



# SATYAM



## Milestones we have achieved :-

- More than 33 Satya Darisanam sessions successfully conducted on every Saturday with new spiritual seekers at Bogar Pyramid Meditation Center, Chengalpattu.
- Annadanam offered every Saturday to all meditators attending Satya Darisanam.
- Full Moon Music Meditation sessions are conducted every month.
- The ISAI DHYANA YAGNAM-3 event was held at Chengalpattu on 24th Aug 2025, with over 200 participants in attendance.
- 7-day meditation program was conducted for the students of SJK Nursery and Primary School, Salavakkam by Balaji Donthi and Srinivasan during Jul-Aug 2025.
- Spiritual Awareness 365 - After a journey of 482 continuous sessions led by Balaji Donthi, featuring daily online meditation and satsang, the program has now been gracefully rested.
- 7-day meditation program - "Dhyana Saptham" was conducted by Team-Bogar Pyramid Meditation Center at various locations in and around Chengalpattu during August 2025.

## Patriji's Message

### "SALUTATIONS TO THE LIFE ON EARTH!"

Life on the planet Earth offers ..

adverse situations ..

terrifying situations ..

painful situations ..

challenging situations ..

miserable situations ..

degrading situations ..

for monks .. for householders ..

for virtuous souls .. and for sinful souls.

It offers situations to everyone equally ..

with humiliation, disharmony, defeat,

loneliness, despair, and hopelessness ..

as deep bitter experiences!

That is why even Jesus Christ cried out ..

"Oh Father/God!

Why have you abandoned me?!"

Likewise, life on Earth also offers ..

favorable situations ..

joyful situations ..

achievable situations ..

wonderful situations ..

for monks .. for householders ..

for virtuous souls .. for sinful souls.

It offers situations to everyone equally ..

with success, cooperation, happiness,

appreciation, team spirit ..

as sweet experiences !

Therefore ..

Oh Planet Earth ..

Salutations to you!

Heartfelt gratitude to you!

- Brahmarshi Patriji

Founder : Pyramid Spiritual Societies Movement, India





## "READINESS COMES THROUGH MEDITATION"

So many dreams .. so many desires ..  
 some are fulfilled immediately ..  
 some are fulfilled when the right time arrives ..  
 some are fulfilled in the next lifetime.

The reason behind all this is ..  
 the **Readiness** of the body, mind, and intellect.

**Readiness** means .. being fully ready  
 to accept the experiences we aspire ..  
 both physically .. and mentally ..  
 and to be ready is .. to receive the results they bring!

To make our dreams,  
 is to be ready always to work ..  
 physically being ready to face  
 foodlessness and sleeplessness ..  
 mentally being ready to face severe pressures!  
 Only then do our dreams come true!

Similarly,  
 the soul has its own dreams ..  
 which are the very purpose of the life ..  
 which are finest dreams .. the finest experiences!  
 To make our souls dream fulfilled,  
 we must be ready at soul level along with  
 the **Readiness** at physical, mental,  
 and intellectual levels!

For these greatest dreams to come true,  
 no matter what obstacles arise,  
 we must continue our effort with our soul-strength.  
 Soul-strength is awakened only through meditation!

That is why,  
**Readiness comes through Meditation!**  
 Through meditation ..  
 we can fulfil the purpose of our life.  
 Through meditation ..  
 we learn at soul level through direct experience!

**Gain the Readiness through meditation ..  
 Fulfil the purpose of life!**



**BALAJI DONTI**

Meditation Coach,  
 Managing Trustee,  
 Satyam Pyramid Spiritual Foundation

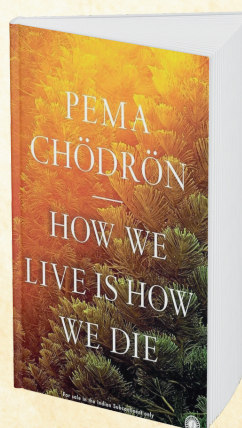
Are  
 YOU  
 Ready?





