

Courses

In the presence of my teacher Maharishi Sadashiva Isham, I experienced pure unconditional love, an experience that changed my life forever. The greatest lesson I learned from him had to do with the nature of choice and not only that choice is possible; but also how important it is to make a choice in every moment. We live in a 'thought-created' universe and can choose, in every moment, to focus thoughts on Praise, Gratitude, Love and Compassion or choose to focus on something else.

I have been doing this type of meditation since 1996. At that time I did a 7 month training course and was qualified as a teacher in 1997. The 1st 6 months were spent meditating 12 to 14 hours a day, learning other techniques taught only to teachers, and attending evening meetings. The last month was spent memorizing the information we would be giving out while teaching. With other teachers I helped in the training of future teachers and also taught weekend courses to the public on occasion.

The techniques that I teach are very simple and very powerful; simplicity is important so that everyone and anyone is able to use them (the youngest person I taught was 6). Power comes from the individual and by learning what happens when one chooses to focus their thoughts. By such an action they observe how the world changes around them. You need not be focused on thoughts of changing anything; simply choosing the meditation technique will change the world around you. What you focus on will grow, it is that simple. Seeing the glass of water as half full or half empty is a choice. The good thing is that you need not try to see the glass as half full and you need not tell yourself "I must see it as half full". If you practice the techniques, full will happen by design. Seeing the glass half full will come naturally with time and eventually you will see it filling up until finally it is overflowing in abundance.

The techniques provide a personal experience of the nature of reality and you will discover for yourself just how life can unfold. It is not just knowledge in words, concepts, ideas or belief systems and it is not about following some other

person's belief in how you should lead your life. It is about the EXPERIENCES gained by following the meditation techniques and continuing to use them because you see for yourself how the world changes around you the more you practice them. Follow your own unique experience of the world and see where it takes you. The more you practice the techniques, the more you discover about the nature of reality; that you and the world around you are one and that you have the power within yourself to change your experience of the world on the outside by the sole action of choice on the inside.

The journey is about self awareness and experiencing life as it was meant to be lived. The techniques are a tool to help you discover more about yourself, and the world around you.

Since some people may have preconceived ideas of what (meditation) may look like or what they will have to do after they learn, I would like to mention a few things. When you are taught the techniques you will either be sitting in a chair or ideally, lying down on a mat with your pillow and blanket. Comfort is everything. No sitting on the floor with your legs crossed (unless that is what you want), no chanting (om) out loud, no religious dogma (rules and regulations of conduct), no having to follow special diets. All you will have to do after you learn is just to keep doing the meditation, the more of it you do, the greater the benefits derived. This form of meditation is very user friendly.

The 1st 4 techniques (a Sphere) can be used with your eyes opened or closed and they deal with root stresses that have been accumulated during our lifetime. Each technique takes around 3 hours of instruction, so the initial cost for the 1st sphere is \$400. If a person decides to learn more techniques (optional), then it is \$50. per technique (1hr instruction), all techniques learned after the 1st 4 are to be used with eyes closed only. If I have to leave the Greater Victoria area, then it becomes, plus expenses, depending on travel time, how many people will be attending and other considerations.

It matters little as to whether or not you do it for stress reduction, relaxation, enlightenment or spiritual growth. The techniques are tools used to learn more

about yourself and the nature of reality. Belief is not a requirement, just practice the meditation as instructed and experience first hand. Meditation is a tool for bettering your life, trust that your investment of time and energy will bring rewards far beyond your ability to imagine.

Thank You,
Brahma Ishaya.