

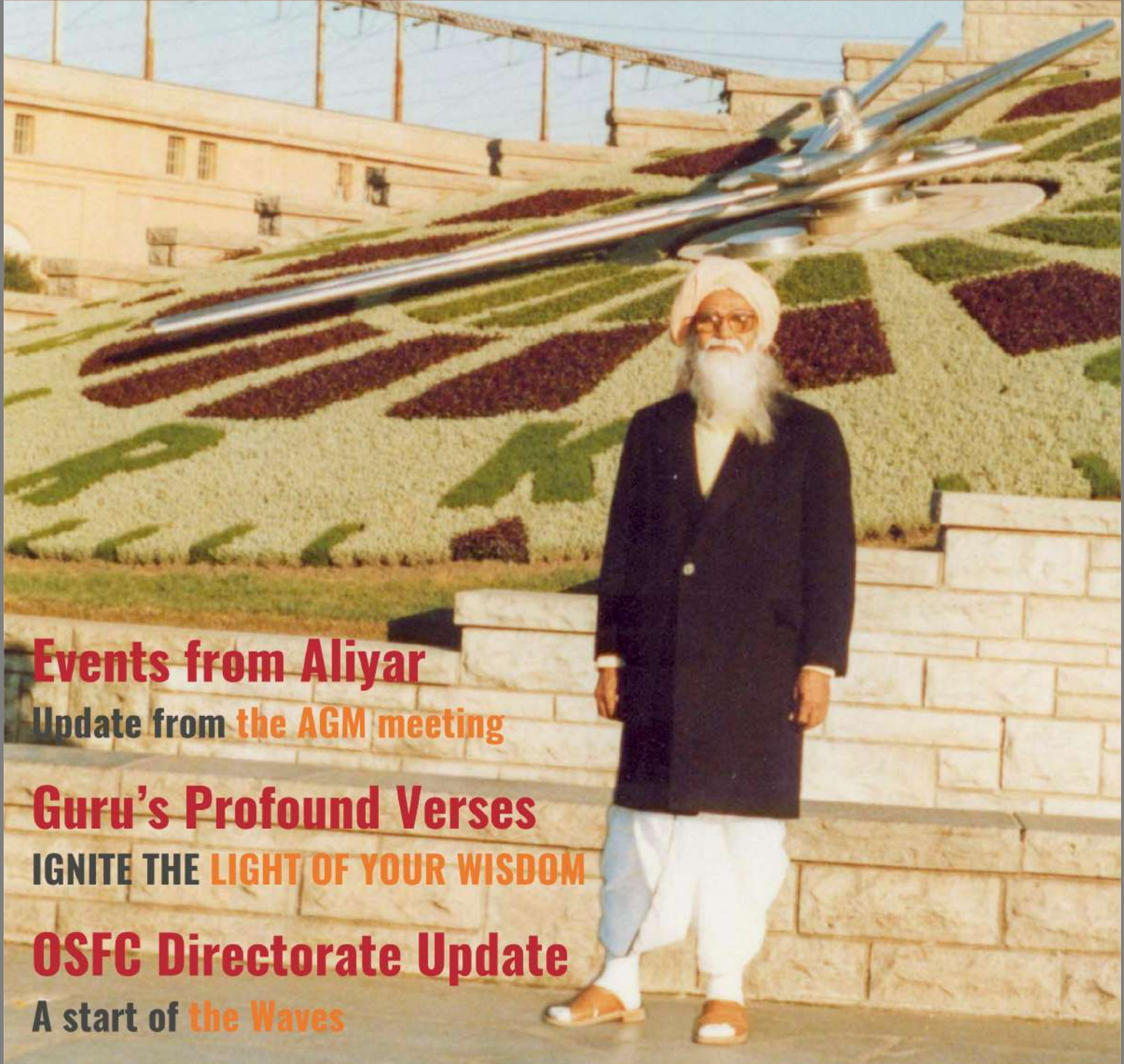
Wave: 3
October 2018
20 PAGES

from World Community Service Center - OSFC

VeWa

Waves of Vethathiri

T H E A W A K E N I N G B E G I N S



Events from Aliyar

Update from **the AGM meeting**

Guru's Profound Verses

IGNITE THE **LIGHT OF YOUR WISDOM**

OSFC Directorate Update

A start of **the Waves**

- Center for Yoga and Spiritual Education -

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Read the Article on Vethathiri College
of Yoga in VeWa Blossoms