## "HOW WE LIVE IS HOW WE DIE"

- Greatest personal growth happens when the mind and heart are more curious in finding new things than doubtfulness.
- Death happens every moment. We live in a wonderful flow of birth and death. The end of one experience is the beginning of the next experience, which quickly comes to its own end, leading to a new beginning. It's like a river continuously flowing.
- Any positive energy we put toward ourselves or others creates an atmosphere of love and compassion that ripples out and out into the world. Our state of mind affects the world, it affects the people around us.
- We are always in an intermediate state between the past and the future, between the memory of what happened before and the approaching experience that will soon become memory as well.
- All our present experiences are our passing memories.
- Everyone must understand groundlessness. Habituating ourselves a little everyday to the basic groundlessness of life. Understanding the complete concept of groundlessness helps to navigate easily during and after death.
- Meditation helps us to fall above our body and mind for sometime and gives us the experience of groundlessness. When groundlessness has become familiar to us, the ultimate groundlessness of death will no longer feel so threatening.
- The main purpose of meditation is to slow down enough to notice there are always gaps in a dense thought-filled experience and start to become familiar with these gaps as a glimpse of the unfabricated, non conceptual nature of mind.
- Meditation helps us in dissolving our thoughts and realising the state of before birth and after death when we are in our physical body. Thus making us ready to enter the dying experience fearlessly.
- One must read the book – "Tibetan book of the death." The book prepares people to recognise what is going on during the death process so they can recognise the opportunities when they arise.
- We continue with the same state of mind, and carry our emotional patterns with us after completing the physical life. It is because how we work with our mind, emotions, and propensities while journeying through the difficulties is what really matters and stays with us.
- It is for sure, you are going to die some day, and you won't take anything with you but your state of mind.
- If you want to have a peaceful death, the best way to ensure that happens is to cultivate a peaceful mind while you are still alive.



– Excerpts from HOW WE LIVE IS HOW WE DIE BY PEMA CHODRON



24th Aug 2025

## ISAI DHYANA YAGNAM-3, CHENGALPATTU



### "DHYANA CHENGALPATTU VETRI VIZHA KONDATTANGAL"

With the best wishes of Brahmarshi Patriji, and under the guidance of Meditation Coach Balaji Donthi, "Isai Dhyana Yagnam - 3" - "Dhyana Chengalpattu Vetri Vizha Kondattangal" was held at Indira Narayana Mahal, Chengalpattu on 24<sup>th</sup> Aug 2025. The event was a grand success with the participation of more than 200 meditators.

The event began with the traditional lighting of the lamp, followed by a sweet prayer song rendered by the children of Sridevi Music Academy. The three-hour music meditation session then commenced with live performances by DR. Soori Upendra Narasimhan on Mridangam, M.S.G. Suresh Kumar on violin, Prabhakaran on flute, and Venkataraman on Kanjira.



After the meditation, Upendra shared his experience: "The 3-hour music meditation is a great blessing for all of us, and we should make the best use of it. I practice Anapanasati meditation everyday for 30 minutes, and my health has improved. All of you should meditate daily". Suresh Kumar, expressed his feelings: "I truly understood the importance of

meditation only after coming here. I played music with great joy and celebration, and it made me very happy". Venkataraman, the Kanjira artist, shared: "This is my first experience playing music for meditation. It gave me immense pleasure in playing the Kanjira here. This is an unforgettable moment". Prabhakaran, the flutist said: "Anyone suffering from any illness should come and participate in this meditation .. they will definitely become healthy. Everyone should practice this meditation."

Senior Pyramid Master V. V. G. Raju shared his message: "We will continue to have many spiritual events like this. In meditation, the first thing we attain is asana siddhi. Second, the wandering mind becomes calm. Third, when the mind is calm, the subtle body begins to function. Fourth, cosmic energy starts entering us. Fifth, we attain complete health. Sixth, the third eye begins to function, through which we see colors,



nature, and many other beautiful experiences. Seventh, through third eye, we will see (clairvoyance) and hear a clear voice (clairaudience). Eighth, we experience astral travel. Ninth, we receive spiritual knowledge. Tenth, we reach liberation (*mukti*). To experience all of this, meditation is the primary path."

**Senior Pyramid Master Dr. Varalakshmi Raju** shared her message: "How fortunate we all are today. Patriji came into our lives and gave us meditation. Today, I can feel very good vibrations here and I saw many astral gurus. I began meditating in the year 2000. During those days, Patriji used to travel everywhere—walking, on a two-wheeler, or by bus—to teach meditation to countless people. Without any discrimination, Patriji taught meditation to every men, women, the elderly, and the young, visiting every town and every country. Just as small drops come together to form a mighty ocean, he created thousands of meditators across the world.

So, everyone must meditate every single day. When you polish a stone, it turns into a diamond and gains value. Similarly, when you purify your mind with meditation, you become divine. Through meditation, the fear of death disappears. **Patriji gave us the greatest wisdom: You are not the body. When you die, you go to another world.**



Finally, we must all become vegetarians and follow '*Ahimsa Paramo Dharma*'. We should not harm any living beings, and we should not cause suffering in any way—through mind, speech, or action. If we follow this, everyone can live happily!"

