

Wave: 5
December 2018
17 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



VeWa Culturing
Resolute Resolution

VeWa Attraction
"Padma Shri" D.R. Kaartikeyan

VeWa Humor
Speaking truth

- Center for Yoga and Spiritual Education -

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VeWa, with blissful showers of Maharishi and the support from each one of you sharing the happenings in your SKY Family, is spreading its waves at a heavenly, pleasant pace. Maharishi had a larger vision for each aspect of our society, that can bring peace in every granular level. The ultimate transformation is living a VIRTUOUS LIFESTYLE sculpted through inner wisdom, without any compulsion to follow or form a sect. It's our duty to understand the greatness of The Master who gives us total freedom to transform in our own way.

Our Master's concepts are scientific and logical, imparted in simplest form, where minimal effort is taken for understanding, but the understanding remains deep and wholesome. All that our Master requires from us is, simply start integrating the concepts in every aspect of life on a daily basis.

Implementation happens only by making lifestyle changes in our day-to-day activities.

Keep the doors of your mind open and allow the great Master's concepts to pass through. Let us not comment or be too quick to be judgmental to verify the effectiveness without trying it at least for 45 days.

Superimpose your old habits with qualitative ones, which requires your unwavering commitment for a minimum of two weeks. The new habit will slowly dismantle the hostile forces by showing its positive results, where it will engrave the subtle energy into our life and we can succeed.

The month of (Margazhi as per Indian-Tamil Calendar) Dec-Jan is the best period for beginning spiritual or any moral practices, where the Universe showers its blissful energies on Earth, and this energy will support all our Yogic practices and virtuous deeds. Every year, we eagerly await this auspicious period, but when it's nearing, our lethargy and laziness supersedes our wait, intensifying our deep-rooted habits. Supplementing this, the cold weather of winter makes us forget our resolve and practices that we had planned for this period. All our resolutions for this month will dissolve into thin air.

This year, let's not succumb to our lethargy - be prepared to unlock our blocked mind, get into action to bring aboard peaceful and successful 2019 which will be a genesis for our Next life, and our new



generation. Throw away your uncertainties, your impurities - the gentle, blissful and serene breeze of VeWa will open the layers of wisdom, knowledge and spirituality. Let us shed the dark-deposits we have currently gathered and get adorned in the layer of Consciousness of The Great Gurus. Read more about this in *VeWa Culture- Resolute Resolutions which is a promise of surety, to transform your thinking and will help to take an immense leap towards gifting a Reformed You in 2019.*

December 2018 VeWa Attraction carries a special message from Padma Shri. D.R. Kaarthikeyan ji sharing his memorable experience with our beloved Guru. His message explains the impact of Swamiji's philosophy touching the lives of many.

Seek each of your support to make *VeWa an interactive forum*. Come online, let's talk, chat spend *Sky Family* time, for introspection, group talks, group thoughts and other interesting, interactive group time.

Satsang is a Sanskrit word, meaning "to associate with true people", to be in the company of true people – being in the presence of the Guru, or in a spiritual gathering seeking that association. Inner satsang is a union with our SELF to elevate the consciousness to a level of realizing that Soul (Atma) and Lord (Paramatma) are One.

Come together for **VeWa Online** – Satsang, while marching into 2019, let our resolute resolution transform us and be a part of the **VeWa Community**, and honor our Guru **Vethathiri** by following His teachings and with His Divine blessings we can make the spiritual journey that we have embarked on, the most cherishable voyage towards our SOURCE, by helping, supporting and holding the hands of our fellow brethren.

Contact us on wsc.vewa@vethathiri.ac.in for making VeWa Online a successful reality.

Be blessed by the divine...



VeWa Culturing RESOLUTE RESOLUTION

Somehow, I couldn't fancy the conversation with my friend about the resolutions to be decked for the upcoming year and I found myself engrossed in the plethora of thoughts. December gets the calendar rolling with expectations and desires for every New Year. New Year plans: dinner parties, friends and relatives to catch up with, office celebrations, financial planning, family commitments to be addressed, time management, ways to progress in job, investment strategies etc., kept juggling over and over.

I took a moment off from this endless traffic of thoughts and reflected on the pattern of our present lifestyle.

