



SATYAM



Milestones we have achieved at Bogar Pyramid Meditation Center, Chengalpattu :-

- Over 100+ new seekers visited to learn meditation.
- 17+ Satya Darisanam sessions successfully conducted on every Saturday.
- Annadanam offered every Saturday to all meditators attending Satya Darisanam.
- First free meditation event conducted at Chengalpattu on 15th February 2025, with 104 participants joining.

Patriji's Message

"TWO TYPES OF SPEECH"

Face is the index of the Mind!
Words are the index of the Soul!

Face ever reflects the current state of the Mind.
Words ever reflect the current state of the Soul.



There are two types of speech:
Careless, unaware and unscientific speech and
Careful, aware and scientific speech

And, man has got two kinds of minds :
Conscious Mind & Subconscious Mind



Only Careful,
Aware and
Scientific
Speech!

"Conscious Mind" is the cumulative and end-result of
all the activities undertaken by the current body in the current life-time.

"Subconscious Mind" is the cumulative end-product of
all the activities undertaken by all the past-bodies in all the past-lives.

Conscious Mind is always one-tenth of one's total self.
And, Subconscious Mind is about nine-tenths of one's total self.

Careless, unaware and unscientific speech always strengthens
the narrowness of the conscious mind and flaws of the Subconscious Mind.

Careful, aware and scientific speech always repairs
the Conscious and Subconscious Minds and thereby liberates a person.

When the Total Mind is thus repaired, one attains total liberation.

Therefore, we should educate ourselves into careful,
aware and scientific speech always!

-- Brahmarshi Patriji

"WE ARE SOULS"

"We are Souls" is the greatest truth in spirituality.
Only when we meditate do we understand this truth.

When we meditate regularly,
we see ourselves as souls,
we understand that..

We are not this physical body,
We are there before death, and after death.
There is..

Life before death, and life after death of the physical body,
Life with unscientific thinking, and life with scientific thinking,
Life before meditation, and life after meditation,
Life before enlightenment, and life after enlightenment.

After enlightenment,
we understand that we are all gods,
who have taken the physical form
to experience humanness,
to help others to realise that "We are Souls".

Meditation is the way to see ourselves as Souls.
Helping others to see themselves as Souls
is the greatest spiritual service.

Let us practice meditation!
Let us see ourselves as Souls!
Let us teach meditation to everyone!
Let us see everyone as Souls!
Let us see everyone as Gods!

* * *

Hello Friends,

We are happy to share that our first meditation center in Chengalpattu, Tamil Nadu, was launched in **Oct 2024** with the vision of offering a dedicated space for meditation and teaching meditation to everyone. Today, **Bogar Pyramid Meditation Center** has successfully completed six months of service. Every Saturday, we host "**Satya Darisanam**", a special session featuring 90 minutes of practical meditation, followed by 60 minutes of spiritual satsang, and providing free meals for all attendees. We warmly invite you to join us for free daily meditation sessions at our center.

We sincerely thank each one of you for your support, which enables us to continue offering this meditation space and spiritual satsang completely free of charge.

- Balaji Donthi
Managing Trustee, Satyam Pyramid Spiritual Foundation

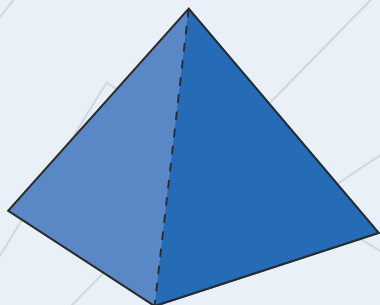


BALAJI DONTI

Meditation Coach,
Managing Trustee,
Satyam Pyramid Spiritual Foundation

"POWER OF PYRAMIDS"

THE PYRAMID



The Pyramid is a solid structure with four triangular sloping sides resting on a square base and the four apices joining at a point forming the apex of the pyramid.

Each triangular sloping face is an isosceles triangle, with the two sloping sides being equal and the base angle equal. The length of the equal sides are all equal and all are similar to each other and of equal area.

STORE HOUSES OF ENERGY

The Egyptians knew that the pyramids are store-houses of energy drawn from the universe. The power of the pyramid was obtained through a blending of the radiated cosmic-energy with that of the gravitational force of Earth.