**VeWa Culturing -
Reengineering of your
Genetic Center**

**VeWa
Directorate
VSP**

VeWa is a blessing of our beloved Guru Vethathiri Maharishi, to spread HIS bliss deep in our Genetic Centre, bringing transformation in each of us. He always emphasised that, without fulfilling or realizing the importance of Self, we can't knock the doors of Peace. Thus, aiming World Peace should start only at the Individual level. Each individual should try to enter the Peace zone and stay long in that zone, and this will determine the next era for us. As a first step of touching the doors of Peace zone, VeWa is trying to bring the tools where we can work on our **SELF**.

Maharishi always emphasizes that the real need of the hour is **Cultural Transformation**. The present generation is going helter-skelter with the lifestyles they follow. The present lifestyle is ingrained as the default mode and is fast becoming a role model for future generations.

Each of us should come forward, join hands in rising as the transformational role model, in showing lifestyles in its purest and truest sense. We should be bold to implement it in our life and continue to follow in all situations without paying heed to comments from the society. ***Change is never welcomed at the outset, but great appreciation will follow later and it will reap rich benefits.***

VeWa is taking up this challenge to spread transforming thoughts with the Secrets of our beloved Guru Vethathiri's Science of Living. VeWa will dismantle, make you unlearn every part of the routine life and will enable and empower you to reassemble and relearn, novel, pure and meaningful modified powerful actions/ thoughts/culture in our Life system. This will positively help us become a ***Successful Runner and Winner of this birth.***

From September onwards, there are several Functions, festivals and rituals that are celebrated across the world and across different religions: festivals like Ramadan, Vinayaka Chaturthi, Navaratri, Diwali, Christmas etc.

Relooking at our traditions and analysis of the reasons behind them will reveal that, it was created with the virtue or science to enable us to adopt a model lifestyle. This is different from what we are following today.

Maharishi insisted on each individual to think for himself, to Introspect. Through the process of introspection, it's time to look at the science, instead of just the mechanical rituals we follow. Rituals or celebrations were created, connecting the environmental changes occurring. To illustrate a few, Navaratri and Diwali (Widely celebrated Indian festivals), comes before the onset of winter.

Navaratri – Festival of Nine Nights (literal translation) represents the Nine forces that are of Shakthi / Devi the Energy Force. Fasting during these Nine days cleanses the body and makes the body a good receptor of Universal Energy that is in abundance during that time.

Our ancestors discovered the changes occurring in our physical body and mind during seasonal changes. Geographically, from the Universe standpoint, different forces are showered on Earth during different seasons. Knowing these secrets, they suggested rituals to be followed, but today we have diluted the Science and are holding on to the celebrations as social gathering and carrying out external rituals, instead of Internal practices. You can read about this at length in - VeWa Culturing.

Some of VeWa's sections we have planned are as follows:

VeWa Culturing: A compelling article that makes us rethink of the rituals that we are performing till now and how we can transform this through Vethathirium glasses. With Diwali round the corner, let's relook at the present practices that is followed, what do they mean and what can we do to make this festival meaningful and beneficial to SELF, FAMILY AND SOCIETY.

VeWa Experience: A pleasant read of the experience by one our Qatar Member.

VeWa Ignition: Fountain of knowledge of Guru's poems, presented in readable parts.

VeWa Compassion: It's an honor to have this in our Newsletter. Acts such as these restore faith in humanity.

VeWa Blissland: A journey down the Memory Lane. All of us as SKY members always crave to be at Guru's Abode, at his feet in Aliyar. This section will carry exclusive, special and at times some unseen photos of Temple of Consciousness, Aliyar. This surely will rekindle some old memories and take you to the blessed land merging with the Divine Guru's Force.

Aliyar news, the erstwhile VeWa was highly applauded and cherished by Maharishi.

In addition to the above, it also carries other sections like, VeWa Sprouts, VeWa Flowering etc. among other mind enriching information. It is wonderful to see the activities and programs that are performed across the world and various parts of the country. We want to receive updates from every SKY Centre/Members to create a Global platform not only to share information but also to encourage each other and to propel best practice sharing.

