



# SATYAM



## Milestones we have achieved :-

- Over 100+ new seekers visited to learn meditation.
- 26+ Satya Darisanam sessions successfully conducted on every Saturday.
- Annadanam offered every Saturday to all meditators attending Satya Darisanam.
- Full Moon Music Meditation sessions are conducted every month.
- The ISAI DHYANA YAGNAM-2 event was held at Chengalpattu on 17th May 2025, with over 130 participants in attendance.
- Spiritual Awareness 365 – the daily online meditation and satsang program by Balaji Donthi – has successfully completed 365 consecutive days and continues to inspire participants every day.

## Patriji's Message

### "MEDITATION"

MEDITATION .. Gateway to Heaven !

MEDITATION .. The Total Way !

MEDITATION is not "Chanting" !

MEDITATION is not "Prayer" !

"PRAYER" .. is a different Proposition !

"CHANTING" .. is a different Proposition !

MEDITATION is focus in THE BEGINNING

MEDITATION is NOT FOCUS, CONCENTRATION !

However, it is a combination of both !

MEDITATION begins

with Focus / Concentration

on " B-R-E-A-T-H "

Focus on the Attention

should be on the Soft, Simple,

Tranquil, Normal, Natural Breath.

As the BEGINNING

gets into the MIDDLE STAGES,

both the Focus/Attention

and the Breath Fade Out !

The Observer and the Observed .. both Vanish !

And, in THE FINAL STAGES,

a Third-Eye Vision Begins !

That is the Goal of Meditation !

- Brahmarshi Patriji



## "THE CHANGE"

One cannot change another!  
 For change to occur in the self,  
 one must have strong determination to change!  
 One must have answers to the questions —  
     Why should I change?  
     and  
     How should I change?  
 And that is the time  
 the Guru appears to guide you for the change!

Change is not external!  
 Change is internal!  
 Internal change reflects as external change!  
 The personality that we see outside  
     is not new today.  
 External personality is the reflection  
     of the inner personality,  
 which is formed internally through  
 our strong thoughts and feelings.

External change must begin with internal change.  
 Internal change must begin with spiritual wisdom.  
 Spiritual wisdom can be obtained through meditation.  
 Therefore, the change starts with meditation!

Through meditation, misery turns into joy!  
 Through meditation, illness turns into health!  
 Through meditation, irritation turns into peace!

Through one's meditation,  
 the whole house fills with joy;  
     in due course,  
 it will be a family of meditators!  
 Through one family of meditators,  
 the whole city fills with peace;  
     in due course,  
 it will be a city of inspiration to the world!

One's sincere meditation leads to change in the self!  
 Change in one's own self leads to change in the world!

Only through meditation...  
 "Lokah Samastah Sukhino Bhavantu!"  
 "Sarve Jana Sukhino Bhavantu!"

\* \* \*



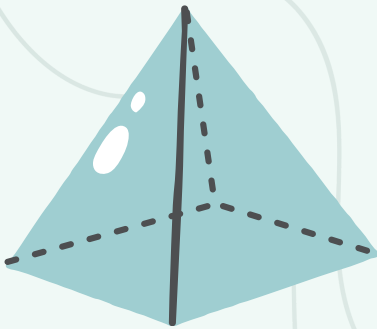
**BALAJI DONTI**

Meditation Coach,  
 Managing Trustee,  
 Satyam Pyramid Spiritual Foundation



## "SCIENCE OF PYRAMID"

### THE PYRAMID



A pyramid is a geometrical form. It has a square base and four triangle shaped sides that meet at a point at the top, called the apex or vertex. In the field of pyramid energy, most people are working with models that duplicate more or less the proportions of the Great Pyramid of Egypt. A Pyramid does work, free of charge once it's constructed. It can save you time, money and bring you peace of mind and body.

### GREAT PYRAMID OF EGYPT

The Great Pyramid of Egypt was designed in a very special manner by someone who was a whiz in mathematics, physics, geology, astronomy and many other sciences represented in that particular structure.

