



IFSS NEWSLETTER

# THE BODHI TREE

Bi-Monthly Newsletter

Vol. 1, Mar-Apr 2023

## **“INDIAN FEDERATION OF SPIRITUAL SCIENTISTS”**

The main intent of the **Indian Federation of Spiritual Scientists (IFSS)** is to bring, on to one single platform together all individuals and all institutions engaged in the practice, education and research in the field of Spiritual Sciences – in India.

### **Vision of IFSS**

To achieve a peaceful and prosperous India through spiritual enlightenment of each and every individual in the whole of the Republic of India.

### **Mission of IFSS**

- To bring together and align the wisdom and research of all the spiritual scientists from India and the rest of the World.
- To promote a scientific way of achieving Peace .. towards creating a spiritually vibrant environment .. for building a

harmonious SPIRITUAL - SCIENTIFIC HUMANITY – where every individual is healthy, happy and joyous and at total peace with herself/himself and the environment.

The Indian Federation of Spiritual Scientists intends to fulfil a long felt need for creating a mechanism and a common platform for aligning the tremendous energies and efforts of all spiritual scientists of India.

IFSS wishes to endeavour in such a way that the combined essential spiritual wisdom of the ages enters into the mass consciousness and plays its rightful role in the emergence of a new dynamic “SPIRITUAL-SCIENTIFIC INDIA” in the shortest possible time.



“When you become enlightened,  
you come out of misery;  
you come out of indolence,  
you come out of frustration;  
you come out of the fear of failure.  
And, you come to acquire a rustic  
spiritual common sense.”

- BRAHMARSHI PATRIJI

### **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

## EMBLEM of IFSS



The small " i " represents the individual who identifies with his “ Personality ” ..  
“ Body-Mind ” .. and the capital " I " represents the individual who identifies  
with his eternal SOUL.

The small and big " I " in togetherness,  
represent harmonizing and blending of the personal Body - Mind identity with the eternal  
SOUL identity.

### FROM THE EDITOR'S DESK

Dear Masters,

Greetings from IFSS!

It gives me great pleasure in releasing a Newsletter which is dedicated to cover the functions, activities and spiritual wisdom emanating from this great organisation.the Indian Federation of Spiritual Scientists.It has been christened as THE BODHI TREE and rightly so since the purpose of the newsletter is to dispense ample spiritual wisdom and also highlight the activities of the IFSS.

The IFSS was conceived by PSSM founder Brahmaarshi Patriji in the year 2009 since he had always been harbouring the idea that Spiritual Wisdom from seekers from all sides and shades need to be brought together on a common platform. Only a body constituted with such a vision can fulfil the spiritual needs of Planet Earth. We have also at this moment to recognize the services of the late Ms.Indu Jain,Chairperson of the Times of India Foundation in endorsing this idea in a discussion with Patriji,since they are also promoting a framework of collaboration for the Holistic advancement of India .I do hope as you browse through the Newsletter you will find interesting facets of spiritual knowledge to enrich your Soul.

Spiritually yours,  
S.K. Rajan,  
Editor

**So long as God seems to be outside and far away, there is ignorance.  
But when God is realised within, there is true knowledge.**

- RAMAKRISHNA PARAMAHAMSA



## **TRIBUTE TO PATRIJI**

PATRIJI deserves glowing tributes for the way he lived his life, sacrificed and endeared himself to all around him on Planet Earth. We do not have adequate words to quantify his contribution, particularly the efforts taken by him to raise the consciousness of millions of individuals during his lifetime.

The greatness of Brahmarsi Patriji was evident to our family consisting of my wife and two daughters, on our very first meeting with him in the year 1998, when we were new to the whole world of spirituality. We were in a state of awe and wonder at the capabilities, qualities and determination of a great human being as Patriji. We were rejoicing every moment of his company.

WE REALISED OVER THE YEARS OF OUR CLOSE ASSOCIATION WITH PATRIJI THAT HE WAS NOT JUST AN INDIVIDUAL, BUT AN EXTRAORDINARY SPIRITUAL 'PHENOMENON'

The most valuable of his attributes and qualities may be stated as below :

1. His strong will to carry out his mission of teaching everything that he knows to all and sundry, irrespective of their nature or qualities.
2. The quality of adhering to nothing but the absolute truth in whatever he stated.
3. Clarity of purpose in regard to his goals and the extreme quality of being non-judgemental on any or every matter
4. His steadfast principle of practising what he preached in his daily life.
5. Bringing about the essential rules for holistic living among all spiritual seekers, through formulation of the 18 Guiding principles for members of the PSSM.
6. His resilience even under the most trying and difficult situations is unparalleled, since

challenges of any kind have never affected his regular functioning at any point of time since he held his ultimate goals under high priority.

7. His unlimited passion to learn and know and then generously impart the highest spiritual wisdom obtained through books of different spiritual masters needs special mention.

8. Patriji's compassion for all sentient beings including humans to create a VEGETARIAN WORLD is indeed a unique and bold step taken up by any mortal on this Planet.