With the last two issues, we have received a lot of positive feedback, thanks for sharing. We also want the whole of SKY family to come up with suggestions, improvements, what do you want to read in the Newsletter etc. There are creative ideas that are coming up and we are slowly trying to inculcate these in the Newsletter.

Read this at leisure, but do read and come back with comments, feedback. Write to us at wscs.vewa@vethathiri.ac.in and this will be published in future Newsletters as VeWa Letters.

Look forward to VeWa Science, VeWa Health, VeWa Theatre & VeWa Humour among other exciting articles that are planned for future editions. With support from our SKY President, IT team and other Directorates, we are on the web and link is shared in this edition. We have also started a special page on VeWa Directorates Update, enjoy the read.

VeWa, Waves should empower us to think, to question, to transcend the barriers of mundane thinking and to spread the message of our beloved Guru. We are a small team striving to make the waves reach all corners of the Globe. We are seeking HELP, knocking all doors for volunteers (designers, content writers and help in various areas) to support us. An opportunity to make a difference, to serve our Guru!

Be blessed by the divine...



VeWa Base

(Events of Ashram)

Update from the AGM meeting 23rd September 2018, Aliyar

Aliyar was bustling with members of the SKY Family from all over the world during the last week of September on the occasion of the Annual General Meeting. With the Divine Guru's grace, the meeting progressed as planned and Directors/Trustees/Members were filled with zest and energy to continue to excel in their service to SKY family and Swamiji.



Members from all parts of the states, country and various parts of the world attended the meeting. As always, our respected President-Shri SKM encouraged all members of the SKY family and emphasized on focus and result oriented approach in achieving SKY Goals. SKMji appreciated and applauded the SKY Family for the big turnout. He expressed his immense pleasure in seeing such large gathering for the meeting and mentioned that nowhere else in his experience he has seen such mass gathering of people for a common cause.



This undoubtedly is a testament of Swamiji's great force which is working in each and every SKY Member. So, let us trust this force and allow HIM to work through us.

Some of the KEY resolutions passed are :-

- ⇒ A sophisticated Video Conferencing (VC) facility with contemporary and Hitech Modern Technology is being developed in Aliyar and is expected to be operational by the end of this year. This VC facility will allow our President to optimize his number of travels not only to Aliyar but also for him to continue to be involved in all activities actively without any disruption or limitations from his Base Location.
- ⇒ Starting Aliyar college shortly - One of the ultimate dreams of Maharishi will soon bear fruit.
- ⇒ Seven new trusts received affiliations, while affiliation to seven affiliated trusts were terminated due to inactivity and other reasons.



- ⇒ Presently PCP for Diploma and UG and PG is conducted at Aliyar. Resolution was passed that 1st and 2nd Year PCP for UG and 1st Year PCP for PG can be conducted by the Zones concerned.
- ⇒ Hi-Tech Bus was purchased to spread SKY Teaching throughout Tamilnadu - Swamiji always wished for reformation at grassroots Level.



VeWa Flowered

(Events/Programs)

Waves in East

Kuwait

Centres at Faaheel, Mangaf, Salmiya and Abassya are progressing well. PRT Muthu of Qatar visited Kuwait, has shown keen interest in knowing the respective centre activities and has thought of venturing SKY techniques in occupational therapy for children.



In the presence of all the members farewell gathering was held for APT Kannan Ravi - Key person for Centre creation, Kuwait SKY, a dedicated, sincere and enthusiastic person who was one of the main persons responsible for the growth of SKY centre in Kuwait. APT Jyothi, PRT M.R.Rajaendiran are some of the key persons working with lots of dedicated volunteers. APT Saravana Kumar is now the Master-in-charge for Salmiya to fill the place of Kannan Ravi.

APT Aruna Manickavasagam, Master in-charge for Mangaf is exploring the possibility of YVE for children.



A great milestone in the growth of Kuwait SKY - first ever program done at SMART INDIAN SCHOOL, with a group of 163 enthusiastic students along with their parents conducted by PRT S. Muthu from Qatar.



Kaya kalpa was another successful program which had excellent feedback from all, specifically from Mr Syed when discussions came about how SKY is non-religious.



Vethathirium will take a new dimension with the support hands of Principal Mr Mahesh Iyer, SMART INDIAN SCHOOL. Many volunteers from the school actively participated and ensured smooth progress of the session.



