explain what Brahma Vidya has done for me. There are no words known to me to justify the effect of being able to unlearn that which I thought constituted myself before Brahma Vidya came into my life.

At best, I can only say that it has been an adventurous journey in the process of unfoldment. Life before Brahma Vidya was one of semi darkness. There is strife among all of us to live the ideal life, principally and physically. According to me, what we consider an ideal in the conventional sense is just a figment of imagination. The only ideal in life is the life based on the TRUTH and DIVINE LAW.

In this realization, my personal life has been sorted out. Relationships with near and dear ones have improved and my mind is sharp. My professional life knows unbounded joy. A kind of joy I've never before experienced.

Life has taken on a serendipitous quality and there is much magic seen, felt and experienced everyday. In this vast cosmic soup, I see the networking of people, how we all are interconnected. Sometimes by some divine miracle someone is sent to guide me, and sometimes I am sent to someone. And so life is; full of magic and miracles. If one looks with the heart, one will see it.

These past few months have meant rapid growth for me. I do not feel alone and scared anymore, and feel firmly rooted in the teachings and principles of Brahma Vidya. It is indeed beyond science, beyond the ordinary mind, beyond space and time. It is unlimited.

I thank the Universal Energy for this opportunity.

Lastly, I would like to thank Goldie for telling me about Brahma Vidya.

Thank you Santosh for your patience, kindness and encouragement in some very dark moments. Most of all thank you Guruji. You have opened up the world for me. A beautiful, magical, miraculous world. Thank you for making me realize the power of the Here-Now, the Moment. The past and future are in its place. The only way to live is in the present. In doing so, I've lost all the fear and panic I used to feel and have come to enjoy this special life.

– Shabnam Contractor

Brahma Vidya and How it Has Helped Me

17th Nov. 1996 – I clearly remember the day I joined Brahma Vidya course under the guidance of Guruji. It was a new beginning in the field of spiritualism for me. The first lecture was on prarabdha and Guruji explained it so beautifully. It helped me to cool down and bring balance to my mental and emotional health, which was in its highest level of turbulence and sorrow. The knowledge of Brahma Vidya came to me when my awareness was focused on the trauma of a loss we as a family had undergone and on the mundane monotonous existence.

Guruji's teaching gave a new direction to my life and my way of thinking. It proved to be a wake up call, which served to pull me out of the dredges of inertia and deep sleep, lost in self pity and futility of the mundane life of fleeting joy and sorrow.

I've attended the shibirs at Mahabaleshwar, on subjects like Kundalini, Zen philosophy, Yogvashishtha and other such enlightening topics. These shibirs heightened my sense of well being and happiness by imparting gems of knowledge.

Guruji's teaching has changed the paradigm of my life; taught me higher concepts of non-attachment, importance of karma yoga and its role in the cycle of life and death. After attending lectures for two years I joined the weekly meditation sessions with Guruji. The Master Mind meditation was a new experience for me, which further enhanced my life and brought me in contact with many like minded aspirants.

I express my gratitude to Guruji for leading me towards a balanced way of living, and to my friend Sushama Tulpule for introducing me to the lectures.

– Suchitra Dandekar

Gratitude

I express my whole-heartedly sincere gratitude towards my beloved Guru, Retd. Justice Shri M. L. Dudhat, an enlightened soul, for his guidance for the well-designed Brahma Vidya Course and mastermind deep meditation leading me on my spiritual journey.

In divine presence of beloved Master Shri Dudhat the deep meditation happened with me of completely forgetting my body, mind, thinking and being in Anand - blissful, see or do as per the need of the hour, being in present tense and remaining tranquil all the time, even in most difficult circumstance such as death of dear and near ones, being a part of the universe, took me beyond caste, creed, colour, age, time, religion, gender. His unconditional love showers on us opens up the inner spiritual energy within us along with emotions. He is teaching us to keep our inner balance with our two wings of life - Mundane life and spiritual life.

From my childhood, my parents and especially my grandmother taught us Hindu scriptures, stories and chanting. Our family travelled all over India, visited temples, shrines and Saints. After learning the Asanas and Pranayama I visited Vivekanand Shrine, Kanyakumari and Belur Math, Kolkatta, where came across the books by Vivekananda & Ramakrishna Paramhansa on Meditation and on different path of Yoga. My quest for spiritual knowledge hightened and I seek out for a simple practical way to attain it.

Through my friend, Ms. Ranjana Harisinghany, I attended 2nd lecture of series in Chembur, in July 1992 and got glued to the great oratory personality. His lectures are interesting, inspiring, giving modern scientific explanations and theories along with practical spirituality. He is giving us knowledge about 6000 years old path of Raj Yoga, set in a prescribed systematic form by Guru Ding Le Mie consisting of breathing exercises, affirmations, recitations, pranayama and meditation, taught at Nalanda University in ancient Hindu times which was later preserved by Tantric Guru Padma Sambhava at Tibet from external attacks on India, subsequently brought to India by Late Shri Ramanathan (Jyotirmayananda). I was also blessed by Late Shri Ramanathan with his guidance.

During the course every exercises, affirmations, meditation recitations opens up different centers in our body, conscious and subconscious mind. My thoughts becoming less and more pranic energy level to work on, for every question there was answer from universe. My circle of people started expanding. Negative people drifted away. Intuition is very much hightened and I started seeing any occasion, event, anything from different perspective. My quality of life changed very much while sitting in meditation in silence and practicing breathing exercises, has lead to positive approach towards life, excellence in everything, fearlessness, inner strength, dedication, optimism, effectiveness, relaxed state of mind, release of spontaneity, versatility, more visualization, clearer vision, wider attitude, greater interests in life.

Gratitude

For last twelve years attended all the shibirs (workshops) taken by Dear Master Shri Dudhat at Mahabaleshwar from 1992 on various topics of spirituality and every time it was ecstatic spiritual experience. My mother also attended the shibir along with me and felt very peaceful and blissful. During this time automatically I came in contact with divine sages, helpful people, and spiritual books, timely help.

Through process of experiences I went, sometimes helpful, in true times, sometimes signpost, sometimes stage on the way to inner journey. It was like a Catharsis, inner churning – opening up feelings, emotions, deepening of five senses, change in diet, feeling and seeing of descent of light, hearing sounds, intuitive mind, inner visions, direct perception and discovery of ones' being, the plays of lights and colours, current and descent of stillness in body, a subtle force or energy enters or going out from body, feeling divine presence within or around, spiritual love, experiencing love, peace, anand - joy, spreading in wideness and seeing the body as a small thing, transitory, vibrations, dreams, pervading wholeness and oneness. These things came in flashes.

I surrender myself to this beloved Master's divine presence whose higher self also guides us.

– Vassuda Chawathe