

# **The Brzee Abundance System Syllabus**

## **Introduction to Brzee**

Brzee sound was co-created by Saint Vishvamitra and Dr. Pillai as a supreme manifestation tool to help human beings to move from scarcity to abundance consciousness. Vishvamitra is a Vedic rishi (around 15<sup>th</sup> Century BC) who, besides creating many other Vedic hymns, is the creator of the Gayatri Mantra, which is considered as the preeminent mantra for its efficacy to illumine human consciousness. Vishvamitra started out as a king and became a rishi (yogi) to gain supreme miraculous power to transform himself, as well as humanity. Being a benevolent king, Vishvamitra embarked on a holy mission to give prosperity to all his citizens. Since such an attempt could not be accomplished by mundane means, he meditated for several hundred years to come up with the rudimentary form of the sound Brzee, which attained its current Brzee sound through the co-creation of Dr. Baskaran Pillai, a modern day scholar mystic from Southern India, domiciled in the United States.

Both abundance and scarcity are states of mind. Unfortunately, most of humanity is conditioned by scarcity consciousness. Brzee is a divine sound that has the potential ability to transform a scarcity mindset to an abundant mindset that eventually can prove itself to an earnest and committed student of the Brzee practice.

The progression and road to abundance takes place from a change of scarcity mindset to prosperity mindset, leading to a potential actualization of abundance in reality.

## **Dynamics of Brzee**

How does Brzee operate in changing the scarcity mindset to abundance mindset? Every cognitive experience we have is a matter of a thought form that carries content and sound waves. Content is what decides scarcity or abundance and the sound expresses it. Between the content and the sound, the sound is more fundamental than the content. In Indian mystical psychology, the sound comes first and delivers the content. As such, sound decides the content. In this sense, Brzee is the sound that does the transformation by repeating the sound over and over again and changes the innate scarcity mind to an abundant one.

## **Duration of the Program**

Six Months, which involve daily and hourly practices and journaling.

## **Syllabus**

The program is comprised of five modules of new teaching content from Dr. Pillai and a sixth module that synthesizes the information to create a daily practice incorporating the five teachings. This is delivered through a six-month period. It is a home study program through audios, videos and live coaching sessions.

### **Module I: Brzee Soul**

The Soul Penetration of the Sound Brzee: Why Soul?

According to Indian mystical thought, the soul is the animating agent of supernatural energy that makes life possible. Within the human beings, the soul lives in the third-eye chakra of the subtle body, which corresponds to the area of the pituitary and the pineal glands. Getting the Brzee sound to these two spots of the pituitary and the pineal is of utmost importance to have maximum impact of the sound for changing one's mindset from scarcity to abundance orientation.

Feeding the sound in the third-eye chakra in the subtle body leads to controlling all our experience because it is the command center, and also the seat of the soul. Once the soul is transformed, the physical body-mind follows suit. Corresponding to the soul are the pituitary and the pineal glands. The pituitary is the major endocrine gland, which controls metabolism, sex, etc.

The pineal is the visionary gland that opens human experience to transcend physical time-space limitation. DMT, which is secreted in the gland, is key to a mystical psychedelic effect.

Participants will be given a meditation to activate the three areas: the third eye, the pituitary, and the pineal with the sound Brzee.

The major goal is to enable the pituitary to attune itself to abundance. By nature, the pituitary is bound by logic and does not allow abundance. The pineal, by nature, is capable of unlimited knowingness, but it too becomes limited soon after the birth of the child and this results in calcification of the gland during adolescence due to the secretion of sex hormones.

Besides the 20-minute meditation on the three parts (third eye, pituitary, and pineal), participants will have a daily and hourly practice of feeding the three areas with a one-minute meditation technique.

The idea behind the one-minute practice is to reinforce the abundance concept to the three respective areas.

### **Contamination of the Soul**

The individual soul carries contamination from its many reincarnations. The contamination may pertain to multiple areas, ranging from ill health, bad finances, disappointing relationships, parents, children, etc. The contamination can also

come from the souls of our parents, grandparents, great grandparents, both on the father's side and the mother's side, both bio-genetically and soul-genetically.

### **Cleansing Soul Genetics**

Cleansing the scarcity consciousness soul-genetically is an important component of the program. A daily ritual with sesame seeds, rice powder, etc. will be taught by the instructors for soul cleanings. This is a great way to cleanse the contamination from ancestors, which has been found quite useful in the lives of the participants. This ritual, called Tarpanam, is an ancient technology in the Indian tradition.

### **Module II: Brzee Mind**

#### **Infusing Brzee into Your Mind**

Generally speaking, the mind is compared to a monkey, which jumps from branch to branch of the tree constantly. It is difficult to keep the mind focused on one thought. The mind, on average, thinks 30-50 thoughts a minute, depending on a given person.

The thoughts of a person decide his/her success or failure. Thoughts are controlled by karma and are autonomous. No one has control of his/her thoughts unless he/she is an enlightened being who is aloof from thought and activities.

Most people are locked into scarcity thoughts that lead to poor earnings. Scarcity thoughts are typical of bad money karma. Although Brzee counteracts bad money karma, it is useful to diffuse bad money karma at the mind level through other mantras as well.

How to change your thoughts to change your mindset? Although thoughts are autonomous, they can pretty much be controlled if you choose not to be a robot. A rich person keeps cranking rich and richer thoughts, and a poor person keeps

having poor and poorer thoughts. Can you stop being a karmic robot? Yes, but no one teaches you how.