VeWa Flowered

(Events/Programs)

U.A.E. - DUBAI SKY CENTER

Dubai SKY Center had a Special Class for Kids where they enjoyed the simple concepts of Maharishi.

A number of Introspection and Kayakalpa courses were conducted and these were well received by the participants.

From the next edition, we will be publishing more photos, information from other centers of UAE.



BAHRAIN

Wife Appreciation day was conducted in Bahrain center- Participated by 120 persons, includes 40 couples. The program included a skit (about 1 hour) comprising of the following:

- ◆ Significance of Physical Health - Adults and Children of SKY family members.
- ◆ Anger is a Chain (Sinam oru Sangili) - Adults and Children of SKY family members performed a SKIT.
- ◆ World Peace Prayer (with dance) - performed by a group of Children of SKY family.





VeWa Flowered

(Events/Programs)

Qatar SKY Center



SILENCE on 19th October from 9 am to 5pm, where in 53 participants participated in the SILENCE Program. Natural foods only were served for lunch. 22 women and 31 men enjoyed the silence.

Sydney



Senior Professor Sathyamurthy from Bangalore, India visited Sydney and conducted classes. Introspection 1 Classes were conducted during his personal visit.

USA - Bay Area



Introspection Course Level - 1 at Bay Area conducted by APTs who got certification recently



INDIA UPDATES - DELHI



Brahmanyana and Arulnithiyar Course by Sr. Prof Balachandran and Sr. Prof Jayanthi Balanchandran



Hindi Foundation Program at Delhi Center - 8 & 9th September 2018



VeWa Flowered

(Events/Programs)

KERALA



Kayamkulam SKY Trust celebrated Wife Appreciation day

KARNATAKA



Sky Level 2 participants in Bangalore RT Nagar meditation Center

ANDHRA PRADESH



Honoring Function



VeWa Sprouts

(Upcoming Events)

BAHRAIN

DATE	DESCRIPTION
02 Nov 2018	Introspection -II (Tamil) - Final session
03 Nov 2018	Introduction course for students at Al Hidayah Compound
05 Nov 2018	Thuriyathetham meditation followed by Thought provoking discussions
09 Nov 2018	Introspection -I (English) - Final session
10 Nov 2018	Thuriyam initiation
16 Nov 2018	Kayakalpa - Tamil
17 Nov 2018	Children Exercise session @ Al Hidayah Compound
21 Nov 2018	Children Exercise session @ Al Hidayah Compound
23 Nov 2018	Meditation & Exercise
	Wife Appreciation Day Function - English
Mondays	Thuriyatheetham meditation followed by Weekly Thought Provoking Discussion
Fridays	Meditation & Exercise
First Friday of a month	Silence



Foundation Course in English at Aliyar Ashram - Dec 19 to 23, 2018
 Brahmagnanam Course in Telugu at Aliyar Ashram - 31 Jan to 3rd Feb 2019
 Register at aaliyar@vethathiri.edu.in

REQUEST

All Centers & Trusts across India and the Globe send details of the upcoming events . This will enable us to create a Global platform for information of SKY activities.



VeWa Bliss Land

OLD vs NEW





VeWa Ignition

Guru's Verses....



Path for Liberation



*With the Divine light of
esoteric Awareness,
Delve into introspection to purify the mind
entangled in the whirlpool of likes and dislikes;
With the oozing of compassion,
Life will be filled with Duty consciousness;
Consciousness will ripen,
with that spiritual maturity,
And the supreme meditation of Thuriyattheetham*,
where the Life Force merges with the Absolute,
Will break the cycle of birth and death.
Realising the Absolute Truth, attain Perfection.*

- From Gnanamum Vazhvum (Poem 90), a Tamil book by Vethathiri Maharishi

*Thuriyattheetham - Meditation in which the mind merges with the Absolute Oneness.

உய்யும் வழி

விழிப்பு நிலை யென்ற அருள் வெளிச்சம் கொண்டு
விருப்பு வெறுப் பெனும் சுழலில் அலை மனத்தின்
அழுக்கற, தற்சோதனையில் முனைந்திடுங்கள்
அன்பூற்றால் கடமையுணர் வாகும் வாழ்வு
பழுத்து விடும் அறிவந்தப் பக்குவத்தால்
பரத்தோடு உயிர் ஒன்றும் துரியாகீத
முழுத்தவமோ பிறப்பு இறப்புச் சக்கரத்தை
முறித்து விடும் மெய்விளங்கி முழுமையாவீர்.