The Great Pyramid was built the way it was primarily as a means of passing on Knowledge. The energy is produced with its proportions.



A Frenchman by the name of Andre Bovis noted a curious thing while visiting the Giza Pyramid. He found some garbage and dead animals in one of the rooms inside the Giza Pyramid, which had been there for years. Astonishingly, they were not smelly as he had expected them to be. On examination, they gave the appearance of being mummified. Something inspired him to build an exact model of the Great Pyramid when he got back to France and experiment. In modern times, Andre Bovis was the first to discover that some kind of actual energy is operating within the pyramid form.

### PYRAMID ENERGY

Pyramid energy doesn't respond to any ordinary devices that are used to measure electricity or magnetism. Because, sometimes it acts like electricity, sometimes like magnetism, and sometimes it even acts like light, but it is not any of these.

Pyramids are psychotronic devices. They act on para psychological level to heal body and mind.

### BENEFITS OF PYRAMID ENERGY

- Pyramids help in the healing process by supplying additional energy so that the body can heal itself more quickly and efficiently.
- Sleeping regularly under a pyramid results in a greater sense of well-being, more restful sleep, fewer hours of sleep required, and a greater ability to handle stress.
- Pyramids enhance the quality of meditation. Doing meditation under a pyramid aids in deep relaxation while increasing psychic energy.
- It is found that the clairvoyance, clairsentience abilities are intensified when practiced under a pyramid

- Excerpts from PYRAMID ENERGY HANDBOOK BY SERGE V. KING



17th May 2025

## ISAI DHYANA YAGNAM-2, CHENGALPATTU



With the best wishes of **Brahmarshi Patriji**, and under the guidance of **Meditation Coach Balaji Donthi**, “Isai Dhyana Yagnam - 2” was held at Indira Narayana Mahal, Chengalpattu on 17<sup>th</sup> May 2025. The event was a grand success with the participation of 130 meditators.

The program commenced with the traditional lighting of the lamp, followed by a three-hour, non-stop group meditation accompanied by soulful Carnatic music. The performance featured **Dr. Soori Upendra Narasimhan** on Mridangam, **Bhoopalan** on Mandolin, **Rupesh** on Ghatam, **Balaji Donthi** on Flute. Immersed in the divine flow of this music, participants effortlessly entered a deep state of meditation.



After the meditation, **Upendra** shared his thoughts: “For many days, Balaji Donthi has been visiting Chengalpattu, for spreading the joy of meditation and to bring people together for this Yagnam. I was taught meditation by Balaji, and I meditate for half an hour every day, it has given me so many benefits. Everyone should meditate for health, for peace.”

**Bhoopalan**, the mandolin maestro with fifty years of musical experience, couldn't hide his delight: “I've played music in many places, but here .. playing music for Dhyana Yagnam like this .. it's beyond words.”

**Rupesh**, the ghatam artiste, remarked: “For three whole hours .. and people sat perfectly still, completely lost in meditation. It was a beautiful sight.”





**Chandrasekar**, a meditator and industrialist from Kodambakkam, shared his thoughts : “It takes real strength to make something like this happen. And having this Yagnam here in Chengalpattu is very special! We all need to make the most of it.”

**Latha Chandrasekhar**, a meditator from Kodambakkam shared her experience as: “Meditation changed my life. Focusing on the breath has brought me so much peace. It’s like planting a seed, which can grow into a tree. When we teach meditation to one person in a family, soon their whole family joins in .. and then the whole village will be into meditation.”



Meditation Coach **Balaji Donthi** shared his message - “The fact that we are meditating here in Chengalpattu today is not just an accident .. it’s connected to the good karma from our past lives. Karma simply means .. when we do the right things, we receive the right outcomes in the future. What we give is what we receive in return. This Isai Dhyana Yagnam is the first step of creating ‘**Dhyana Chengalpattu**’. The collective energy we’ve created here today will lead meditation to reach every person in the district.”

