



SATYAM



Satyam Pyramid Spiritual Foundation

"Satyam Pyramid Spiritual Foundation" is established with the inspiration of Brahmarshi Patriji to spread the message of Meditation, vegetarianism, pyramid energy and spiritual science to all the people across the globe.

"Do Meditation"

Meditation is the essential path-way to Spirituality,

Meditation is the alpha and omega of Spirituality.

A Guru has only one thing to say ..

"Do Meditation"

A Student has only one thing to do ..

i.e., practice **"Meditation"**

Sincerity in doing Meditation is absolutely required,

Seriousness in doing Meditation is absolutely essential.

The more we meditate ..

the simpler we become,

the more energetic we become,

the past and future ceases to bother us,

we become ever eager to lend a helping hand,

a deep and natural empathy towards

all living beings arises.

"Do Meditation"

Is the only message to all spiritual seekers

-Brahmarshi Patriji, Founder : PSSM



Brahmarshi Patriji

Brahmarshi Patriji attained enlightenment in 1979 through profound experiences with Anapanasati Meditation. Started his career as a marketing executive, later on he dedicated his life to promoting meditation and vegetarianism through a scientific approach free from religious symbolism. In 1990, he founded the **Pyramid Spiritual Societies Movement (PSSM)** to make meditation accessible to all and inspire spiritual awakening worldwide. His teachings emphasize self-transformation through breath awareness and pyramid energy.

Let's Meditate .. Let's Teach Meditation

Everyone seeks **liberation, health, happiness, and peace.**

To achieve this, the first thing we must understand is ..

we are all born with a purpose.

When we fulfill our life's purpose, liberation follows.

To discover our purpose, we must meditate every day.

Life on Earth is bound by time,

and it is our duty to use this time wisely ..

do meditation, gain spiritual wisdom and

contribute your energy in spiritualising Mother Earth.

When we do meditation, and follow vegetarianism,
we naturally experience happiness, health, and peace.

Therefore, everyone on Earth should
practice and teach meditation.

Let's meditate .. Let's teach meditation to all.



BALAJI DONTI

Meditation Coach,
Managing Trustee, Satyam Pyramid
Spiritual Foundation

Activities of Foundation



27th Oct 2024 : Inauguration of Bogar Pyramid Meditation Center, Chengalpattu

With the intention of spreading awareness about Meditation, Vegetarianism, Pyramid Energy, and Spiritual Science, a new meditation center has been inaugurated in Chengalpattu city. This marks the beginning of our journey to establish meditation centers across all districts of Tamil Nadu in the coming years.



16th Nov 2024 : Satya Darisanam, Episode - 1 & Annadanam

The first episode of Satya Darisanam was successfully conducted at Bogar Pyramid Meditation Center.

This program is designed to feature an exclusive 90-minute meditation and satsang, followed by Annadanam, every Saturday.

The session was led by Meditation Coach Balaji Donthi. "Science of Meditation" is covered in satsang, 24 members participated.

www.satyampsf.org



23rd Nov 2024 : Satya Darisanam, Episode - 2 & Annadanam

The second episode of Satya Darisanam was conducted by Meditation Coach Balaji Donthi, featuring a satsang on the topic "Spiritual Scientists Across the World", engaging in deep meditation and wisdom sharing.



7th Dec 2024 : Satya Darisanam, Episode - 3 & Annadanam

The third episode of Satya Darisanam was conducted by Meditation Coach Balaji Donthi, featuring a satsang on the topic "Patanjali Dhyana Sastiram", engaging in deep meditation and wisdom sharing.



14th Dec 2024 : Satya Darisanam, Episode - 4 & Annadanam

The fourth episode of Satya Darisanam was conducted by Meditation Coach Balaji Donthi, featuring a satsang on the topic "Buddhas Four Noble Truths", engaging in deep meditation and wisdom sharing.



21st Dec 2024 : Satya Darisanam, Episode - 5 & Annadanam

The fifth episode of Satya Darisanam was conducted by Meditation Coach Balaji Donthi, featuring a satsang on the topic "Brahma Viharas", engaging in deep meditation and wisdom sharing.



30th Dec 2024 : Satya Darisanam, Episode - 6 & Annadanam

The sixth episode of Satya Darisanam was conducted by Pyramid Master D.Visalakshy, featuring a satsang on the topic "Benefits of Meditation", engaging in deep meditation and wisdom sharing.

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!

Meditation Experiences

Thank you very much, Patriji! My name is L.B. Srividhya, and I live in Chennai. In March 2024, I had the opportunity to purchase a pyramid and use it in a meditation program. Since then, I have continued meditating with a copper pyramid at home. After meditation, I place the pyramid in my drinking water, and I have noticed positive changes in my family members behaviour. Everyone has become calmer and our home feels more peaceful. This transformation brings me great happiness. Pyramids truly have the power to generate positive energy!

- L.B. Srividhya, Chennai



Thanks to Patriji! My life is now filled with peace. I have been visiting the Bogar Pyramid Meditation Center in Chengalpattu for past few months, and it has brought discipline and clarity into my life. Now I am waking up at 5 AM every day and have developed the habit of writing daily about my activities and expenses. I feel more active, I speak less and more mindful, and I no longer engage in unnecessary conversations. After suffering from insomnia for over five years, I can now sleep peacefully through meditation. My mind is calm, and I feel confident about the future.

A.N. Ramadoss, Chengalpattu

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.



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
 Phone : 9176500063, 8122828800



Buy Pyramids, Crystals and Spiritual Books online at
Satyam eStore - www.satyamestore.com
 Read all books written by Patriji online today!
 Use Coupon Code : INAUGURALOFFER to avail 25% discount
 Phone : 9994005244

www.satyampsf.org