**Meditation Coach Balaji Donthi** shared his message: "Change has to come from within. If I decide to change, I must first understand why I need to change. When this question arises sincerely, our guru appears before us. For that to happen, the transformation must begin from inside. Change starts with awareness in thought, word, and deed. If one family in a city becomes a family of meditators, the entire city can transform into a city of meditation. Similarly, through such cities of meditation, the whole world can become a world of meditation. When we teach meditation to others, inner transformation starts happening within us automatically."



The quarterly newsletter "**SATYAM**" from **Satyam Pyramid Spiritual Foundation** was released by Pyramid Masters Lalitha and Ramadoss. On this occasion, Srinivasan mentioned, "All the activities of the foundation from the past three months have been published. I feel a lot of energy in this newsletter. Everyone should read it and benefit from it."

By 1 PM, *annadanam* was served .. delicious food was offered to all the meditators. Post lunch, many meditators shared their meditation experience which was very inspiring and enlightening!





**Dhanasekaran:** "I am from Chengalpattu and I work at Dinamalar. I learned and practiced meditation for the first time at Ramados Sir's house. The music meditation here was very powerful. I had very good feelings and experiences. I request everyone to meditate and enjoy these wonderful experiences."



**Ganesh:** "I am a friend of Dhanasekaran, I also work in a newspaper. My home is in a place called Kuzhipanthandalam. Because I get many opportunities to meet people, I invited Balaji sir to my place to teach meditation. He accepted and came to my village and taught meditation. When I sit for meditation, I hear only the music - no other thoughts arise in my mind. The meditation was truly wonderful. I will help as much as I can to take this meditation to all nearby villages. I request Balaji sir should come and teach it to everyone."

**Anand Prakash:** "I am from Chennai, firstly I offer my gratitude to **Brahmarshi Patriji** and Balaji sir. I am a caterer by profession, who prepares food for all the events. I was searching for mental peace, and during that time I came across Patriji's videos. After understanding about importance of vegetarianism, I have become a vegetarian. I completely stopped catering non-vegetarian food. Now I am living with peace of mind and happiness. My anger has also reduced. Earlier, whenever there was traffic congestion, if anyone shouted at me, I would immediately get into a fight. But now, I simply smile and remain calm. This is my transformation."



**Rajeswari:** "I am from Chennai. I used to go to Kesavan sir's meditation center and meditate there. Meditation kept my mind peaceful. Initially, when I meditated at home, for a few days I faced some disturbances. During all those times of disturbances, I felt as if some divine beings came to my home to protect me. Today, when I was meditating, I felt so much of

happiness. When we meditate, we can learn a lot about ourselves, so everyone should meditate."

**Susheela:** "I am from Chengalpattu. I support my husband from home while he goes out to teach meditation. Today, while meditating, I felt a deep sense of peace in my mind."

**Palani:** "I am from Urapakkam. By observing my breath, I am able to rise to a higher state. I thank Patriji for teaching this meditation. Only a person with strong positive energy can do pyramid meditation. I request that everyone should practice it and benefit from it."

After the meditators shared their experiences, the event continued with a **Carnatic music concert** by **Priya Vijay**, featuring devotional songs. With **Upendra** on **mridangam**, and **Suresh Kumar** on **violin**. For one of the songs, Young Master **Yuktesh Donthi**, a student of Upendra, joined in and played the mridangam.





After the Carnatic concert, the children from **Naatiya Saastra Naatiyaalayam** performed **Bharatanatyam**, and their presentation was truly wonderful. With the joy of dance and music, "Isai Dhyana Yagnam - 3" and the "Dhyana Chengalpattu Vetri Vizha Kondattangal" came to a close. **Latha Chandrasekar** delivered the vote of thanks.



Finally, in the evening, delicious tea was served to all meditators, bringing the event to a pleasant and graceful conclusion.

## "ACTIVITIES OF FOUNDATION"

The **Satyam Pyramid Spiritual Foundation** is dedicated in teaching meditation to everyone. Currently, the foundation is focusing its activities in the **Chengalpattu district**. Through weekly sessions, public events, and spiritual outreach programs, we are nurturing inner peace and awareness in the society. Our aim is to build a spiritually awakened society rooted in self-realization and service.

### Activities conducted from July to September 2025 at Bogar Pyramid Meditation Center, Chengalpattu :

#### **SATYA DARISANAM** (Completed more than 33 Sessions)



"**SATYA DARISANAM**" is a unique program designed with 90 minutes of deep meditation and 60 minutes of satsang to offer participants a rich experience of meditation practice and wisdom sharing. So far, the Foundation has completed more than **33 sessions** at **Bogar Pyramid Meditation Center, Chengalpattu**. Every Satya Darisanam session concluded with **Annadanam** for all attendees. The sessions in this period are conducted by **Balaji Donthi**, **Dr. V.Varalakshmi**, **S.Revathi** and **R.Srinivasan**.