9. His authentic knowledge of subjects

relating to spirituality, particularly on Meditation, Karmic Laws, Soul Evolution, Life after Death etc. has opened the hearts and minds of individuals and organizations around the world.

The way Patriji has lived all his life gives each of us the inspiration to emulate him and live our lives in the best manner possible. The only way to pay our tributes to him would be to follow him in word, thought and action as he has proved to be An Enlightened Master who served as the DARLING OF HUMANITY every moment of his life.

- S.K.RAJAN

*Articles are invited from masters who have had very unique experiences with Brahmarsi Patriji and would like to share them. Please send them to 'THE BODHI TREE' in not more than 300 words. -EDITOR*



**When we spend sufficient time “Becoming and Being the Breath”, the Mind becomes totally empty ! Then there is tremendous flow of Cosmic Energy. The Third Eye then becomes activated..**

**- BRAHMARSHI PATRIJI**



# WORD POWER

*“What goes into the mouth  
does not defileth a person,  
What comes out of  
the mouth defileth a person”  
- Jesus Christ*

The end-product of a thought consists of words. Hence, if thoughts can be scanned, the words that come out are easy to control. Words are physicalised and can be regulated. Thoughts cannot be controlled except through cultivating our mind for a state of calm and poise by means of constant meditation.

## **Do words have strength?**

Word power is a million times more powerful than thought power. The scientific use of words is *sin qua non* for proper relationships and also for evolution. Word power is the index of soul power. Wrong and inappropriate words result in loss of soul power. Soul Power is always in a dynamic state. Soul Power is Word Power.

## **Thoughts vis-à-vis words: need positive thinking**

To know yourself it is important to know your thoughts. Listen to yourself think. It is not only our thinking: it is our words, our conversation, that builds power or weakness into us. Our words are the coins in the Kingdom of Faith. Our words snare us and hold us in captivity or they set us free and become powerful in the lives of others. It is what we confess with our lips that really dominates our inner being. We unconsciously confess what we believe. If we talk weakness and failure, it is because we believe in sickness. If we confess doubt, the doubts become stronger.

## **Infusing faith in spoken words.**

If we confess lack of finances, it stops money from coming in. It is surprising what faith people have in wrong things. They firmly believe in cancer, ulcers of the stomach, tuberculosis and other incurable diseases. Their faith in that disease rises to the point where it utterly dominates them, and rules them. They become absolute slaves. Most of the sick that Jesus healed during his congregations were healed with words i.e. faith-filled words.

“There is a language that is not spoken that has a very different purpose than does the spoken word.”

## **FACE IS THE INDEX OF THE MIND WORD IS THE INDEX OF THE SOUL**

It puts out vibrations into a world that is in desperate need of positive vibrations.

The spoken word is of vital importance for it can help steer the human race toward a better beginning.”

*(Excerpts from 'Janith Material')*

## **Words can help manifest expectations**

According to Spiritual Author, Dr. Wayne Dyer, author of 'Manifest Your Destiny' “Every sound is a vibration made of waves oscillating at a particular frequency. Sound is the intermediary between the abstract idea and the concrete form of the material world.

Sounds literally mould the abstract world of thoughts and spirit into shapes.”

As per Dhammapada, the core Buddhist scripture, “We are what we think. All that we are, arise with our thoughts. With

our thoughts we make the world. Speak or act with an impure mind and trouble will follow as the wheel follows the ox that draws the cart.”

Words expressed by us work because they embody the power of sound. Not just when we chose to utter them but even when expressed through thought, they create specific vibrations within. These vibrations have the power to write over the grooves of our subconscious mind. It is the thoughts that we feed into our subconscious mind, that produces our habitual behavioural patterns and even our attitudes. Our unconscious thoughts have created our present person. In order to recreate ourselves, we need to counter them with conscious positive thoughts.

In the words of Zoroaster, “Good thoughts, good words and good deeds – Everything begins with thoughts”, and hence we have to be aware of what we think; choose proper words to address and convey your thoughts since words once spoken cannot be withdrawn. They also have magic power if used rightly. When the right words come out of your mouth, they can sow the seeds of goodness, strength, confidence, love and joy and thus lead to total transformation for yourself and others too.

### **GENERAL GUIDELINES TO STRENGTHEN POWER OF YOUR WORDS**

The strength of every word being unimaginably profound, it may be useful to enunciate some cardinal principles in our day-to-day use of our words for making life enjoyable. These steps may not only make

our words more powerful but also ease our relationship with everyone around us.

