

Report on “Bhramayog Vidya for Staff”

Most religions teach that there is a spark of the Divine in every human being. Brahmayog vidya 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. Brahmayog vidya teaches definite methods by which a person can overcome all of his physical and mental problems and lead a better, happier life.

Brahmayog vidya is a Science of Life teaching human beings the spiritual laws of life. These Spiritual laws operate in human life through Breath and Thought. We cannot think of life without Breath or Thought. Hence Brahmayog vidya teachings emphasize on Breath and Thought, which are the basic elements of life.

Though we are using Breath and Thought right from our birth no one has ever taught us correct way of Breathing or Thinking. You will be surprised to know that average person uses only 10% of his lungs capacity. Brahmayog vidya teaches a) Spiritual Breathing Exercises, which improve breathing and b) Meditation techniques, which improve thinking. The Breathing Exercises purify the body and Meditation purifies the mind.

To take advantage of this, ASM group of Institutes organised session on BRAHMYOG VIDYA . All faculties took actively part in the session. Session started with the prayer. After that, Mr. Rajesh Kulkarni , currently teacher at Brahmayog vidya told about the importance of correct breathing, its advantages on our life, what are the disadvantages if we don't follow the proper way of breathing.



Health and Success are so different from one another! Health is of the Body, whereas Success is related to so many different things. Mr.Kulkarni told how Brahmailydia helps to achieve both.