VeWa Culturing

DIWALI (Widely celebrated Indian Festival)
IGNITE THE LIGHT OF YOUR WISDOM (Through Vethathirium Lens)

The city rumbles with activities, roads roar with vehicles, shops get eventful with sales; markets, temples, malls, streets and homes get decorated with lights; sweets, gifts, candles, new clothes, greetings and blessings travel across the globe reflecting the delight of the ancient auspicious festival. The pomp goes on: the rituals, traditional and cultural beliefs of celebrating Diwali are many.

The energies radiating during the festival is tremendously high that we forget about the dull days of our lives, go in shopping spree, be in marvellous festive look, smile, laugh share and gather with friends and families.

Hush to the BIG RUSH OF THE FESTIVAL

In Swamiji's three step ladder to Spirituality, Introspection is the main one. Have you ever wondered why we do things the way we do, especially the festival rituals, the traditions? Did you ever rake your brain to know the reasoning behind the rituals and festivals? Wondered why festivals fall on the day they do?

With Diwali round the corner, let's ponder what is the true meaning of Festival of lights through the lens of VeWa.

“Is it the *lights outside* - our home, the streets” or “the light that is shining every day, *every second within us.*”

Maharishi says, Celebrate this Diwali not as a Cultural festival but as a Spiritual opportunity.

- Start with understanding the value of disciplining oneself
- Observe method and measure in all acts, which were understood by the ancient seers and sages.

It's time to think and take a diversion in our conventional understanding and celebrate Diwali to maintain the beauty of Nature.

Every ritual and custom that is followed during this festival, is a direction towards Spiritual harmony and Oneness with the Nature.

Let's understand a few rituals done that day and dive deep to find out the reasons, to understand what we can do to merge with Self and Divine.

Through the lens of VeWa:

Wake up early and have an Oil bath: The month of Diwali is when the season changes, and winter sets in. While the cold induces our laziness, this ritual forces us to wake up early and start the day. According to ancient texts of the Sages, during winter the life force and energies turn inward automatically, hence this is the ideal time for Meditation and Spiritual practices. So it's important that it is not limited to just the Day Of Diwali, but *during the entire period of Winter.*

Festival of external crackers
and noise
or
Ignite the Spiritual Inner
Crackers and Silence

Oil bath, in the early winter morning prepares our body for the season and balances the circulations, hence it is followed.

Having oily foods and special delicacies: In earlier days, oily foods and special dishes were reserved only for festivals. Today

delivery of finger licking and mouth watering foods are done with your finger. Do we do the same amount of physical work that our Grandparents used to do? Are we as healthy as they were at their age? These are questions we need to ask ourselves, before we even think of gulping that Oily fried dish.

Swamiji believed and always shared that our actions should be an example for the next generation. So sharing food and eating together was one of the main reasons for the ritual. We have to inculcate the discipline of healthy eating to the next generation by following it especially on Diwali and special festival days.

Visiting Temples as a Family: Receiving Divine energy in the Temples was the reason for the Temple visit during that day. The alignment of planets and the universal celestial forces are accumulated that day to be showered to all.

Easy access to this energy is in the Temple, which is believed to be a place where radiation and receptivity of the same occurs fast. Let us not focus on what we are wearing while visiting the Temple, and rush to have a glance at the Deity. On the contrary, let us make an attempt to tune our mind to the Divine Energy that is all-pervasive in the temple and spend a few minutes in silence and merge with this Energy.



VeWa Culturing

DIWALI (Widely celebrated Indian Festival)
IGNITE THE LIGHT OF YOUR WISDOM (Through Vethathirium Lens)

Shri Vethathiri Maharishi always believed in simple and easy ways of accessing the *Universal Energies*. Spending a mere half an hour that day, with the entire family involved in Divine Meditation techniques taught to us by Swamiji will empower us to attune with the high powered forces of the Universe, in the *comfort of our home*. This connection is the ABSOLUTE connection to the Divine, a journey inward to connect to the omnipresent force.

Celebrating as a Family and Wearing New Clothes: The feeling of togetherness during such occasions with the Family, gives a sense of fulfilment and happiness.

