



IFSS NEWSLETTER

# THE BODHI TREE

Bi-Monthly Newsletter

Vol. 2, May-Jun 2023

## “INDIAN FEDERATION OF SPIRITUAL SCIENTISTS”

### **IFSS-ONLINE SESSION to design ACTION PLAN held on 29th March 2023 .. Proceedings**

The Pyramid Spiritual Societies Movement was started in the year 1980 by Brahmarsi Patriji. Later in the year 2009 after he had a discussion with Smt. Indu Jain, then Chairperson of Times of India Foundation, it was agreed that in order to fulfill a long felt need for aligning the tremendous energies and efforts of all Spiritual Masters of India, action needs to be initiated.

An organisation to bring together all Spiritual Scientists under the name – INDIAN FEDERATION OF SPIRITUAL SCIENTISTS (IFSS), was established in the year 2009 and throughout the last few years, 36 National level Programmes have been conducted throughout India. However, with the coming of the pandemic after the years 2019/2020, there was a pause in the functioning of the IFSS.

The time is now ripe to review the functioning of the IFSS and to take measures to activate IFSS effectively. Towards this direction, some individuals connected to PSSM have had a series of discussions which culminated in an ONLINE SESSION on the 25th March 2023.

The Session witnessed the participation of about 110 masters from India and from countries like Australia, Germany, USA etc. At the outset in the keynote address, Shri S.K.Rajan, Vice Chairman summarised the events that led to the formation of IFSS and

Patriji's statement that even after 40 years of its existence, there remains work to be done by PSSM and allied bodies, including IFSS to raise collective consciousness. The coming of the IFSS should therefore enable us to attend to this immediate requirement. He stated that the need at this juncture is to streamline the administration and working of the IFSS and mobilise more masters to join in this noble task.

Speaking on this occasion, Padmasree D.R.Kaarthikeyan, IPS, Chief Adviser, narrated how Patriji's hard work and total involvement together with late Smt. Indu Jain enabled the formation of the IFSS. He wished success to all in this endeavour. Smt. Swarnalatha, Secretary stated that the IFSS will help to discharge the functions taken up by a 'Rajaguru' to advise the kingdom or the government on all important matters relating to proper governance.

The newly designed bi-monthly newsletter of the IFSS “THE BODHI TREE” was released on the occasion. Shri Sampath, senior Master in Australia, disclosed that plans are afoot to have periodical online sessions of the IFSS to spread spiritual wisdom and meditation among all spiritual seekers across the world

The session ended with a vote of thanks by Shri Sunil to all individuals who had put in their energy and time to prepare and redesign the website, the newsletter etc., and to make the session a complete success.



## **EMPTY MIND**

### **CULTIVATION OF THE MIND**

Cultivation of the restless waves of the mind is achieved when the mind is concentrated on any given work.

The more a person concentrates on a given work, the more the mind of the person becomes cultivated .. and, to that extent, the restless nature of the mind becomes reduced. And, to that extent, the mind becomes more restful; to that extent, the energy of the physical body becomes more.

### **EMPTY MIND**

Meditation is the way of total elimination of the restless waves of the mind. Here the mind has to become concentrated on the breath. When our mind gets concentrated on the breath, and we keep to the regular practice of the same, a beautiful thing happens! The restless waves of the mind totally cease! A calm, peaceful and tranquil mind is established! The mind becomes totally empty!

As more and more time is spent in being with the breath the mind becomes absolutely empty .. sans any trace of thoughts!

When the mind is totally empty, huge amounts of cosmic energy begin to flood into the body! More the emptiness of the mind, more the in-flow of cosmic energy!

### **SEEING**

When the physical body gets saturated with cosmic energy, the natural consequence is the great happening of 'seeing'!

A sincere meditator begins to see .. in the beginning .. flashes of beautiful nature .. hitherto never seen or experienced! These flashes of nature are usually from alternate frequency realities.

### **INNER SENSES**

In this state of deep inner silence, a total inwarding of the outer senses happens. The outer senses in effect become the inner senses!



With the inner senses, we do perceive inner worlds! There are several frequencies of inner worlds! The purpose of meditation is to activate the inner senses, to encounter the inner worlds and have contacts with masters of the inner worlds.

Spiritual Wisdom is obtained from the Masters of the Inner Worlds More and more meditation leads to more and more spiritual wisdom. More and more spiritual wisdom means more and more health, vigour and energy in the physical body.

### ALTERNATE REALITIES

Alternate Realities are the realities other than the reality we are presently, currently, engaged in. Each particular reality

system exists with a different frequency. Each frequency reality, indeed, is an infinite universe. The total cosmos consists of an infinite number of frequency universes.

