

VeWa

Wave 14 | Sep 2019



from World Community Service Centre
Directorate of Other States and Foreign Countries

**Immortal wisdom of a Universal Master
woven in languages of the World**



VeWa International



Vetha Pearls

Centre for Yoga and Spiritual Education

Inside the Issue...

Waves : Splashes

VeWa Note	Note from the Editor P: 3-4
VeWa Tmelessness	The turn of the Millennium P: 5-8
VeWa Launch	Birthday Function—Online Launchings P: 9
VeWa Sprouts	Upcoming Events P: 10
VeWa Ambassadors	SKY Professors visiting abroad from India P: 11
VeWa Announcement	Announcement P: 12
VeWa Blossom	Events and Updates happening across the World P: 13-15
VeWa Village	Events from VSP Villages P: 16
VeWa Celebration	Non Resident Indians and Foreigners Diaspora P: 17
VeWa Corporate	Impact of SKY practices on Stress Management P: 19



Delhi



Srilanka



Singapore



Chennai



LIVE FOR SELF EXTEND SELF TO SOCIETY

VEWA NOTE

A tribute to the Divinatory Master, VeWa International blossomed with our Legendary Guru's verses being released in 26 languages in August 2019. When VeWa International sprouted, we shared the thoughts of conceptional-idea with our known contacts, and SKY friends around the world were eager and excited to translate the Guru's words in their native language. Through their dedication and interest, we were able to bring together 26 languages in one volume.



Many questioned, why take up this herculean task? what was the purpose? Yes, it was a colossal task as we had to work against the sun and moon cycles to accomplish this to release it on Guru's Birthday. However, its release immensely gave unparalleled joy to every soul who put their thoughts in bringing out the publication. It was fulfilling the Guru's dream of making His words, His thoughts, His teaching, reach the Global Audience in the language that beats in their hearts, their mother tongue.

When one is working on projects like VeWa International, Guru's energy and His thought-force permeate their mind every second, intricately uplifting every part of their life. Like the Navagrahas (9 planets) that revolve around the Sun, our thoughts are revolving around Guru, His life and His expedition.

Before every language section, there are short experiences or stories of our Guru, rare recollections and these weave the way and lead the reader onto the articles.

Short quotes of Guru Vethathiri in multiple languages aims in creating digital footprints of our Guru in the World of technology. So, if your Spanish friend is searching about meditation in his/her language, they can find our Guru's verse in their language and can know about our enlightened Master, and His philosophy.

This September edition, VeWa pays *homage to Vethathiri Maharishi*, His life and His



journey. It brings to you the a la carte of blossoms in SKY centres across the globe, VSP success stories, our travelling professors who are ambassadors of SKY, interesting releases and information.

Before you flip the pages of VeWa September, **just take a moment** to read the below thought-quote that is rich with meaning:

“You usually don’t realise that your physical body is created by you at each moment as a direct result of your inner conception of what you are, or that it changes in important chemical and electro-magnetic ways with ever moving pace of your own thoughts. – from the Eternal validity of the soul.”

The present fast-paced lifestyle accentuates mental tension, worry and seemingly insoluble problems at various circumstances, be it personal interrelationships, social circles, or even at geopolitical levels. Without an antidote, mental and physical wellbeing will be jeopardised.

Practices in SKY proves to be an ideal cure by bringing out the best from an individual and extending the realised experience of goodness to the society. Once the body-mind complex is understood it generates the foundation of a fuller and more active life and a greater appreciation of the richness of the world we live in.

When the pulse of gratefulness is high, society will be the reflection of the SELF, and self will live for the society, as it is beyond imagination to see both as a separate entity.

Learn to live for the self and decipher its roots in the society. Be blessed by the Divine.



“You usually don’t realise that your physical body is created by you at each moment as a direct result of your inner conception of what you are, or that it changes in important chemical and electro-magnetic ways with ever moving pace of your own thoughts. – from the Eternal validity of the soul.”



Ve Wa Timelessness

The turn of the millennium got the Divine Will of bringing a pristine soul on earth, who can flawlessly declare the Ultimate Truth to the vast humanity.

Unfolding itself with time, the energies of a noble soul adorned the human race with grace and compassion. Stemming from a humble background which gave inspirational models for selfless social service, Vethathiri Maharishi is a biggest blessing for the World Society.