In the earlier days, buying clothes and donning them was done only during festivals or special occasions, hence the New clothes ritual. Let's take a moment and rethink this - today clothes are bought without waiting for occasions or for special days. It even arrives at the click of the button at our doorstep.

Maharishi sees aspects of *Charity in the Rituals*. Giving each other- relatives and friends- new clothes or gifts was also followed earlier since it was one of the few occasions to share and show love and affection. Is this followed in the same spirit today? Or, are we buying things for others due to compulsion?

An affluent SKY family strictly adhered to the rule of not giving clothes or gifts to their relatives and friends, as they felt that everyone had a bountiful of clothes and had their own personal choices. Instead that family, are brightening the lives of the people who work for them, like house help, watchman etc.; the needy ones in the lower economic strata, by buying the necessary things and donating the rest for feeding the poor.

Bursting Crackers: Before the invention of Electricity, winter started with darkness and onset of cold. Crackers brought about light and created warmth temporarily. With our Earth reeling under the horrifying effects of Pollution and Heated temperatures, introspection regarding this ritual is definitely needed.

Lighting Lamps: A ritual to drive away darkness; let's drive away the darkness within, make an effort to overcome the *Six temperaments* that Swamiji talks about. Ignite the light within us, and attain perfection through the realisation of Truth.

Before we splurge this Diwali, prioritise, take a pause and think,

who is this really for and for whose benefit? Is it for maintaining social status and continuing a custom which has far outlasted its true meaning or, is it for SELF satisfaction?

Swamiji, in his books and speeches clearly articulates about the ancient legendary stories, festivals etc. that were created for Man to understand the magnitude and magnificence of Nature, its qualities, functions and results. It was a path, *a way to understand the Ultimate Truth*, the Divine one.

Stories expound the numerous ways in which the glowing energies of characters established Dharma on earth. When the energy of knowledge and wisdom conquered over that of ignorance, Diwali happened.

Lord Rama conquered the Evil Ravanaa, Good flourished over Evil, the demons outside are killed, we should also kill the ones inside us. In those eras, it was a shift in Consciousness. The shift enforces realisation, an awakening, **A wakening of the real Self**.

The essence of Diwali celebration should be to get inner strength so that people can fight against the social tribulations and stigmas.

When we light the first lamp, we take so much care that the flame should last long, and it shouldn't douse, but we don't take the same amount of care to keep the native spirits of Diwali glowing. Diwali after Diwali passes, we keep the spirit of love and happiness just for a week and wait for the next year to kindle it again.

Diwali - Shift: It is time to turn inward, engage in introspection, hold a mirror to our own self and light the lamp of wisdom and truth so that we dispel the forces of ignorance and allow our innate brilliance to shine forth.

Vethathiri Maharishi emphasizes inner travel to unravel the secrets of Nature and human birth. When the truth is unveiled, it brings sparks of contentment and life will be blissfully duty bound for the welfare of *Self and the society*. When true wisdom dawns, it gives rise to celebration; and when you rejoice, the total existence embraces and engulfs you: and only with the celebration of Self, do we meet the *Ultimate, the Eternal Absolute*.

Shine forth from this Diwali with the radiance of wisdom, so that you can illuminate the path of many others in life and light a lamp for humanity's future.



VeWa Experience



Life was filled with illusion and I had undue attachment to money and material things, making my personality a very short tempered one, causing disturbance in the harmony of my family.

After 17 years of smooth life in Kuwait and UAE, situations turned unfavourable with the change of job. The dream of starting my own business in India was futile. I am an emotional and adamant personality by nature, the rise of the unexpected situation made my character worse, with uncontrolled temperaments and negative thoughts. My wife was the target and suffered from my foul attitude and she was in a state of **constant panic**. She also feared that my health will be adversely affected, her prayers saved me from the massive life-threatening health issue.

My life was transformed, and I was empowered, I regained strength after joining Qatar SKY centre. I changed, with the able guidance of a dedicated and ardent devotee of Swamiji, who is also one of the key persons responsible for the success of Gulf SKY Centres and through regular participation in Special sessions of Sindhanai Urai (speeches given every Friday in Qatar Centre about the in-depth and original essence of Swamiji's concepts). I got clarity over lots of issues that had bothered and affected my life, those that I was unaware of mainly due to my ignorance.

I sincerely practised the exercises and meditation taught in our centre and ***my family, specially my children, are seeing the positive changes in me.***

Observing the positive changes in me, within 6 months, my wife asked our master, ***"I have been trying to change my husband for the past 17 years, what magic have you done to change him?"***.

