

IFSS News Letter

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Brahmarshi Patriji
Chairman IFSS



D.R. Kaarthikeyan
Retd. Director, CBI
Chief Advisor IFSS



S.K. Rajan
Vice Chairman IFSS



I.V. Reddy
Secretary General IFSS



M. Swarna Latha
Editor - IFSS News Letter



“ The “ **Small i** ” represents the individual who identifies with his personality “ **Body - Mind** ” .. and the “ **big I** ” represents the individual who identifies himself / herself with his / her “ **Eternal Soul** ”. The “ **Small i** ” and the “ **big I** ” .. in togetherness .. represent harmonizing of the personal Body - Mind identity with the **Eternal Soul identity** ”

“ Being .. and .. Doing ”

There is a wrong way of BEING

And, there is a right way of BEING

There are wrong ways of DOING all things

And, there are right ways of DOING all things

“ To Become Enlightened ” means .. leaving the path of wrong way of BEING ..

and all the wrong ways of DOING ..

and entering the path of right way of BEING

and entering the right ways of DOING all things.

Every human being needs to know

“ What “ .. “ Why “ .. “ How “ .. “ When “ .. and “ Where “ .. of all things in life.

“ What is Right ? “ .. “ What is Wrong ? “

“ What is to be done ? “ .. “ What is to be avoided ? “

“ How should things be done ? “ .. “ How should things be not done ? “

“ Why should things be done ? “ .. “ Why should things be not done ? “

“ When and where should things be done ? “

Information and wisdom about all these things is available

only in the subject of “ SPIRITUAL SCIENCE ”

“ SCIENCE ” is logic based system.

“ SCIENCE ” is based on Cause and Effect phenomenon.

“ A+B ” will give “ C+D ” under given conditions of temperature and pressure.

Changing the conditions of temperature and pressure, products will be different.

“ SCIENCE ” .. or “ Law of Cause and Effect ” .. is ever impersonal ..

and takes into consideration all basic energy dynamics.

“ THINKING ” or “ PRODUCTION OF THOUGHTS ” is ..

the fundamental characteristic effulgence of “ SOUL ” or “ CONSCIOUSNESS ”.

A constant/creative thought is an “ INTENTION ” or “ INTENT ”

Stray Thoughts are as opposed to INTENTS

ENERGY is ever the creative outcome of “ INTENT ”

The SOUL continually uses its Free-Will INTENTS to shape the MATTER.

Stray Thoughts lack the required critical amount of energy for getting materialized

MEDITATION is the way to decrease the intensity of Stray Thoughts

And, Practice of Meditation, like anything, is a matter of FREE-WILL CHOICE

CONSCIOUSNESS always works on the eternal principle of FREE-WILL and CHOICE.

Brahmarshi Patriji

INDIAN FEDERATION OF SPIRITUAL SCIENTISTS

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7th National Congress of Spiritual Scientists - Pune

7th NCSS has been held at Pune.. in Maharashtra.. with the lightening of the lamp by Shri Sahasra Budhae.

Brahmarshi Patriji, founder of IFSS, and Pyramid Spiritual Societies Movement, India, speak out on the topic “ **Science of Meditation** ” stated that “ IFSS ” has been started to “To bring all the Spiritual Masters, Spiritual Scientists of India on to one single platform. ”

“ He further stated : Spiritual wisdom means scientific, experimental and analytical understanding of life and death processes. If one is ready to understand things about “ life and death ” scientifically and analytically, then the proper life-style development takes place faster. ”

“Spiritual science emphasizes that ‘You are not this body’, ‘you are the Soul’. We reside in this physical body temporarily, whereas, we are all-pervading, omnipotent blissful wisdom. You take birth again and again and take several bodies. Understanding this universal truth is spiritual science wisdom. ‘Scientific Temper’ is against unscientific stupidity. Those who are against science are against Truth.. Spiritual science is the mother of all sciences.”

“One is responsible for one’s own reality. ‘As we sow so we reap’. We have selected the physical life and we came here of our own accord. This is our selection. “We will be constantly evolving whether we do ‘good’ or ‘bad’. We grow while learning lessons from every deed. Each deed has its own lesson. However, we can hasten our evolution through Meditation, Reading Spiritual Science books and being in the personal association of enlightened people.