\* \* \*

#### **FULL MOON MEDITATION SESSIONS**

The Full Moon is a powerful time when spiritual energies are at their peak, making meditation deeper and more transformative. Meditating on full moon day helps in cleansing the mind, amplifying intentions, and connecting to higher consciousness.

In July, August, and September 2025, **Balaji Donthi**, **Lalitha Ramadoss** and **R.Srinivasan** led special Full Moon Meditation Sessions, each offering one hour of deep meditation followed by satsang.



Participants experienced inner calm, clarity, and a sense of spiritual upliftment. Every session concluded with *Annadanam*, spreading love and togetherness through food.



## MEDITATION SESSIONS AT SJK NURSERY & PRIMARY SCHOOL

Satyam Pyramid Spiritual Foundation, under the guidance of Meditation Coach Balaji Donthi and R. Srinivasan, conducted a 7-day meditation training program for the students of Classes 4 to 6 at SJK Nursery & Primary School, Salavakkam during July & August 2025.

Over 85 enthusiastic students participated every day, experiencing the power of meditation and learning how to cultivate calmness, focus, and emotional balance at a young age.

Each session began with simple Anapanasati Meditation practice, followed by a unique spiritual topic of the day. These topics were specially chosen to empower children with practical wisdom, strengthen common sense, and help them understand their responsibilities towards themselves, their family, and society.





The children joyfully engaged with concepts related to health, good habits, discipline, gratitude, kindness, emotional awareness, and mindful living.

On the 7th day, students took a short and enjoyable assessment to reflect on what they had learned throughout the program. Their responses showed how deeply they connected with the sessions.

The program concluded on a meaningful note on Teachers' Day, where all participating students were honored with course completion certificates, celebrating their dedication and commitment to meditation.

Satyam Pyramid Spiritual Foundation expresses heartfelt gratitude to the school management, teachers, and parents for their support. The Foundation looks forward to conducting many more such initiatives that nurture young minds and build a peaceful, conscious future generation.

## DHYANA SAPTAHAM

Satyam Pyramid Spiritual Foundation successfully conducted "Dhyana Saptaham", a seven-day series of meditation sessions held across various locations in and around Chengalpattu. These uplifting programs were hosted at the homes of dedicated Pyramid Masters in Perungalathur, Urappakkam, Tambaram, Chengalpattu, Kuzhipanthandalam, and Sembakkam, creating a warm and sacred atmosphere for everyone who participated.



Every program consisted of 30 minutes of deep meditation, followed by 30 minutes of enriching spiritual satsang, where practical wisdom, life lessons, and meditation concepts were shared with the participants.



The sessions were guided by experienced masters including **VVG Raju**, **R. Srinivasan**, **Balaji Donthi**, **Lalitha**, **Ramadoss**, and **N. S. Lakshmi**, each bringing their unique energy and wisdom to the gatherings. The overall response from participants was overwhelmingly positive, with many expressing deep inner peace and clarity after each session.

In each location, the awareness about **Isai Dhyana Yagnam - 3** was actively promoted, and pamphlets were distributed to inspire more people to join the mission of spreading meditation, vegetarianism and spiritual science.

As an expression of love and gratitude, the Pyramid Masters who hosted the sessions offered delicious food to all participants, turning every gathering into a beautiful blend of meditation, learning, and community bonding.

"Dhyana Saptaham" stood as a testament on how collective meditation can elevate entire communities, bringing harmony, joy, and spiritual strength into daily life.

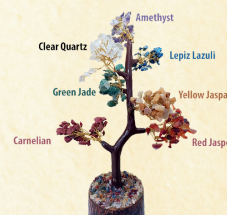
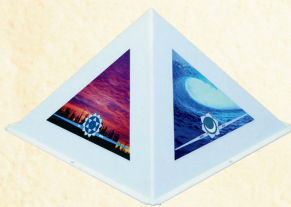


## Energise Your Space .. Elevate your Life!

### Pyramids | Crystals | Spiritual Books

Welcome to Satyam eStore, your premier destination for high-quality handcrafted meditation pyramids.

At Satyam eStore, we are specialized in creating life-transforming sacred geometric tools that promote better health, elevate consciousness, reduce stress, manifest intentions, enhance intuition, and clear emotional and electromagnetic interferences. Discover the power of these spiritual tools and experience profound spiritual growth.