In this modern age where gratification from anything is just a click of a button away, the concept of Undivided Attention is alien. Every year we plan to groom ourselves, yet get dragged with excuses, make hard decisions and crib over the royal mess we find ourselves in. With utter lack of discipline we allow our mind to devote its potent energy to our oscillating, wavering desires.

It's a hard truth that our life ticks with distractions – every day, every hour, every second we are distracted and made oblivious, ignorant to our own SELF. We watch TV, simultaneously feeding our stomach with food, give half our attention to a phone call, the meagre other half of our attention to our Best half (spouse), sprinkle unfocussed smiles to our kids, etc. The scenario is similar to a variety of present day circumstances.

Though concentration and focus are the need of the hour, we are habitually fashioning our character with distraction and these distractions mend our habits, and **WE ARE HABITUATED TO GET DISTRACTED**. The tremendous power of our mind is sadly ignored because of which perfection and contentment seem elusive, a distant desire.

We have heard the greatness of concentration and focus echoing down the ages, but it is unfortunate that we are not taught the ways to achieve and master it and we fail to realise that so strong, so powerful, so binding is our **IGNORANCE** towards these distractions.

Resolutions are self-formulated habits that will change the old patterns of behaviour thereby giving a set of

results when followed meticulously. Resolutions are the unconscious planning for our progress, but the irony is, they are fancied just for few days and consciously forgotten with our distracting attitude.

Let us offset this unhealthy pattern of lifestyle.

Vethathiri Maharishi expounds that a serene mind is a paradise to intellectualise anything. Humans have a finite amount of energy to meet everyday demands and we must channelize it intellectually, and if we do, we will know the power of undivided attention, and wherever that energy flows we become the soul of that place.

For many, **MEDITATION** and **YOGA** appear to be a distant dream because they are so tuned to distractions in life that Focus becomes difficult. Consistent and unswerving practice alone paves way to perfection.

Let us, from this New Year, be stubborn *to focus on our physical, mental and spiritual wellbeing*.

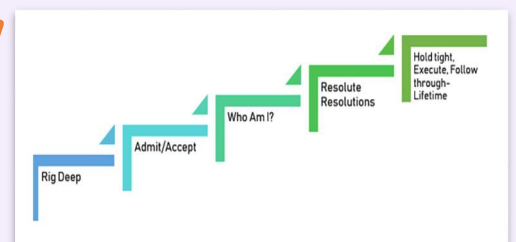
Let us be firm to *tear the accumulated layers of unnecessary habits, layer by layer*, to unveil the brilliance of what we are.

Let introspection take at least **10 short minutes** of our day to know what we are trying to achieve from life.

Let we be *unbendingly responsible* for the energy we give to our planet.

Let us resolute to *intensify our finite energy* to become conscious of the Infinite Divine Energy.

Let us dig deep within ourselves, hunt for unwanted qualities, accept, admit the ingrained blemishes and rediscover the purity of **"WHO AM I"**, and from thereon we can start our resolutions. Make unshakable





VeWa Culturing

RESOLUTE RESOLUTION

resolutions, strive to achieve them, **transform primarily YOURSELF** and this will make your environment attuned to the pristine Nature.

Let not the resolutions be short, just to fill a few days for a few months, let our resolutions **be a start for the transformation of our SELF**, and let that transformation **help Humanity to prosper endlessly**.



End this year with a cheerful Christmas by submitting your Current Self to Santa Claus and he will carry away ALL your Imprints, thereby every PAGE in your LIFE will be refreshed and rewritten with purity; Resurrect and allow confidence on SELF to

descend upon you, **Born again, BELIEVE and TRUST YOURSELF**.

You have your own SANTA BAG: fill it with **WISDOM, KNOWLEDGE, JOY, HAPPINESS, BLISS, COMPASSION, HUMANNESS AND BECOME ONE WITH NATURE**.

This BAG is handed over to you with Love and Compassion of our GURU, Master Vethathiri Maharishi, value it, respect it and embrace it. Your future is shaped on how you retain this bag, protect it and preserve it. This overflowing bag will not only give immense peace, contentment and joy to you, but will brim with infinite abundance, filling all those around you: **family, relatives, friends, colleagues, society and the entire universe**.