“It is possible to have right knowledge through science only: ‘Bhagavad Gita’ is called as Science of Yoga. Bhagvan Vedavyasa is a great Yogeeshwar. The ultimate goal of everyone is to become a Yogeeshwar, for which the way is ‘Dhyana’ .. Meditation.”



“Gandhiji said ‘Sab ko Sanmathi de Bhagvan’. ‘Sanmathi’ means ‘Right Mind’. To obtain right mind, we have to become spiritual scientists. It is the aim of IFSS to give ‘right mind’ (Sanmathi) to all people.”

Brahmarshi Patriji while explaining about ‘chakras’, said :

- ‘**Muladhara**’ .. Belongs to body and bodily senses
- ‘**Swadhistana**’ ..Belongs to mind, ego and beauty
- ‘**Manipuraka**’ ..Belongs to Mind, wisdom and oratory
- ‘**Anahata**’ .. Belongs to silence and soundlessness
- ‘**Visudda**’ ..Belongs Experience of truth
- ‘**Agna**’ .. Belongs to ‘Sudarshana’ .. “*Guru Chakra*” keeping in meditation.

Shri **Gajanan Kelkar** is a Trustee and Research Director of Manashakti.

Topic : “ **Pre-natal Sanskar** ”

Conception and birth of a child are the activities of body and mind and society. Erogen Tarks said that “we can’t change the genes but, the expression of genes can be changed”. Babies in the womb have awareness, energy and possess the power to interact. Hence, the parents and other elders in house have to express positive and favourable emotions only.

Some points stressed by him :

1. “Life begins from the time of conception but not after the delivery. The birth is the combination of Energy and Matter.”
2. “Conception and delivery are natural and simple processes.”
3. “Mother and baby (in the womb) share experiences. Though they are different entities, they depend on each other.”
4. “Children are the embodiments of Knowledge, Energy and Awareness.”
5. “At any given point of time, the babies can do only one act of either developing or protecting themselves.”

In the atmosphere of love, the development takes place where as in the atmosphere of lack of love there will be a struggle for protection.”

6. "Mothers who are not in a happy state of mind will give birth to stupid children."
7. "Protect your child from you!"
8. "If everyone adopts these principles, an ideal and progressive society can be built in future."

Dr. Bhagyashri Neelakanta is presently working as the research coordinator at Centre from Bio-field Sciences (CBS), Pune. She is a Homoeopathic doctor.

Topic : "Aura and Bio-field Devices"

She explained how right thoughts expand our 'Aura' and how negative thoughts contract our Aura. There are 'Aura' machines which can detect the auric field of a person and predict symptoms of disease in seven stages. Because of these machines, both early prevention and cure of diseases are possible well in advance.

Dr. Deepak Ranade is a consultant Neurosurgeon, trained in Endoscopic Spine Surgery.

While talking on "Neurological Basis of Samadhi" he said as following : " Normally we are in three states ie., awake, sleep and dream. The upgraded consciousness is called 'thuriya' state. The 'consciousnesses' became conscious about 'itself'."

He explained the changes that take place in the mind in 'Samadhi State'.

- "Yogaha Chittavritti Nirodhaha" means balanced state. 'Chitta' means Cortex in brain. It stores the information obtained from all organs."
- " Nirakar .. " formlessness .. " Nirguna devoid of all attributes ie., Zero entropy."
- "Koham .. Soham" - there are one hundred million Neurons in the brain."
- "Chittavritti Nirodhaha .. Thalamo cortical part in the brain. "Vritti" .. Action Consciousness
" Nirodhaha "(Cessation)" – To remove 'Chitta' from action. Thalamus is the centre of the brain, which carries information. If the thalamus is stopped through the pathways of cortical, the obstruction happens.

Dr. Jayant Kandikar is the most senior and renowned Physician and Cardiologist in Ahmednagar. He explained about significance of 'Om' sound.

'Nada Therapy' is alternate medicine for curing diseases. Illness is caused due to blockages. There are several reasons for blockages.





Principles of Nada Therapy..

1. Openness is ease .. Block is disease
2. Openness is order .. Block is disorder

'Om' means pure consciousness of sound.