At any given instant, a soul is tuned to only one frequency universe, which is invariably mistaken .. by the particular soul .. to be the only reality!

However, in meditation, a given soul breaks out of the cocoon of spiritual ignorance. New reality systems are experienced. More and more meditation leads to a grand understanding .. through personal experience .. of the tremendous reality of the cosmos. All this is called as enlightenment.

- *Brahmarshi Patriji*



## THOUGHT POWER

Spiritual seekers and gurus pronounce very often that a person fashions his destiny and the world around him, by his thoughts.

James Allen in his thought-provoking book 'As You Thinketh' states

- “Impure thoughts of every kind crystallize into enervating and confusing habits which solidify into distracting and adverse circumstances
- Beautiful thoughts of all kinds crystallise into habits of grace and kindness which solidify into genial and sunny circumstances
- Loving and unselfish thoughts crystallise into self-forgetfulness for others, which solidify into circumstances of sure and abiding prospects and true riches.”

Thus, it is evident that even though one cannot choose his or her circumstances, it is

possible for him to choose his thoughts merely by constant practice and awareness. Thus he can shape his destiny with least effort and his circumstances too. While the root cause of suffering is always the effect of wrong thought at some point of time, it ceases for one who is pure.

Meditation assists and aids in regulating our thoughts as it enables us to perform *sadhana*, which in Sanskrit denotes exercise to align body, mind and spirit. Words generate thoughts and thoughts help to change the way we perceive the whole world. Choosing the right word which will encourage and inspire us to take positive action leads to a good degree of success in any and everyone of our endeavours.

Just as use of silence will increase the power of our words, positive thoughts can help change the world too. In his book

“Magical mind, Magical Body” Deepak Chopra states that we have 50,000 thoughts everyday and 98% of those thoughts are the same as the previous day. So, it is important that we modify our beliefs to make our lives better instead of going around with a collection of beliefs that we had got as children. Then, repeating those thoughts will not change the quality of our lives.

### CHOOSE YOUR THOUGHTS

Choosing thoughts that are limited in nature have disastrous consequences. We get the chance to choose our thoughts every minute of our day so as to make up a positive vibration in our lives. The world of matter responds very well to positive changes because such energy is created and is supported by our good thoughts. Thus, if each positive thought resonates at a high frequency and attracts energy of the same vibrational density, the reverse must also be true.

While we take care of our thoughts through mental and physical discipline, it is important to adopt a lifestyle that provides for proper food habits too, so that the much needed bio-chemical changes in one's psychosomatic system takes place for influencing our thinking process.

### LAW OF THOUGHT

In his book ‘Thinking and Destiny,’ the author Harold Waldwin Percival frequently draws attention of the readers to the aspect of right thinking. He states in the book “You function by thinking. Your thinking is prompted by your feeling and your desire. Your feeling and desiring and thinking invariably manifest in bodily activity. The law of thought is present everywhere and rules everywhere and is the law to which all other laws are subservient. This law of thought is destiny. It has aspects which have been expressed by such terms as karma, fate etc.

The law of thought essentially means that thinking is the basic factor in shaping human destiny.”

Brahmarshi Patriji had been advocating that spiritually inclined persons as trained spiritual scientists should apply their ‘spirituo-scientific temper’ to all matters pertaining to human soul, human suffering, human meaning and human potential. In other words as ‘Words are the index of the Soul’, only good and soothing, comfortable words should be spoken so that our words do not cause harm or hurt others. Similarly, our thinking should be regulated so that we create the right circumstances for our own transformation. *“As we think, so we become.”*

“Each human is an agent for good or for wickedness by his purpose in life and by what he thinks and what he does. By what he thinks and does, one fits himself or herself to be used by others. People cannot be used or coerced to act against their inner motives, except as they have fitted themselves by their thoughts and acts.”

Hence if we have the right thoughts, we create our proper destiny. Patriji advises everyone to entertain miraculous thoughts.

- S.K. Rajan

## IFSS Team

**BRAHMARSHI PATRIJI**

Founder Chairman, IFSS

**INDU JAIN**

Co-Founder, IFSS

**DHYANA RATNA S.K. RAJAN**

Vice Chairman, IFSS

**M. SWARNALATHA**

Secretary General, IFSS

**PADMASREE D.R. KAARTHIKEYAN**

Chief Adviser, IFSS





# Wit with isdom

Mulla Nasruddin's wife was about to die. She was lying on the bed. She opened her eyes and asked him, "Do you really mean to say that you will go mad if I die?"

Nasruddin said "Certainly I will go mad if you die."

The wife laughed and said "You are lying, I know that you will marry again after my death."