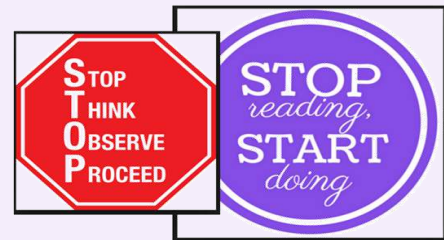
Remember when you change the CALENDAR for 2019; YOU are entrusted with the responsibility of Re-engineering YOURSELF, with the revolutionising SELF.

Guru is demanding you to **STOP** all that you are doing now and **START** this moment, RIGHT NOW, THIS VERY MOMENT - **Stop, Think, Dig, Rig, Resolve and Execute**. NOW, right now, pick up a pen - no, not the system or your phone, PICK a pen and paper lying around you, and PEN down the NEXT

CHAPTER of YOUR LIFE, the way you want to LIVE it with sheer SPIRITUAL DISCIPLINE. Guru is standing right behind you, watching you write, Blessing you with BLISS and ABUNDANCE.

Now that you have written, put it up where you can see it every day, and **SURRENDER to GURU**, he will be with you giving strength to **ACHIEVE** what you need. Our GURU is never judgmental; we are His Beloved Children, with all our deep layers and colourful qualities-black, grey, red etc. **He will ACCEPT, GUIDE and give all that is Sought**.

A diamond is merely a lump of coal that is polished according to



pressure. Let us accept and admit our impurities, GURU will change our dark qualities and with His compassionate and loving pressure, He will ensure we shine forth with brilliance to spread the **DIVINE RADIANCE** from within.

Let our resolutions allow our energies to be a blessing for the World for eternity.

Gift 2019 A NEW You. Let the vast UNIVERSE resonate with the resolutions you make. Own **Your Universe from 2019**.





BAY AREA (USA) MASTERS COURSE



SINGAPORE



Thuriyatheetham Initiation





VeWa Blossom

(Events/Programs)

OMAN SOHAR - MIDDLE EAST



Wife appreciation day





Introduction and Agna Initiation Session



Discussion and explanation sessions by visiting Prof. Muthu from Doha





AUSTRALIA

VeWa Blossom

(Events/Programs)



SYDNEY—KAYAKALPA SESSION



DELHI



Exercise Session of Foundation Course





Meeting with Vice Chancellor of Kakatiya University, Telangana



Acharya Nagarjuna University students and staff





Simplified physical exercise taught by SKY Bahrain teachers in The New Horizon School Bahrain





VeWa OSFC LIVE



CHENNAI TO NORWAY

In December, Live Agna Initiation, Introduction and initiation session was conducted from Chennai to Norway, OSLO Sky team through SKYPE.

OSFC Live lasted 4 hours, wherein OSFC Director, Balachandran led the session for around 20 members from Oslo.

For booking your LIVE session, please write to us @ wcsc.vewa@vethathiri.ac.in.

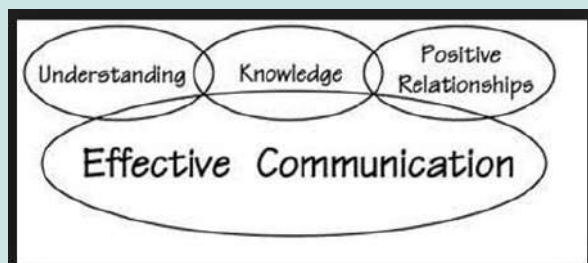
OSFC Live :

OSFC live is an interaction of the teams abroad with the Professors of OSFC team.

Members can choose to discuss on any of Swamiji's concepts or have a session on Kayakalpa, System Introduction, Introspection or any other related philosophies.

Objective is to have a technologically enabled personal call and discussion, breaking the boundaries through the miles.

Interaction, Connection and Communication are the key purpose of OSFC Live.





VeWa Sprouts

(Upcoming Events)