“For our Divine Father”



The Sage
began to be
continued for
ETERNITY

1911

The
Visionary
of Peace

The Initiated Souls of Shri Vethathiri



Exploring the City of Universe
Graduating higher and higher
To touch the summits of realisation
Ever holding our Guru's hands





The unextinguishable lamp that casts light to those who lose the way!

With the afflicted, ignorant mankind departing again and again from the ideal of purity, inspite of all efforts flying into fits of anger, assailed by thoughts of envy, hatred and fear there was a strident voice which asked not to brood over the unaware state. Instead asked to retire to a quiet corner of meditation and contemplate the Divine Perfection, the purity, the patience and love of the Almighty.

Such is Swamiji's grace that it inspires men of the most different types to arise and help their fellow brotheren, thus even in the darkest epochs someone eventually appears to help the most ignorant, the sinful, the illiterate, even as someone ultimately appears to guide the virtuous, educated and intellutual – the interconnected Vethathirian.

*The man
who dwells in
the Divine light,
intuitively
transmits its
radiance
to the
truth-seekers.*

The illuminate who is really awake

Vethathiri Maharishi brought practical, down-to-earth solutions to mundane problems faced by the comman man, enabling every citizen of this planet to relish the indwelling peace.

Recognising the interconnectedness of the society, Swamiji gave the true meaning of being indebted and grateful to the society which serves the needs of the masses. Feel indebted, feel grateful. Then abundance grows.

Individuals attain happiness and harmony only through spiritual knowledge, which brings out the strength of character, spirit of philanthropy and courage.

Shine upon us Divine Father, so that we radiate YOUR RADIANCE!

*A
blessing
beyond*

*"Being with
the Guru means
spontaneous
integration of life
and wisdom"*



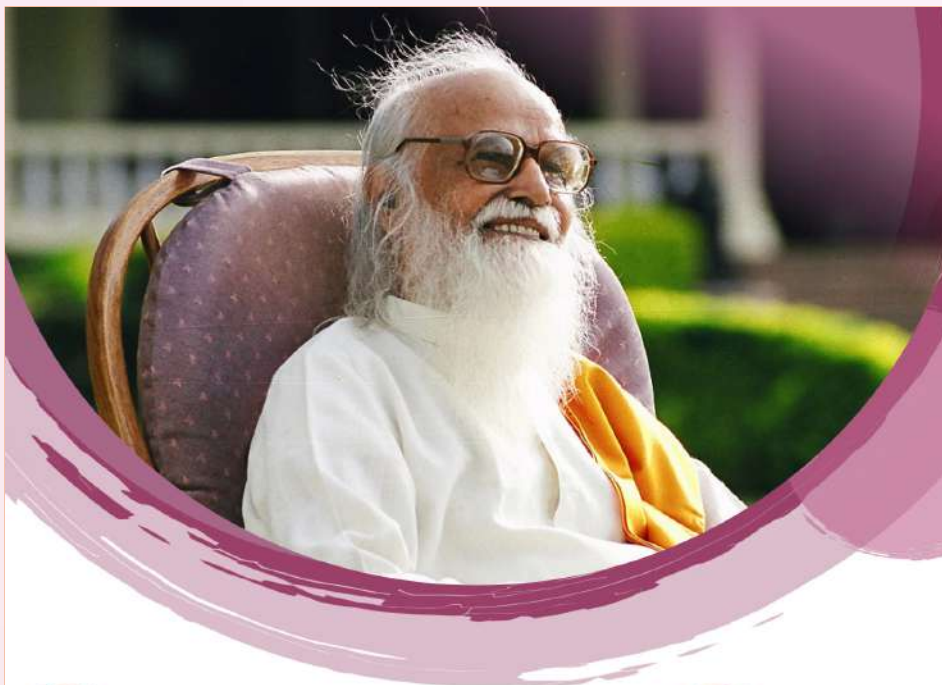
The Homeland of every soul

The greeny pastures, the soothing breeze, the refreshing waters, the high standing mountains which deck the glowing medallion in the sky everyday – our Blissland unceasingly stretches its arms for every soul giving its spiritual shelter.

The energy emanating from the Guru's abode rejuvenates our wandering soul, giving us awareness and clarity. It is a place to remind us that we are a part of nature, making us to calmly take the journey to our inner self.