Nasruddin said "it is true that I will go mad, but not to the extent of getting married again."

The mullah's neighbour wanted to borrow his cloth-line.

Nasruddin said "Sorry, I'm using it. Drying flour."

The neighbour said "How on earth can you dry flour on a clothes-line?"

Mullah replied "It is less difficult than you think, when you do not want to lend it."

\* \* \*

## KEEP YOUR FOCUS ON

The only bird that dares to peck an eagle is the crow. The crow sits on the eagle's back and bites his neck. The eagle does not respond, nor fights with the crow; he doesn't spend time or energy on the crow; instead he just opens his wings and begins to rise higher in the heavens. The higher the flight, the

harder it is for the crow to breathe and eventually the crow falls off due to lack of oxygen.

Learn from the eagle and don't fight the crows, just keep ascending. They might be along for the ride but they'll soon fall off. Do not allow yourself to succumb to the distractions .. keep your focus on the things above and continue rising !!

~~ The lesson of the Eagle and the Crow~~

\* \* \*

## RITUAL CAT

When the spiritual teacher and his disciples began their evening meditation, the cat that lived in the monastery made such noise that it distracted them. So, the teacher ordered that the cat be tied up during the evening practice. Years later, when the teacher died, the cat continued to be tied up during the meditation session. And when the cat eventually died, another cat was brought to the monastery and tied up. Centuries later, learned descendents of the spiritual teacher wrote scholarly treatises about the religious significance of tying up a cat for meditation practice.

## MORAL

"People don't think about what they are doing. They just do it because it's always been done that way, or because everyone else is doing it."



*"I am not my thoughts, emotions, sense perceptions, and experiences. I am not the content of my life. I am Life. I am the space in which all things happen. I am consciousness. I am the Now. I Am."*  
-Eckhart Tolle

## RECENT EVENTS OF IFSS

MASTER'S SESSION held under the auspices of IFSS

Speaker: Brahma vidwan Mani Saroja Gullapalli

The first Master Session of IFSS Online commenced with an introduction of the revered Speaker Saroja Gullapalli. Sunil gave a short summary of the IFSS, its vision and mission for the benefit of participants. Hari Kris from Australia, introduced the speaker. He stated that she had proved to be a motivational speaker, whose service in spirituality has been recognized by the PSSM and awarded the title of 'Brahma Vidwan Mani' in the year 2019. Her meritorious service to the community has also been recognized by the Australian Government.

The session was attended by 95 participants from various parts of the world – viz., India, Australia, US, Canada, Europe. Audience was enthralled with views expressed by the speaker particularly on how 'Science and Spirituality' co-exist. She stressed on the need to inculcate spiritual education and a holistic lifestyle for one and all so that life becomes smooth, free of tensions and joyful. Towards the end of the session, she entertained clarifications and doubts raised by many masters and answered all the questions posed to her by the participants. Overall, it was a wonderful and highly interactive session with Saroja Gullapalli.

Vice Chairman, Mr. Rajan and Secretary, Ms. Swarnalatha also participated on the occasion and spoke about their views about the overall program towards the end.

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Vice Chairman, Mr. S. K. Rajan and Secretary, Ms. Swarnalatha also spoke about the overall session

The session closed with a vote of thanks by Sunil. He also re-introduced the core volunteering team members, viz., Sharma, Balaji, Manusha and Shreyash who has been working together as a team for smooth functioning of IFSS.

*“If you love a flower, don't pick it up.  
Because if you pick it up it dies and  
it ceases to be what you love.  
So if you love a flower, let it be.  
Love is not about possession.  
Love is about appreciation.”  
- OSHO*





## FORTHCOMING EVENTS



**29th April 2023, 5:30pm IST**  
WISDOM SESSION

on  
**“THINKING & DESTINY”**  
a spiritual masterpiece by  
HAROLD WALDWIN PERCIVAL  
by  
Dhyana Ratna S.K.RAJAN,  
Vice-Chairman, IFSS,  
Trustee, Pyramid Valley International  
&  
Brahma Vidvarishta GIRIJA RAJAN,  
Director, PPMC Media Pvt.Ltd

**13th May 2023, 5:30pm IST**  
MASTER SESSION

on  
**“CASE STUDIES ON WISDOM  
HEALING THROUGH SPIRITUAL  
TABLETS”**

by  
Dr P S Gopala Krishna MBBS, MPH (UK)  
Founder & Chairman,  
Spiritual Tablets Research Foundation



**21st May to 21st June 2023**

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*to*

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- Gain Clarity on Purpose of Life

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For more details visit: [www.ifss.in](http://www.ifss.in)