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## SPIRITUAL TRANSFORMATIONS

I am **Malathi**, residing in Gokulapuram, Chengalpattu. I had been suffering from severe back pain for many days. After learning meditation at the Bogar Pyramid Meditation Center and practicing it regularly, I experienced significant healing. **My back pain has completely disappeared**, and I am now able to sit comfortably without any discomfort. Meditation has also helped me maintain calmness without any distractions. I am able to be in peaceful state always. I recommend that everyone practice meditation and experience its benefits.

- *Malathi Ramesh, Chengalpattu*



I am **Jayanthi**, residing in Vedachalmam Nagar, Chengalpattu. It has been about one and a half months since I learned and began practicing meditation. Everyday I am practicing meditation at Bogar Pyramid Meditation Center. With meditation, **my health has improved significantly**, I am now able to carry out all my daily tasks happily without

any pain. In the beginning, my family members discouraged me from meditating because I was under medication. But after witnessing the positive changes and my improved health through meditation, they no longer oppose it. With regular practice, I am enjoying good health, clear mind, and taking better decisions. I wholeheartedly encourage everyone to practice meditation for a happy and healthy life.

- *Jayanthi, Chengalpattu*

I am **Sudhakar**, from Chengalpattu. My mother and I have been practicing meditation for the past week. Even in this short time, regular meditation has helped me maintain a peaceful mind. I am now able to make better decisions with greater clarity. Both of us are **experiencing more happiness and feel much more active in our daily activities**. I sincerely encourage everyone to practice meditation and live joyfully.

- *Sudhakar, Chengalpattu*



My name is **Revathi**, and I live in Tambaram. First of all, I want to thank Brahmarishi Pitamaha Patriji and Senior Master Balaji Donthi. I often visit Bogar Pyramid Meditation Centre in Chengalpattu for meditation. This is where I experienced a deep personal transformation. I also had the opportunity to take spiritual classes at the Centre.

I started my meditation journey in the year 2023, and through Anapanasati Meditation, **I am able to adopt vegetarian lifestyle naturally. Meditation has helped me gain control over my anger and speech.**



After conducting sessions at the Bogar Pyramid Meditation Centre, I now feel clear about my life's goal. I am happy both in my spiritual life and in my physical life. Its my kind request to everyone visit the Bogar Pyramid Meditation Centre in Chengalpattu and practice meditation for a joyful life.

– Revathi, Tambaram

Join our weekly meditation and satsang program,  
**“SATYA DARISANAM”**  
 every Saturday from 10:00am to 1:00pm at Chengalpattu.  
 No entry fee. All are welcome to participate  
 and benefit from these soulful sessions.

## ABOUT THE FOUNDATION

Satyam Pyramid Spiritual Foundation is established with the inspiration of Brahmarshi Patriji. The foundation is dedicated to spreading meditation, spiritual science, and pyramid energy awareness. Our mission is to teach meditation to everyone without any charges, create awareness on the importance of building pyramids for meditation, support pyramid ashrams, conduct free meditation programs, and publish spiritual books and distribute freely to benefit the spiritual seekers worldwide.

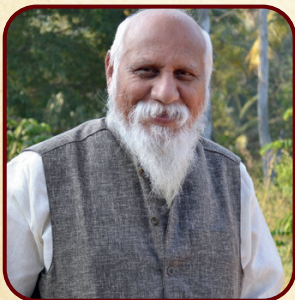


We actively engage in promoting vegetarianism as a way of enlightened living and do annadana seva to meditators and yogis. Through scientific spirituality, we strive to create a conscious, harmonious world where self-transformation leads to global transformation. Join us in this divine mission. Meditate, awaken, and contribute to a better Earth!

## ANNADANAM IS A SACRED ACT

According to our ancient traditions, Annadanam holds great significance, especially for spiritual seekers and saints. Along with Annadanam, other noble acts such as Dhyana Danam, Seva Danam, and Jnana Danam are highly valued.

Annadanam is the greatest form of donation! Annadanam is the purest form of donation!



*“Consciousness is the fundamental verity.  
 Thought is a function of consciousness.  
 Energy is the product of thought.  
 And, finally, matter is the crystallization of energy.”*  
 – Brahmarshi Patriji



Join us for FREE Meditation Sessions at  
**BOGAR PYRAMID MEDITATION CENTER**  
 31/A, Councillor Devarajanar Street, Vedachalam Nagar,  
 CHENGALPATTU - 603001 | Visiting Hours : 6am-8am & 5pm-7pm  
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