- Maintain your composure and use the right word as if you are about to get the proof of a book which is entering the final stages of printing.
- Attempt to prevent negative words being spelt out and this is possible by having always positive thoughts in our minds. Words that create anger, pain, fear, hatred and negative feeling may be avoided.
- Avoid trying to score a point solely with the intention of making someone else feel bad or insulted as such an action may rebound and pollute an otherwise friendly atmosphere.
- Have confidence and faith in whatever you state since it will manifest and materialize, if your convictions are strong and true.
- The best way to self-realization is through making affirmations. Hence put as much force and intensity as possible in your affirmations. A better way would be to balance the conscious, subconscious and the super-conscious thoughts by combining affirmation with meditation. Dada Vaswani, the great spiritual leader says: The peace of meditation filters not only into the conscious but also into the subconscious and the super-conscious self.” Hence, it is possible to feed the subconscious with positive affirmations that go to prove **THE POWER OF YOUR WORDS.**

**Book for Reference :** Change Your Words, Change Your World by Andrea Gardner

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**When you are listening to somebody, completely, attentively, then you are listening not only to the words, but also to the feeling of what is being conveyed, to the whole of it, not part of it.**

**- J.KRISHNAMURTI**

# With wisdom



One day a man who had been spreading false and defamatory information about Naseeruddin Hodja came to him and told him he was sorry for what he had done.

“I’ll never do such a thing again, said the man”. Tell me what I can do to make amends.”

“Nothing, said Hodja.

“There must be something I can do”, insisted the man.

“Bring me a feather - tumbled pillow” said Hodja.

The man soon returned with a feather pillow.

“Now stand in the middle of the street and slit it open”, said Hodja.

The man did as was told. The feathers tumbled out of the pillow and were blown away by the wind.

“Now what ?” asked the man.

“Gather the feathers and put them back in the pillow.”

“ B-But that's impossible”, said the man. “The feathers have dispersed far and wide”.

“So, it is the lies you have told about me,” said Hodja”. They have spread far and wide and you can do nothing about it now.”

## **LIFE IS ENOUGH IN ITSELF**

It was a sunny morning and it was beautiful, and the centipede was happy and must have been singing in his heart. He was going, almost drunk with the morning air. A frog sitting by the side was very puzzled-he must have been a philosopher. He asked, “Uncle, wait ! You are doing a miracle. A hundred legs ! How do you manage ? Which leg comes first, which comes second, third

and so on and so forth, upto a hundred ! You do not get puzzled ? How do you manage ? It looks impossible to me”.

The centipede said “I have never thought about it. Let me brood” And standing there he started trembling and he fell down on the ground He himself became so puzzled - a hundred legs ! How one is going to manage ?

## **MORAL**

You are paralyzed by your philosophies. Life needs no philosophy. Life is enough into itself. It needs no crutches; It needs no support, no props. It is enough into itself.

- OSHO

## **Anecdote about Freud**

A young apprentice was working with him. He was young and full of energy, but to listen to peoples' nonsensical dreams the whole day, is a tiring business, uninterestingly boring. But, he was always surprised to see Freud ; he was always full of energy, never bored. One day, by the evening when he was leaving his master, he asked Freud, “You are old, aged, but you are never tired. And from morning to the night, you are continuously listening to neurotic things, meaningless. But I get tired, after two, three patients, I get completely exhausted.” Freud laughed. He said “Who listens ?”

## **MORAL**

There is a great desire in human beings that somebody should listen to their miseries. It unburdens them, and it gives them a feeling that somebody loves, and cares. That is why we go on talking about miseries.

## SPIRITUAL ACTIVITIES & DEVELOPMENTS

### **Bhoomi Pooja of Shri Jagadguru Thiruvalluvar Pyramid, Cheyyur, Chennai**



A Mega Pyramid almost on the seaside in his large industrial Estate, is what Shri Ramakrishna Reddy had been contemplating ever since he happened to meet Brahmashri Pitamaha Patriji a few years ago when Patriji visited Swarnabhoomi and held a flute meditation session for about 2 hours.

On 27th January 2023, the seed for this lofty thought was sown by Shri G.R.K.Reddy, the dynamic and spiritual Industrialist at a beautiful landscape in Cheyyur, Off ECR, Chennai. The event was conducted in the presence of Educationist and Spiritual Master Dr.J.Arawindhan, Mentor & Founder of Acharya Educational Institution, Puducherry, Shri S.K.Rajan & Girija Rajan and other meditators. The Bhoomipuja and a session of meditation was conducted at the site in Swarnabhoomi where a Pyramid of 85'X85' dimension, named as Jagadguru Thiruvalluvar Pyramid for the benefit of all spiritually inclined individuals will be built.

### **Inauguration of Maha Sakthi Pyramid, Chennai**



Masters strive to do things that serve one and all, especially those that have imbibed these qualities from out of our 18 guiding principles of the PSSM.

The spiritual couple Chandrasekhar and Lata were not far beyond when they decided to build a Pyramid on the top of their residence in Chennai. The MAHA SHAKTHI PYRAMID DHYANA MANDAPAM in Kodambakkam was inaugurated on Sunday, the 19th February 2023 by Senior Pyramid Master & Director, PPMC Media Pvt Ltd., BrahmaVidwarishta Girija Rajan & IFSS Vice-Chairman, Dhyana Ratna S.K.RAJAN in which almost 140 meditators were present for a Meditation Session. Hail unto Chandrasekhar Family ! Hail unto PSSM.!