Scholars are aware that The Great Pyramid at Gizeh was built as a place and as an instrument of initiation into altered and higher states of consciousness, through the mechanism of conscious out-of-body experiences.



STATEMENTS ON PYRAMIDS BY RESEARCHERS

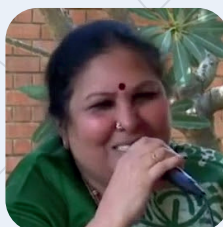


When you meditate inside a pyramid, the result of meditation becomes three times more powerful. Just as a magnifying glass focuses sunlight to a point and can burn paper, the pyramid structure concentrates cosmic energy – the universal life force – three times more, making the entire space an energy field. Everyone on Earth should achieve a joyful and soulful healthy life.

This is the vision of the Pyramid Spiritual Societies, Pyramid Meditation Center and Pyramid Masters." – Brahmarshi Patriji



"If every person, every child, every home, every school, and every college cultivates the habit of pyramid meditation, they can achieve a lifespan of up to 300 years. Just sitting for one hour daily inside a pyramid is enough to protect us. It gives the experience of deep meditation." – Osho



"By meditating inside a pyramid, we absorb three times more cosmic energy, so there is huge difference in meditating outside and meditating inside a pyramid. Through pyramid meditation, thousands of people have achieved healing without medicine. Astral travel becomes easier inside pyramids."

– Madam Swarna Malapatra

"When I meditated overnight inside the Great Pyramid of Giza, astral travel happened very easily." – Dr. Paul Brunton

"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.

Here are the activities conducted from January to March 2025:



4th Jan 2025 : Satya Darisanam, Episode - 7 & Annadanam

The seventh episode of Satya Darisanam was led by **Meditation Coach Balaji Donthi**, featuring 90 minutes of deep meditation and satsang, offering participants a rich experience of meditation practice and wisdom sharing, followed by annadanam for all attendees. We are delighted to share that the 2025 Calendar of Bogar Pyramid Meditation Center was officially released by VVG Raju Sir and NS Lakshmi Madam



11th Jan 2025 : Satya Darisanam, Episode - 8 & Annadanam

The eighth episode of Satya Darisanam was led by **Meditation Coach Balaji Donthi**, featuring 90 minutes of deep meditation and satsang, offering participants a rich experience of meditation practice and wisdom sharing, followed by annadanam for all attendees.



18th Jan 2025 : Satya Darisanam, Episode - 9 & Annadanam

The ninth episode of Satya Darisanam was led by **Pyramid Master Srinivasan**, featuring 90 minutes of deep meditation and satsang, offering participants a rich experience of meditation practice and wisdom sharing, followed by annadanam for all attendees.



25th Jan 2025 : Satya Darisanam, Episode - 10 & Annadanam

The tenth episode of Satya Darisanam was led by **Meditation Coach Balaji Donthi**, featuring 90 minutes of deep meditation and satsang, offering participants a rich experience of meditation practice and wisdom sharing, followed by annadanam for all attendees.



1st Feb 2025 : Satya Darisanam, Episode - 11 & Annadanam

The eleventh episode of Satya Darisanam was led by **Meditation Coach Balaji Donthi**, featuring 90 minutes of deep meditation and satsang, offering participants a rich experience of meditation practice and wisdom sharing, followed by annadanam for all attendees.

15th Feb 2025

Free Meditation Session at Chengalpattu

The **Satyam Pyramid Spiritual Foundation** successfully conducted its **first Free Meditation Session** at **Chengalpattu** on **15th February 2025**, open to the general public. The event featured two hours of **live music meditation**, an inspiring spiritual message by **Meditation Coach Balaji Donthi**, and **wisdom and experience sharing by senior pyramid masters**. The session concluded with a heartfelt **Annadanam**. Around **105 people joined** in this soulful gathering.





22nd Feb 2025 : Satya Darisanam, Episode - 12 & Annadanam

The twelfth episode of Satya Darisanam was led by **Meditation Coach Balaji Donthi**, featuring 90 minutes of deep meditation and satsang, offering participants a rich experience of meditation practice and wisdom sharing, followed by annadanam for all attendees.