The experience transcends thoughts surpasses speech and fills with endless bliss It is a boundless stream of energy which runs through our veins a mingling of minds a union of hearts where the waves of peace pass from our Master stilling our restless thoughts and healing the wounds of the world





*Surrendering
ourselves to our
Guru on Guru
Jayanthi*

*Our Guru's
birth sent forth
an echoing
vibration
within the
Universe,
which called
our souls to
incarnate with
HIM and be
in HIS field of
energy.*

The divine renewal of inner life befalls when the Guru flings his benevolent grace direct from his great heart into the heart of the disciple.

In the presence of HIS greatness, a feeling of humility touches a sensitive heart. HE is our providence who showed the luminous providence of Nature.

By being the Light which dispels the darkness of Maya that veils the brilliance of Consciousness, Maharishi is penetratively existing in our bountiful compassion that fills our very being.

With this kind of Intimate Soulful connectedness, HIS consciousness coalesces in perfect harmony with ours and verily All of us became an Indivisible part in HIS Divine Service to the World.

Forever
grateful to
DIVINITY

*For giving us a
Divine Father!*



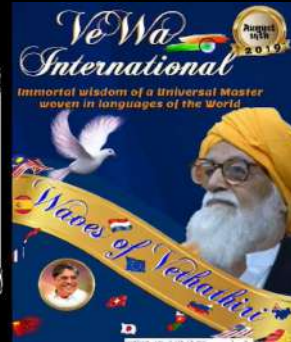


Surrendering ourselves

to our GURU

Make a one-world community

by spreading
the message of our Guru



LAUNCH OF VeWa International Vetha Pearls

Anboli Online App On the auspicious occasion of

August
14

109th Birthday
of Vethathiri Maharishi

Temple of Consciousness, Aliyar



Anboli App - Official Release



Aliyar Trustee from Srilanka,
SKY Prof. Maduraiveeran hand-
ing over **VeWa International** to
SKY Prof. Muthu from Qatar

English



Tamil

A/n. Janakiraman, Psychology
Consultant, Family Chemistry
Foundation of India receiving
Vetha Pearls from Aliyar
Trustee Kolandaivelan





VeWa Sprouts

(Upcoming Events)

DELHI

- 2 Oct – Wife Appreciation Day Function
- 5 & 6 Oct – Introspection-1 (English)
- 12 & 13 Oct – Foundation Course (English)
- 19 & 20 Oct – Introspection-2 (English)
- 26 & 27 Oct – Foundation Course (Hindi)

Dubai

- Oct 04 & 11 - Introspection-3 - TAMIL @ Muhasnah-4
- Oct 18 - Vision Class @ Muhasnah-4
- Oct 18 & 25 - Introspection-1 - TAMIL & Eng @ Muhasnah-4
- Oct 04 & 11 - Introspection-1 - TAMIL @ DIP
- Oct 11 & 18 - Introspection-2 - TAMIL @ Al Nahda-2
- Oct 18 - KAYAKALPA YOGA - ENGLISH @ Karama

- Oct 04 - Kayakalpa Yoga – TAMIL @ Abushagara

Fridays – Exercises, Meditation and Food for Thought

Sharjah

Bahrain

- 11 Oct – Introspection—2 (Eng)
- 18 Oct – Introspection—2 (Eng) Session 2
- 25 Oct - Kayakalpa Course (Eng)

Regular Session

- 1st Friday of the month - Silence
- Fridays – Meditation & Exercise session in Tamil & English
- Saturdays – Meditation session
- Mondays - Thuriyatheetham meditation followed by thought provoking discussion
- Wednesdays – Special session exclusively for SKY masters