"Swaram" means the combination of orderliness of mind and the pressure of breath.

By the process of vibration 'Om', the Body, Mind and Soul get purified.

'Om' is the pure energy of 'Swara'. The tongue has no role in chanting of 'Om'.

It develops air and fire elements in the body.

We charge our body with 'Om' vibration just as we charge our mobile phone. If we chant 'Om' for twenty minutes every-day all illness recedes.

Dr. Vinayak Kadivar is a renowned scholar in unfolding many scientific facts from ancient Indian scriptures in Sanskrit and has presented to modern society, he explained about "Ayurveda" and its importance.

Dr. Medha Khasgivale narrated about .. "Death and Life after Death ; Near Death Experience (NDE) and Out of Body Experience (OBE)"

With deep appreciations to all the Masters of '**Pune Pyramid Spiritual Society**'. Shri Joshi, Shri Bhagavat, Shri Sravan Mahesh for organizing such a wonderful programme.

I.V. REDDY

Secretary General, IFSS

**9th NCSS was held for
2 days in Kakinada,
E.G.Dist., A.P.
on 29th & 30th June.**

**10th NCSS will be
held in Chandigarh
on 6th & 7th of July.**



8th NCSS - Vijayawada, Andhra Pradesh

- Programme started with lighting of lamp by Dr. Gokaraju Ganga Raju.
- I.V. Reddy, secretary general, IFSS, explained about objectives of IFSS, it's progress and program details.
- J. Raghava Rao, president, Vijayawada Pyramid Spiritual Society, was the master of ceremonies. Following are some of the proceedings from the workshop:

Dr. Balaram Pratap Kumar – Practicing medical doctor from Akiveedu, W.G. Dist.

- “As per ‘WHO’ definition, HEALTH is a state of complete physical, mental & social WELLBEING .. not merely an absence of disease.”
- “A fourth dimension has also been added to above, namely spiritual health.”
- “Plato lamented ‘This is great error of the day, that physician separated the body from the Soul’.”
- “Dr. Richard Gerber says: A system of medicine which ignores the existence of spirit will be incomplete.”
- “Human body is completely of Einsteinian model, because: ‘Man is made in the image of God’.

Bhikshamaiah Guruji, a renowned spiritual master, Vijayawada

“On Visibility & Consciousness of Visibility”

- “Vedas were created for human beings to build their life beautiful, healthy and to be wealthy.”
- “If the person learn Vedas, he will be successful in his life; for every problem and every situation he will find of solutions.”
- “Vedas are subtle form of spiritual life and physical matter.”

Swami Maitreya, a spiritual scientists of international repute from Hyderabad

- “Meditation is a powerful tool to bring changes in your subtle energy body.”
- “It uplifts your energy helps to listen inner wisdom and finally takes you to achieve awareness and enlightenment.”

Dr. Satyanarayana Murthy, a practicing medical doctor, Jagityal, Karimnagar

- “ ‘Sathvik food’ plays a crucial role for your healthy life.”
- “Pyramids provide abundant cosmic energy which is needed for Healing.”

A. Venkata Ramana, founder of Supreme Kalakshetra from Hyderabad

- “Now-a-days, society needs self realized people. ‘SELF’ indicates “SPIRITUAL ENERGY IN LIGHT FORM.”
- “‘Swadarshana Chakram’ means “Identifying your Atma.”

T. Kranthi, Vijayawada

“ SPIRITUALITY IN THE WORK-PLACE ”

1. Spirituality is Creativity:

Creativity includes the use of color, laughter and freedom to enhance productivity. Creativity is fun. When people enjoy what they do, they work much harder.

Creativity includes conscious efforts to see things differently, to break out of habits and out-dated beliefs to find new ways of thinking, doing and being. Creativity is a natural, normal aspect of healthy human beings.

Suppression of creativity leads to violence and turns to destructive release - their inherent humanity must express itself!

2. Spirituality is Communication:

Communication, Communication, Communication! This is the vehicle that allows people to work together.

Learning to listen to others and really hear them, speak the truth - your own truth, and come together in a human understanding leads to powerful productivity for all involved. Whether a personal relationship or a work relationship, one of the most important skills anyone can learn are good communication skills. Lack of Communication leads to isolation, confusion, conflict, unnecessary anxiety, mistrust, suspicion and much more.