BAHRAIN

DATE	Day	TIME	DESCRIPTION
04 Jan 2019	Friday	06:00AM to 09:00AM	Meditation, Exercise in Tamil & Exercise in English
		10:00AM to 01:00PM	Silence retreat (First Friday of each month)
07 Jan 2019	Monday	7:30 PM to 8:30 PM	Thuriyadhedam meditation followed by
11 Jan 2019	Friday	06:00AM to 09:00AM	Meditation, Exercise in Tamil & Exercise in English
		10:00AM to 01:30PM	Introspection -III(Tamil) - Continuous session
14 Jan 2019	Monday	7:30 PM to 8:30 PM	Thuriyadhedam meditation followed by
18 Jan 2019	Friday	06.00 AM to 9.00 AM	Meditation, Exercise in Tamil & Exercise in English
		10:00AM to 01:30PM	Introspection -III(Tamil) - Final session
21 Jan 2019	Monday	7:30 PM to 8:30 PM	Thuriyadhedam meditation followed by
22 Jan 2019	Tuesday	05:30 PM to 07:00 PM	Children Exercise session at Al Hidayah Compound
25 Jan 2019	Friday	6:30 AM to 10:00 AM	Kayakalpa in Tamil
28 Jan 2019	Monday	7:30 PM to 8:30 PM	Thuriyadhedam meditation followed by
29 Jan 2019	Tuesday	05:30 PM to 07:00 PM	Children Exercise session at Al Hidayah Compound

DETAILS OF FUNCTION HELD DURING DECEMBER 2018

S.No.	Held on	Name of the function	No. of participants
1	07 Dec 2018	WIFE APPRECIATION DAY in English	90nos. Including 30 couples & children

PROPOSED FUNCTION PLANNED DURING JANUARY 2019

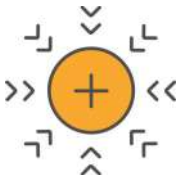
DATE	TIME	Name of the function
01 Jan 2019	07:00 to 08:30 AM	WORLD PEACE DAY

We request all Centers to send across details of activities planned in their respective regions. Kindly send the details before 2nd of every month for us to include in the month's issue.

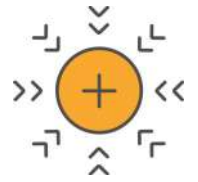


Thanks to the Centers sending across the details every month on time.





VeWa Attraction



“Padma Shri” D.R. Kaartikeyan on Maharishi

“I had the good fortune of meeting the Maharishi only when I was invited by Shri. SVB and Shri. SKM to participate in Maharishi’s 90th Birthday Celebration.

I was attracted by his magnetic and gracious personality in my very first meeting, when as always, he welcomed me with a broad smile and blessing heartily.

At the public function, the speeches went on beyond lunch time in the specially raised shamiana. People were sitting and standing even beyond the shade in the scorching sun. Even when lunch was served a little away, the enthusiastic disciples were still there listening to the speeches on Maharishi.

It was that impression that made me feel that there is something powerful in the teachings and philosophy of the great spiritual master to attract thousands to stand even in the scorching sun and without even being tempted by the sumptuous lunch already being served nearby.

Later when I called on the Master he told me I should come again to Arivuthirukkovil (Temple of Consciousness) at Aliyar, stay for a couple of days and undertake the course. I took some months before I complied with his desire. While going through the course, I realized how Maharishi has succeeded in imparting great truths and philosophy in simplest language – and that too after personally experimenting all his teachings and methods and experiencing the immense benefit of both physical and mental exercises on himself.



organization to carry forward the messages. Accordingly I suggested the need for and the method of selecting large number of believers and training them to impart teachings in various languages of the country, beyond English. I made a token contribution of Rupees One lakh towards that purpose. How that small seed has now grown into a massive movement within a few years is part of history, too well known to be narrated here.

Thanks to Shri. SKM and Dr. SVB it has become a socio-spiritual movement encompassing not only thousands of villages but also educational institutions from primary to university level in Tamil Nadu and beyond in India and abroad“.

D.R. Kaarthikeyan is a farmer-turned, lawyer-turned, senior police officer-turned, Human Rights activist-turned, promoter of Inter-faith Harmony and environmentalist, Advisor of Law-Human Rights-Corporate Affairs (India). He held very high positions in the Government of India including Director General of the National Human Rights Commission, Director of the Central Bureau of Investigation and Director General of the Central Reserve Police

D.R. Kaarthikeyan was awarded the Padma Shri in 2010 for his contribution to the field of Indian Civil Service. Mr. Kaarthikeyan served as the Chief Bureau of the Investigation Team of the Central Bureau of Investigation to investigate the tragic assassination of Prime Minister Mr. Rajiv Gandhi.