VeWa Ambassadors



SKY Professors visiting abroad from India

Ambassadors				
Visiting Sr. Prof/ Prof.	Trust/Zone	Visiting Country	Date From	Date To
Mala Jayapraksh	Trichy	USA	11-Jun-2019	10-Oct-2019
S. Jayaprakash	Trichy	USA	11-Jun-2019	10-Oct-2019
S. Thiyagarajan	East Tambaram	USA	16-Jul-2019	21-Oct-2019
K. Ravindran	Bangalore	USA	11-Jul-2019	06-Nov-2019
R. Santhanakrishanan	Coimbatore	Australia	01-Aug-2019	26-Oct-2019
M. Venkata Chalapathy	Thiruvattiyur	Malaysia	03-Sep-2019	28-Oct-2019
G. Purushothaman	Chennai	USA	08-Sep-2019	07-Feb-2020
Balachandran Ganesan	Aliyar	Malaysia	26-Sep-2019	10-Oct-2019
Jayanthi Balachandran	Aliyar	Malaysia	26-Sep-2019	10-Oct-2019
Balachandran Ganesan	Aliyar	Dubai/Qatar/Muscat	27-Oct-2019	26-Nov-2019
Jayanthi Balachandran	Aliyar	Dubai/Qatar/Muscat	27-Oct-2019	26-Nov-2019

Mail us details of your visits and share activity photos

wcsc.osfc@vethathiri.ac.in

Give us an opportunity to showcase your services abroad through VeWa Ambassador Album

Request to visiting Professors





Announcement!

Centres across the globe have shared pictures of their activities.

Thanks to those who shared the pictures, always a treat to see the SKY blossoming.

An exclusive VeWa Picture album will be shared soon. A motivation for all.

COMING IN
next issue

General Body Meeting of WCSC was held in Blissland Aliyar between 20th–22nd September.

Updates and important decisions taken in the meeting will be shared in October 2019 VeWa.



Conference | Exhibition | Awards

WCSC participated for the first time in the INDIA CSR SUMMIT

and 24th September.

A meeting of over 2000 Corporates and 900+ NGO's.

Experiences and updates of the meeting in October Ve-Wa Issue.



Across the world there are several online meditations of SKY that are being held at different times.



Look forward to these in the next issue.

Calender of Online Meditation



VeWa wants to help consolidate this information to help those who want attend and benefit from it.



VeWa Blossom

ANDHRA PRADESH



First VSP at AP

INDIA - DELHI



Foundation Course (Hindi)

KERALA



5th Meditation Center of the Kayamkulam SKY Trust at Cheppad



VeWa Blossom

INDIA - MUMBAI



Mumbai Centers Entering to Schools

UNITED KINGDOM



Weekly Session at Harrow



CANADA



Toronto SKY Board Meeting

Silence Retreat



Silence Retreat



VeWa Blossom

SINGAPORE



**More photos coming as an
exclusive separate issue**

**VeWa
Photo
ALBUM
COMING SOON**



VeWa Village



Village Ecchur
- Concluding Day



Village Pillayarnatham
- Observe the location of Session





– From G. Balachandran, Director - OSFC

participants. A formal gathering, with a touch of informality and warmth of a family event. The members who were a part of this meeting were thrilled and overjoyed to have exclusive time and also join the live-streaming with our benevolent leader SKM.

In the August presence of our honourable President SKM ji, the NRI & Foreigners get together held at Bliss land was a grand success. Members from across the world attended the meeting, some along with their lovely families. A unique initiative of an interactive session with the President was arranged harnessing technology.

Eager SKY members from all over the Globe zoomed into the meeting to intermingle and have face time with the President and to attend this meet. Defying time zone limitations members joined this SKY get together. Australia members stayed up late, Chicago and Atlanta were a part of it inspite of its early hours and participants from Holland, Bahrain, Saudi & Malaysia too joined and made this meeting a true Global Diaspora.

President spent close to an hour interacting with the participants present at the meeting and the online

The session was made informative, lively through various other speakers in the meeting.



Dr. K. Perumal, Director VISION Academy, explained about the VISION courses, the new rules and laws of the Universities. He also motivated the audience to reach out to Universities in their respective country and work towards signing MOU's with Universities.

Professor Muthu of Qatar enlightened the participants of the functioning of one of successful centres in Middle East, the Qatar Centre. He shared experiences of the centre; in one of the sessions, the parents of all the



students who were a part of the SKY program attended the session merely out of curiosity to see what had caused the wonderful transformation in their children. He said, the key for growth is to provide positive influence, quality teaching and congenial environment for all the aspirants.



Professor Murugaraj of Dubai (another star centre in the Middle East), UAE coordinator, shared the secret behind the success of the Dubai SKY Centre. Meticulous planning and scheduling, real time data updation, data maintenance, organising sessions at various venues, regular discussions with masters and networking with non-SKY members has enabled the Centre to flourish within the limitations of the country's legalities.