Built into the program are hourly, one-minute meditations to stop karmic, limiting thoughts. After stopping the karmic thoughts, you will plant Brzee in key areas of the brain within one minute. The module is a type of a “brain gym” for Brzee.

### **Influencers of Thoughts: Karma**

Thoughts are controlled by karma. The thoughts that you are thinking now are only old thoughts coming from your previous births. For example, a person who was a waiter in a restaurant in the previous birth hated his job and wanted to be the owner of the restaurant. Now, he is the owner, but hates it. He now plans to own an IT company, which he will do, to simply hate it in the next life.

### **How to Stop Karmic Thoughts?**

1. Become a vacuum. Use a comprehensive meditation to empty your mind.
2. Astrology: Your mind is directly influenced by the planets. As the planets change and move into different zodiac signs, your thoughts will change accordingly. Participants will be introduced to an app that tracks the movement of planets each hour.
3. Space and Environment is another influence of your thoughts, fortune as well as misfortune. For instance, there are spaces for money and spaces that will destroy you. There will be a brief discussion of vaastu and how to establish Brzee in the right spot of the house.

### **Module III – Brzee Body**

Infusing the Body with Brzee

It is important to embody Brzee. What is embodying Brzee? There are so many parts that go to compose the body. A few are particularly important ones. For instance, the eyes, there are some high-level yogic teachings on the eyes and how they are inherently influenced in manifesting reality. For instance, the material world doesn't even exist without eyes. For a blind man the manifestation or vision of a beautiful sunrise is abstract. For everyone, the material world disappears when you close your eyes. Material creation is all about eyes and seeing the material reality.

How do we manifest eyes?

- Meditation on visualization
- Activating different areas of the brain
- Manifesting through your third eye

### **Emotions and Manifestation**

Cognition is different from emotions, although they are related. Emotions play an important role in manifestation. Besides the eyes, the hands, particularly the palms and fingers play an important role in the three-dimensionality of the material reality; for instance, in the manifestation of a car or a house. Smell is equally important in the sense that it represents the earth element.

### **Desire: The Primordial Human Emotion**

Desire is closely associated with manifestation. You cannot manifest without desire. Unfortunately, most people are unable to have an authentic and deep desire due to various reasons:

- Planetary hostility
- Past life trauma

Regardless of one or multiple causes for lack of desire, Brzee will potentially increase desire levels, being a manifestation sound.

## **The Brzee Touch**

The skin, which carries the sense of touch, is pervasive. According to yoga, prana, which is the life energy, enters the body through the pores in the skin. Participants will receive the Brzee skin-pore infusion as part of a comprehensive meditation intended for the module.

### **Module IV: Brzee Heart**

#### Infusion of Brzee into the Spiritual Heart

The Spiritual Heart has been acknowledged by many ancient civilizations as the center of highest cognition and emotion. It is also called the God Center or Soul Center in some traditions. Different yoga traditions prescribe creative manifestation meditations on the Heart. The Siva Sutras and Patanjali's Yoga Sutras talk about higher cognition in the Heart Center. Infusion of Brzee in the Heart Center additionally will uncover the power of the sound to benefit both cognition and emotions in the students.

Siva Sutras argue that the Heart Center is meant to subtilize any mantra. Brzee, when subtilized, will gain the power of a quantum sound.

### **Module V: Brzee Dream**

#### Living The Brzee Dream

Conrad Hilton, the founder of the Hilton chain of hotels, in his book, *Be My Guest*, writes that everyone has to have a dream. Hilton's dream was to build 5-star hotels. He dreamt the dreams when he had literally no money, just the dream. Your dream is your capital, not the money you have in your bank account. My guru, Maharishi Mahesh Yogi, once told me that when I said that there was no money to do the project he was talking about, he shouted, "Money is in the bank." I didn't shout back

but said, “Not in our account.” He shouted again, “It doesn’t matter. Money is in the bank.” He lived a different mindset.

Brzee can build that mindset. First, you should dream the reality – car, mansion, job, etc. Then, it will happen, slowly and steadily.

What is dream consciousness? It is the opposite of the waking state of consciousness. In the waking state, only logical things will mostly happen. But, dream consciousness allows everything, even the impossible. In a dream, you can become a king, a president, a business magnet or whatever you want. Dream is not conditioned by logic. Extraordinary things can happen in dreams.

The Brzee dream is dreaming from a special state of consciousness in between waking and dreaming. It is the kind of dreaming that Edison dreamt in order to come up with a drowsy state, neither waking nor sleeping. It is a kind of dream-like condition. Edison would sit on a chair with an iron ball in his hand, kind of meditation. When he reached the threshold of sleep, he would lose hold of the ball and it would fall on a metal sheet with a bang. The device helped him to be in delta, theta, and alpha consciousness.

Participants will be introduced to the energy of lucid dreaming with Brzee. Additionally, a theta-inducing mantra will be given to the practitioners so that they can become creative Brzee. Brain location of theta will also be discussed.

## **Module VI: Brzee Life**

### Integrating Brzee into all Five Areas

After receiving the empowerments, teachings and techniques from Dr. Pillai in the five teaching modules, this module will be dedicated to synthesizing the teachings into a holistic practice. You will receive instructions on how to apply everything you have learned so that you can easily integrate the practice into your daily life and continue your training and practice after the live component of the program is over.