My wife too has joined Qatar SKY centre and is now a consistent practitioner and also a member of Pondicherry SKY Centre. ***Now my entire family is following our SKY system*** and they regularly listen to weekly sessions.

Now, after learning Maharishi's teachings, I have started to understand the Purpose of Life, the Power of Meditation, the importance of peace and harmony in family.

I conclude; though ***I get better Opportunities to earn / make more money*** outside Qatar, I ***rejected*** those & I am ***sticking in Qatar all because of Vethathiri Maharishi's grace*** and Qatar SKY Center. It has helped me in bringing positive changes in my life. For me, this is a proof that an ***able leader of the Center***, directs the team, transforms individual's life, ensuring the ***Guru's teaching and force reaches the entire Family*** and more importantly communicates the ***teachings without dilution of its essence.***

I have realised through Maharishi's teachings that, peaceful existence of an individual will ensure peace in family and it will spread to the Society and through that only we can bring about WORLD PEACE.

We (Me and My Family) are always ***grateful to Vethathiriyam***, Maharishi & Qatar SKY- Centre, and a special thanks to PRT S Muthu.



"My wife was the target and suffered from my foul attitude and she was in a state of constant panic"

**WHEN WE CREATE
PEACE, HARMONY
AND BALANCE
IN OUR MINDS
WE WILL FIND
IT IN OUR LIVES.**

"I have been trying to change my husband for the past 17 years, what magic have you done to change him?".





VeWa OSFC LIVE



OSFC Directorate Update - A start of the Waves from OSFC Directorate team to reach out to all corners of the Globe.

The Directorate had envisioned to reach out to all corners of SKY family LIVE , through programs, meditations, discussions etc, The Directorate desires to enable every member to embrace higher wisdom, connect each to Self and Nature and supporting them in their Life's journey of spiritual transformation.

This journey started with a one - hour LIVE session organised with the Gurgaon SKY team and Sr. Professor Balachandran on Saturday, the 13th October 2018. Around 20 people attended an interesting LIVE discussion on Navaratri (Indian Festival) - Divine connection through Vethathirium Concepts.



 **YouTube** Youtube Link to the Video:
<https://youtu.be/4MU9pxW0np4>

The Directorate team aims to reach out to the SKY Family around the Globe with LIVE sessions.

Directorate wants every center to utilize this treasure of knowledge and time , have a LIVE session for your Region/Zone or join the sessions that are already scheduled. For more information, please send a mail to wcsc.vewa@vethathiri.ac.in. We will get back and coordinate with you. Schedule for the session will be made available via mail to all Regional coordinators soon.

**With Oslo SKY Trust, Norway
 November 18, Sunday around 14:00 (Norway Time)**

VeWa Directorates (VSP)



Esanai Village, Perambalur District is 50 kilometers from Trichy. It is known mainly for its temple to Ayyappan, which is visited by thousands of people from India and abroad.

The village has been amongst the poorest in the state, and development has been slow.

The Village Service Program adopted this village, the 138th village adopted by this Program.

World Community Service Center initiated the Village Service Project to teach SKY Yoga across all the villages. The Village

Service Project is successfully reaching more and more villages in and around Tamilnadu and is enriching the lives of villagers, transforming their thoughts, words and deeds by spreading the message and concepts of SKY Yoga and Vethathiri Maharishi. Health, Peace, Oneness and Prosperity prevail in most of the villages where this program has been adopted and run successfully.

There are several heart-warming stories that speak of the transformation that the villages have undergone at an Individual level, family level and finally culminating at the entire Village level.



Real Life Impact of VSP

The huge gathering at Aliyar for The Teacher's Program conducted in June 2018 was captivated by the experience of a native village girl from a small hamlet near Kanchipuram district, Tamil Nadu who attended the Village Service Program.

When her name was called, she approached the dais with shyness. She was short and puny but had taken a life -changing journey after joining SKY YOGA. With a feeble voice, she gracefully shared her experience with the VSP Program.

“Vazhga Valamudan”, she started, “I live in a small village which does not even have easy access to public transport. Few years back, as a part of the Village Service Program, a lady Professor stayed in our village and took every possible effort to spread Maharishi's concepts to us. Initially, many of us were hesitant to join SKY centre but I noticed that the lady persistently called us, so just to satisfy her I went to the program.