**Sumathi**, a regular meditator at Bogar Pyramid Meditation Center in Chengalpattu, expressed her transformation - “Meditation has brought health and peace not just to me, but to my whole family.”

**Lalitha**, a meditator and volunteer at Bogar Pyramid Meditation Center, spoke with quiet gratitude - “Since I started pyramid meditation, I have been able to find solutions to my problems. Two years ago, I was struggling with diabetes and taking insulin. Through meditation, my condition is now under control. And today, I saw beloved Patriji playing the flute .. it was such a blessing. I’ve met many masters .. this moment is unforgettable.”



Balaji Donthi’s book “**Meditation for an Enlightened Living**” in Tamil was released. Later, the Trust newsletter “**Satyam**” was released in both Tamil and English.

By 1 pm, all the participants were offered pure vegetarian satvik lunch as a part of **Annadanam**. And the event ended with peace in the hearts and smiles on the faces of everyone!



## "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 April to June 2025 at Bogar Pyramid Meditation Center, Chengalpattu :

#### SATYA DARISANAM (Completed 26+ 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 **26+ 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, Lalitha Ramadoss, Latha Chandrasekhar, Srinivasan, VVG Raju, and Srividhya.

\* \* \*

#### 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 April, May, and June 2025, Meditation Coach Balaji Donthi 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.





## SPIRITUAL TRANSFORMATIONS

### **“Everyone must meditate for peace of mind”**

My name is Radhakrishnan. I live in Chengalpattu and I am over 60 years old. For some time, I was living with stress and without peace of mind. I am an engineer by profession.

One day, while walking, I came across the Bogar Pyramid Meditation Center. They told me that meditation is taught there. For the past six months, I have been coming to the center and practicing meditation - everyday from 6am to 8am, and from 5pm to 7pm.

By meditating here, I am now living peacefully without stress or family problems. I am also able to sleep well at night. Earlier, I was a non-vegetarian, but now I have completely turned vegetarian.

That is why I sincerely wish to say: just like me, if you all come to the Bogar Pyramid Meditation Center and practice meditation, you too can find peace of mind and happiness in your life.

- Radhakrishnan, Chengalpattu



### **“With meditation I am able to eat well and sleep well”**

My name is Yogalakshmi. I live in Gokulapuram. I came to the Bogar Pyramid Meditation Center through my friends. I have been practicing meditation here for the past six months.

I started meditation because my health was not good. Now, I am able to meditate for up to three hours in a day. Through meditation, I sleep well, eat well, and there is a peaceful atmosphere in my family.

I have also shifted from being a non-vegetarian to a pure vegetarian. With this Anapanasati meditation, I have received many benefits.

I sincerely wish to say that you too should practice meditation like me and experience its great benefits.

- Yogalakshmi, Chengalpattu



### "Everyone must meditate for peace of mind"

My name is Sumathi. I live in Chengalpattu and I am 75 years old. By coming daily to the Bogar Pyramid Meditation Center and practicing meditation, I am living peacefully, calmly, and happily - without any unnecessary thoughts or worries in my mind.

Meditation has also helped me stay healthy in my body. That is why I kindly request everyone to practice Anapanasati meditation and enjoy a healthy and joyful life.

- Sumathi, 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.

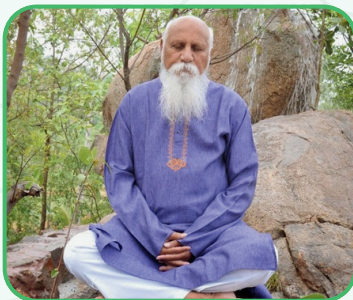


We actively engage in promoting vegetarianism as a way of enlightened living and do annadana seva to meditators and yogis. Through scientific spirituality, we strive to create a conscious, harmonious world where self-transformation leads to global transformation. Join us in this divine mission. Meditate,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



**'Being one with the breath  
with closed eyes is "Meditation",  
'Being one with the nature  
with open eyes is "Life".  
- 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  
Phone : 9176500063, 8122828800, info@satyampsf.org



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