SKY Malaysia coordinator, Aliyar Trustee Arumugam concluded the meeting with the vote of thanks. Seremban Malaysia Centre, the youngest centre that started 2 years ago is phenomenally spreading SKY throughout multi-cultural Malaysia. Their main focus is to shape at the budding stage, teach the children in Primary and Secondary schools. Every person who visits the centre is fed the wisdom of Vethathirium and delicious food, food for soul and the body. He shared the plans of the centre and his grand plans of building a Temple of Consciousness in Malaysia. The Government of Malaysia has recognised the noble service and has given grants for

teaching in schools and he shared the efforts taken for accomplishing this task.

A gathering of family members is always a joyful occasion, and through the online interactive participation from members all over the world made this a memorable one. The President emphasised the need for SKY to grow beyond the boundaries of India, to transform lives across the world and reassured us about his undeterred support to succeed in fulfilling the dreams of Vethathiri Maharishi. The energy of the crowd was electric and the meeting concluded with renewed motivation and inspiration to strive for our Guru.

We look forward to more members participating in future meetings and making this NRI and Foreigners diaspora a Global gathering of SKY Family.





Vedva Corporate



Stress, the modern serial killer, the millennium phenomenon that cannot be ignored. A number of in-depth research are being conducted to do a detailed analysis on its cause and effects.

Many corporates are acknowledging the need to tackle this epidemic and help the employees overcome and handle everyday corporate challenges. Cairn, a branch of Vedanta group is a reputed corporate with offices in multiple cities and around the world. Their Gurgaon, NCR Delhi, India division invited SKY team to conduct sessions for its employees and to assist in the research conducted by a SKY Member on “*Impact of SKY practices on Stress Management*”.

About the Research at Cairn Office: To find out the positive effects of SKY practices on selected Physiological, Biochemical and Psychological variables among participants. A pilot program at Delhi SKY Yoga center and recorded with significant changes in Neuro-transmitters like Oxytocin,

Endorphin, 8-Isoprostane (oxidative stress marker), Neurotensin, alpha Melanocyte Stimulating Hormone.

At the end of this SKY Stress Management program, employees will be able to manage the Stress in better way which will help to minimize/overcome any stress related ailments. These practices helps employees to perform their duties effectively and efficiently because any Pain and Disease not only affects our body but also affects our duties and efficiency.

To start off this relationship with this Cairn, **SKY Professor Rajasekaran** gave the introduction to SKY system in their Gurgaon office. Post this initial session the HR of the group were impressed with the



concepts and wanted their employees to benefit from SKY. They wanted to do further sessions.

To take it forward, the next round of session was conducted by **Sr. SKY Professor Balachandran** along with the SKY Centre Gurgaon.

The response to the sessions is overwhelming and the group in Gurgaon wants SKY teachings to reach all its employees.

Feedback from the sessions published by Cairn HR in their circulation:

Wellness Activity - Holistic Health

Dear colleagues,

As part of our holistic health wellness initiatives, we launched first program focusing on the holistic health and cover the following aspects like spiritual, physical, emotional, mental & social.

August 26, 2019

Session to measure the effect of SKY - Simplified Kundalini Yoga on selected:

- Physiological variables
- Bio-chemical variables
- Psychological variables

This was conducted by Mr Rajasekaran who is the Joint Director - Other states & foreign countries (World Community Service Center)

August 30, 2019

Kayakalpa Yoga: 7 minutes per day - An ancient siddha technique to rejuvenate life energy, improve immunity and anti-ageing.

Simple, practical and easy to apply methods to analysis of thought and neutralization of anger for stress free mind for happy family and peaceful workplace.

This was conducted by Prof. Balachandran is the Director - Other states & foreign countries (World Community Service Center)

We received encouraging feedback from our employee participants.

Regards,
Cairn HR



Excellent program for overall well-being and helps in creating positive and peaceful atmosphere.

Learned to do meditation and practice mental fitness.

Helpful to reduce stress and manage anger.

These yoga sessions are helpful for mental and physical health of employee.

Good experience and can be used daily for better life.



VeWa Corporate



Wellness Program

with





VeWa Vethathiri



From
The World Community Service Centre
Directorate of Other States and Foreign Countries
Temple of Consciousness, Aliyar



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