The secret of his limitless energy, measureless reserves of concentration and time management skills; a yogic lifestyle and philosophy. He was the key person to organise the World

ALIYAR PEACE DECLARATION FOR WORLD PEACE GIVEN TO
U.N. REPRESENTATIVE HONORABLE FEODER STAR SVIK - 13-08-2002



I realized the profoundness and impact of all his teachings and philosophy conveyed through the medium of countless beautiful and simple poems in Tamil. I thought those thoughts need to be imparted to the larger audience through courses and for that large number of suitable persons should be trained to carry the message everywhere.

Maharishi graciously asked me to head the Brain Trust of the





VeWa HUMOUR

Swamiji was giving a lecture on Family Harmony. During the lecture, he talked about the three qualities: Adjustment, Tolerance and Sacrifice and explained how by following these, many of the differences among family members or for that matter, any group can be sorted out.

At the end of the lecture, one person said: Swamiji, your lecture has been a great source of inspiration and I will definitely try to adopt in my life. But I have a peculiar problem today and I want a solution for this and he narrated the problem:

“My wife, my mother and I are staying together in the same home. My wife has been insisting me to take her for a movie for days, so today I thought I will take her for evening show and as my mother does not watch movies I have booked two tickets for me and my wife. Meanwhile, my mother also has been insisting to visit a temple and she told me today morning that there is a special program and she wants me to take her to the Temple today evening.

I did not have the heart to refuse her, to tell her that I have already booked for the evening movie. I just nodded my head in affirmation and proceeded to work.

Both don't know that I have agreed for the other person's program. Now, I have to go home and there is a big dilemma for me: If I go to temple, my wife will be annoyed and if I go the movie, my mother will be upset and I can't do both. So what should I do? I am perturbed and due to this I was unable to concentrate on your lecture too Swamiji.

Maharishi, in his usual grace, smiled and suggested a simple solution: He said:

“When you go home, pretend to be ill. Go straight to the room and cover yourself from head to foot with a blanket and act as if you are shivering. Women are very kind hearted by nature, on seeing you ill, both will be so concerned, that their only focus will be to take care of you – one will bring hot tea for you and another will surely be ready to apply some balm or give medicine to you, both will forget about the outing”.

Everyone in the audience laughed, but Swamiji was actually giving a solution to our everyday life dilemmas that constantly keep recurring.



Our action affects someone or another. If the parties are mature or understanding by nature, we could explain to them. If not, we have to see how to come out of it without affecting them. This may appear as if it is speaking untruth.

Swamiji went on to talk about the **concept of truth** in great detail then:

Our general understanding about speaking truth is that it is to be told without any modification. Because of this understanding, we feel that Speaking truth is not practical at all. Swamiji says that there are 3 levels of truth and depending on the situation,

they should be implemented in that order:

1. Nothing but the Truth :

Tell the Truth as it is without making any modifications: This is possible when nobody is hurt by this.

2. Silent Truth :

Don't speak about it at all or hide the truth if it is going to harm someone.

Example: Suppose an orphan child is being taken care by a couple and the child thinks they are her natural parents, it is wrong to tell the truth to the child at that moment. Truth can be told later on when the child is mature enough to handle and digest the truth.

3. Digestible Truth:

In some situations, we may not be able to speak the truth and also not keep quiet about it. In such a case, we may modify the truth or even tell a lie, by doing so; we are able to save them from being hurt.

Example: The Doctor may not tell the truth to the patient about his health, if he cannot digest it and may agree not to tell the patient the severity of the disease. He may able to tell the truth at a later stage when the patient is mentally prepared to take it.

Thus, some important points about Truth are:

- Speaking truth is the highest virtue. **‘Satyameve Jayate’- ‘Truth alone triumphs’.** Untruth should not be told for selfish interest.
- Speaking truth should not hurt somebody, if it does hurt, then it can be avoided. In that case, keeping quiet is better
- In some cases, even untruth may be told for the greater good.





Announcements



**VeWa to reach
you by 15th of
every month from
2019**

VeWa—An official Newsletter

Global platform for outreach and interaction of SKY FAMILY

Let's join together as one family to make WCSC a successful International Organisation with GLOBAL Standards, to fulfill the vision of our Beloved Guru Vethathiri Maharishi

Share pictures and information of activities of your centers by 2nd of the Month. Come, let us share the services rendered to humanity with all and inspire and encourage each other.





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VeWa - The Newsletter officially bridging global WCSC through the binding force of Shri Vethathiri Maharishi

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