3. Spirituality is Respect:

Respect of self and of others; includes: respect for the environment; other people's personal privacy, their physical space and belongings; different viewpoints, philosophies, religion, gender, lifestyle, ethnic origin, physical ability, beliefs and personality.

Along with Respect comes Acceptance, which includes acceptance of the inherent right of each person to follow their chosen life path, and acceptance that diversity and variety lead to a rich mixture of humanity. Lack of respect and acceptance lead to conflict and hostility.

4. Spirituality is Vision:

Vision means seeing beyond the obvious - seeing the unseen. It is a trait used to describe leaders and entrepreneurs. Where does vision come from? For some people, it is an inborn trait. They have always seen things that others cannot see. Others learn to broaden their perspective, to question the obvious, to reach beyond where they are, to follow a dream. They see a vision of what can be, of possibilities beyond the status quo. And, having seen the vision, they head straight for it! They follow their vision in spite of obstacles or non-believers.

Vision can be learned. The only requirement is a strong desire to want to learn, coupled with a strong desire to grow and expand beyond where you are.

5. Spirituality is Partnership:

Partnership encompasses individual responsibility and trust that other people will perform according to their commitments for the good of the team and partners. Partnership accepts that different people have different viewpoints and beliefs; those differences are used as positive aspects for broadening the team experience.

Partnership encourages a balanced and fair way of being and working together, as well as honest disagreement without hostility or warfare. Partnership encourages the female and male aspects of ourselves to work together, without either one over-ruling or dominating the other.

Lack of partnership leads to isolation and unhealthy competition.

6. Spirituality is Energy:

Very positive energy forces are released when people feel creative, have the freedom to express their opinions, and feel respect from their management and their peers.

Your contribution to the collective positive energy is using your own creativity, communicating well, having respect for others, adapting to changing situations, working well with others and enjoying what you do.

Your contribution to the collective negative energy is withholding your talents, communicating without respect, fighting and arguing with others, resisting changes, creating tension with others and hating what you do.

You play a significant role in the overall energy force - each person can contribute positive energy or negative energy. Which type of energy would you rather have surrounding you - positive or negative? The choice is yours!

7. Spirituality is Flexibility:

Flexibility includes the ability to adapt to changing situations and allowing one's own beliefs and habits to change as needed. As our world changes at an ever-rapid pace, we need to find ways to adapt and change ourselves with it. Learning to see trends and prepare for them is one way of learning flexibility. Another is to learn about ourselves, our own strengths and our weaknesses. Then, work to operate from our strength, allowing others to help us with our weaknesses.

8. Spirituality is Fun:

People who enjoy their life work harder, make more money, have more confidence in themselves, have more friends and are far healthier.

You can change your life - simply by changing how you see the world. If you put a smile on your face, learn to see the beauty all around, take a deep breath and take a walk then.....

Do the Robins worry about whether Spring on time? Do the Daffodils worry about whether the snow will keep them in the ground? Does the rain worry about whether it will have room to run when it falls into the creek bed?

Do the Sun and the Moon fight about which is better or which is brighter?

Lighten up! Allow your life to unfold with all the beauty and excitement of watching a rainbow form in the sky! Greet each day with a sense of wonder and expectation of wonderful things - before long, you'll be seeing magic and joy, Smile when you see someone, say "hello" to a new employee, help a stranger find their way, take a moment to smell the roses!

The choice is yours! The rest of your life is yet to be lived. Will you choose to live it happily, or choose to live it unhappily? The choice is yours and yours alone!

9. Spirituality is Finding Your Self:

Your self (small "s") is the person you are here on this planet. Your Self (capital "S") is the greater energy of the Universe that connects all of us. Learning about who you are, how you can control your world by changing your attitude, and learning to respect and accept others helps unite us together, strengthening that universal energy that keeps us alive.

A house divided cannot stand; a person divided cannot function fully.

Our attitude about the world defines how our life unfolds. Make a choice today to live the fullest life possible - filled with friends and enjoyable work. The world will be a better place for all of us.

(Reference: www.itstime.com, collection : J. Kranthi)