I sincerely practised exercise, kaya kalpa and meditation and now am so happy to say that the practice helped me to get rid of sinusitis and migraine which were troubling me for many years.

I consistently practised the habit of blessing which helped me to participate and get employed in the much competed Aanganvaadi Program.

Maharishi's lucid and simple elucidation of higher and subtler philosophies made me to realise the Purpose of life. Now, I am standing here, amidst all of you, sharing the positive changes that happened in my life because of the Divine and Guru's grace.

“I can vouch for the peace within me and I will strive in all ways to *spread Maharishi's message to my village people*” – She said with great determination and conviction.

There are so many souls who work behind the curtain for achieving World Peace. But the Divine soul of Maharishi is touching so many lives all over the Globe, bringing about peace, harmony, contentment, happiness, satisfaction and the springing bliss that defies description.

Let's join hands and be a part of this Divine Service of helping our fellow brethren in this short journey of Life.



VeWa Compassion



Special Function was organised by the Kerala Kayamkulam team to appreciate the compassionate service done by SKY Members during August 2018 floods.

The felicitation was for 4 people who selflessly served during the Floods.

Dr. Manoj was in the flood affected area for 5 days continuously and saved many families who were isolated.

MS Gayathri, age 12 donated her 16 grams gold chain to the flood relief fund.

A/N Anil Kumar and Divya faced the horror of floods and survived miraculously. They lost everything and were left with only the clothes they were wearing. The Government did not provide any aid or relief. *SKY Trust of Kayamkulam* garnered support through funds and managed to collect over One Lakh rupees for a one time support for the Family to move on with their Life.





VeWa Blossoms



Vethathiri Maharishi College of Yoga – Needs your HELP

Our beloved **Guru Vethathiri Maharishi** envisioned transformation and change at fundamental, grassroots levels. Amongst his visions, establishing a college for Yoga, to spread the wisdom and knowledge to young minds, through systematic and organized approach was top most.

Vethathiri Maharishi College of Yoga, in Thiruvanamayur, Chennai, India is his vision blossoming. The college was established in 2017, with the blessing of Guru along with the hard work and determination of every SKY member. President SKM ji facilitated greatly for Swamiji's dream to come true and be executed.

In the first year of its operation, there were 28 students , and in the current year admissions is close to 60 for the current academic year.

The college started in the **Headquarters building in Thiruvanamayur**. Though there is an accommodating space, the infrastructure for a Yoga college is not currently available. For the development of a full-fledged college set up and functioning, funds are required.

As SKY family all of us are **DUTY BOUND** and have a responsibility frutify, Swamiji's vision and extend help to ensure fundamental and basic facilities are met for the smooth operations of the college.

Request everyone to generously contribute for this visionary cause.

Please mail us with subject –**YOGA COLLEGE CONTRIBUTIONS**, and we will advise the process to proceed with the contributions.

Mail ID – wcsc.vewa@vethathiri.ac.in

This is a call for HELP to all SKY family to carry forward this Nobel cause.

(Note: Contributions made to Yoga College are exempted u/s 80G of Indian Income Tax Act)



வாழ்க வையகம்
Vazhga Vaiyagam



வாழ்க வளமுடன்
Vazhga Valamudan



வேதாத்திரி மகரிஷி யோகா கல்லூரி

VETHATHIRI MAHARISHI COLLEGE OF YOGA

(AFFILIATED TO TAMILNADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY)
A UNIT OF

THE WORLD COMMUNITY SERVICE CENTRE

(ORGANIZATION FOR YOGA AND SPIRITUAL EDUCATION)

No.26, Second Seaward Road, Valmiki Nagar, Thiruvanimyur, Chennai - 600 041. Ph: 044 - 24571530, 1153,1264



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Request to Members :-

Going forward we would like to consolidate the events and programs that are planned in the respective Centers. This will enable our SKY Members across the Globe to share information on a common platform . Request you to please send details before 15th of the month to **wcsc.vewa@vethathiri.ac.in**

Will also eagerly look forward to your updates and photographs of the events/programs that have been conducted too.



ASHRAM
Temple of Consciousness, Aliyar, Coimbatore, South India
+91 4253 288 733
wsc.fc@vethathiri.edu.in

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