1st Mar 2025 : Satya Darisanam, Episode - 13 & Annadanam

The thirteenth episode of Satya Darisanam was led by **Meditation Coach Balaji Donthi**, featuring 90 minutes of deep meditation, satsang, pyramid making workshop and offering participants a rich experience of meditation, followed by annadanam for all.



8th Mar 2025 : Satya Darisanam, Episode - 14 & Annadanam

The fourteenth episode of Satya Darisanam was led by **Meditation Coach Balaji Donthi**, featuring 90 minutes of deep meditation and satsang, offering participants a rich experience of meditation practice and wisdom sharing, followed by annadanam for all.



15th Mar 2025 : Satya Darisanam, Episode - 15 & Annadanam

The fifteenth episode of Satya Darisanam was led by **Pyramid Master NS Lakshmi**, featuring 90 minutes of deep meditation and satsang, offering participants a rich experience of meditation practice and wisdom sharing, followed by annadanam for all.



22nd Mar 2025 : Satya Darisanam, Episode - 16 & Annadanam

The sixteenth episode of Satya Darisanam was led by **Meditation Coach Balaji Donthi**, featuring 90 minutes of deep meditation and satsang, offering participants a rich experience of meditation practice and wisdom sharing, followed by annadanam for all.



29th Mar 2025 : Satya Darisanam, Episode - 17 & Annadanam

The seventeenth episode of Satya Darisanam was led by **Meditation Coach Balaji Donthi**, featuring 90 minutes of deep meditation and satsang, offering participants a rich experience of meditation practice and wisdom sharing, followed by annadanam for all.

SPIRITUAL TRANSFORMATIONS

“From Illness to Inner Peace: A Life Transformed Through Pyramid Meditation”

My name is Krishnamurthy, 61 years old, from Chengalpattu. I've been on a spiritual path for 40 years and recently started meditating at the **Bogar Pyramid Meditation Center** after seeing a meditation pamphlet.

Within a one month, I began noticing positive thoughts, inner peace, and clear focus. Whatever I think about, it starts happening naturally. I feel a violet light between my eyebrows during meditation, and my mind becomes calm by focusing on my breath. I have diabetes, BP, and had a stroke. But after a month of meditation, my health improved significantly without taking medicines. I felt no discomfort. The doctor confirmed my health is getting better.



I now understand that our thoughts shape our reality. If I continue meditating daily, I'll definitely experience even more transformation. Meditation has given me hope, peace, and new energy in life. Everyone should try this meditation. Just close your eyes and observe your breath. You will feel the change.

-Krishnamurthy, Chengalpattu

“I discovered the the Power of Pyramid Energy”

I am Lalitha from Chengalpattu. I joined Pyramid Meditation on December 17, 2004. I have been practicing meditation regularly. Salutations to Brahmarshi Patriji and I thank Balaji Master and Srinivasan Master for starting and conducting pyramid meditation in Chengalpattu.



To understand pyramid energy, I did a simple experiment with green gram. I soaked the same quantity of green gram using water kept inside a pyramid and water kept outside. After two days, both sprouted, but the one inside the pyramid were fresh and healthy, while the one outside looked dull. After four more days, the sprouts from the pyramid were still tasty and fresh, but the outside ones had spoiled. I also placed an apple inside a pyramid for ten days. It remained fresh, with no wrinkles and great taste. It was just better than the one kept in the fridge.

Through these experiments, I personally realized the power of pyramid energy. I am grateful to all the masters and feel blessed to be part of this meditation journey.

-Lalitha Ramadoss

"20 Years of experience with Pyramid Meditation"

My name is N. S. Lakshmi from Nemili, Chengalpattu. I have been practicing Pyramid Meditation, especially Anapanasati since 20 years. I thank Brahmarshi Patriji and Swarnamala Patriji for introducing this practice to the world.

Recently I did an experiment with pyramids on groundnuts. I soaked them overnight and placed one batch under a pyramid for 12 hours. The next day, they sprouted, and in two days, they developed strong roots.

Another batch of groundnuts are soaked and kept outside the pyramid. They too sprouted, but the difference was clear. The pyramid sprouts were sweeter and tastier. In four days, I could feel the energy difference.

Pyramid meditation gives three times more energy. I encourage everyone to meditate regularly and enjoy a healthy and joyful life.

- N.S.Lakshmi, Chengalpattu



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!



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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