

“ The energy of the mind is the essence of life ”
— Aristotle



THE SPEAKING TREE

ES OF INDIA PUBLICATION

<http://www.speakingtree.in>

BANGALORE, SUNDAY, JUNE 26, 2011, NUMBER OF PAGES: 8

Away from the hustle and bustle of the city, on Kanakapura Road, Bangalore, rises a rare architectural beauty. Touted as the world's largest meditational pyramid, the facility that bears the name of Maitreya Buddha Pyramid is set in a 26-acre campus, with water bodies and dormitories for meditators. Nearly 5,000 people can comfortably meditate at a time in this pyramid, which is modeled on the lines of the pyramids of Giza.

Geometry Of Dhyana

This geometric form in which ancient Egyptians buried their pharaohs has engaged the interest of many over the years. Many properties, including the powers of preservation and healing were ascribed to pyramids. Soon pyramids of various sizes were built around the world. The credit for making meditation inside a pyramid a mass movement goes to the Pyramid Spiritual Societies Movement of India. The Maitreya Pyramid measures 160 ft x 160 ft at the base. At 1/3rd height is the King's chamber, which receives maximum energy inside the pyramid. A spiral staircase leads to the chamber, where at least 40 people can meditate at a time.

A New Movement

Subhash Patri started the Pyramid Spiritual Societies Movement of India in 1990. The first meditation pyramid was built in 1991 in Kurnool. Currently, there are more than 20,000 meditation pyramids in India and abroad associated with the pyramid movement. Nearly 75 per cent of these are in Andhra Pradesh, while a few are in the US, UK, Malaysia, Singapore, UAE and Fiji. Patriji tours 25 days a month prop-

Pyramid Power

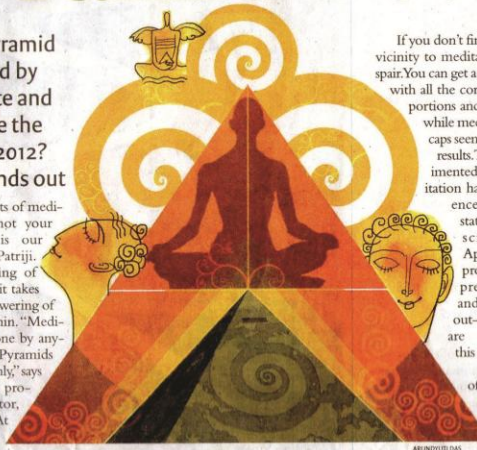
Can the pyramid masters led by Patriji unite and spiritualise the planet by 2012?

MANU DEV finds out

agating the merits of meditation. "I am not your guru. Breath is our guru," says Patriji. Mindful watching of the breath is all it takes to initiate the flowering of the Buddha within. "Meditation can be done by anyone, anywhere. Pyramids act as a catalyst only," says Prasad Prayaga, programme director, Pyramid Valley. At 34, he resigned his job with the Andhra Pradesh PWD and joined the movement. After 12 years, he doesn't regret his decision one bit.

Watch Your Breath

Meditation happens when you watch your breath consciously. Watching your breath meditating under a pyramid is considered to be more powerful and conducive, especially for beginners. To get maximum benefits, the pyramid should be constructed on the principles of the Giza Pyramid, which



If you don't find a pyramid in your vicinity to meditate, you needn't despair. You can get a smaller version done with all the correct angles and proportions and then use it as a cap while meditating. The pyramid caps seem to be yielding good results. Those who've experimented with pyramid meditation have experienced altered states of consciousness. Apart from properties of preservation and healing, out-of-body experiences are also discussed in this context.

Vegetarianism is one of the guiding principles of pyramid meditation. Patriji says vegetarianism is about *ahimsa*. And you can't keep spirituality and non-violence apart. "Eat healthy, vegetarian food and that too in moderation," says Patriji. Pyramid masters avoid medication and depend on meditation to be in the pink of health. P Ayyappa, team leader with a reputed software company in Bangalore, says: "With this meditation, my health has improved; I have not taken medicines for seven years."

Students also vouch for the efficacy of meditation in combating stress and related problems. Krishna Chaitanya, a

B Tech student at Jain Engineering College, Bangalore, says: "When I shifted to Karnataka for my education, I missed all my friends and I went into depression. Meditation helped me come out of it. After practising pyramid meditation for four years, I find my life more balanced and peaceful."

Enjoy Life Mindfully

"Life is for enjoyment. Only ignorance leads to suffering," says Patriji. "Have your *rasagullas, jalebis*, watch movies, plays and cricket matches. We don't want any human being to suffer. Avoid causing harm to animals and other living beings." Pyramid masters lead normal lives of householders and take care of their fellow beings as much as possible. The focus is clearly on two things — non-violence and meditation. Prasad Prayaga says: "There is no need to chant mantras or to pray to a deity or guru. Just observing the breath is enough."

Pyramid Valley International was recently voted as one of the seven wonders of Bangalore in a survey conducted by the *Bangalore Mirror*. In its effort to reach out to a spiritually hungry world, Pyramid Spiritual Societies Movement of India has started work on another bigger pyramid, this time in Hyderabad. When it is completed next year, the meditation pyramid that measures 180 feet x 180 feet at its base will be the biggest of its kind and will have a seating capacity of 6,000. With his avowed intention to unite and spiritualise the whole world by next year with Oneness Meditation, this New Age meditation technique and its pyramid masters hope to usher in a new era of peace. ■

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is oriented in the North-South direction, having the golden angle of inclination at 51° 51' on all sides.

Speaking tree in Bangalore edition date 26-6-2011