

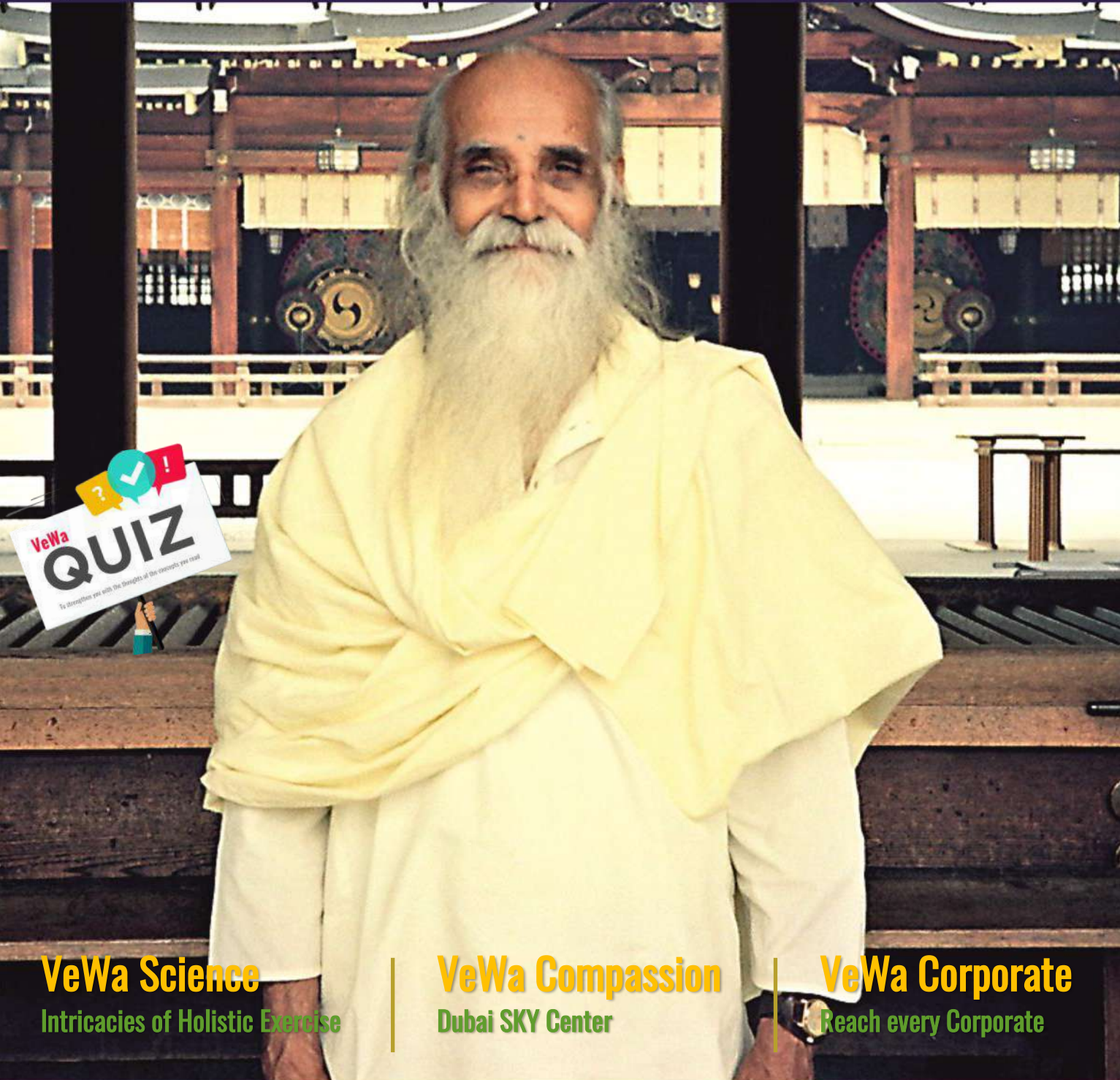
Wave: 7  
February 2019  
21 PAGES

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 Science**  
Intricacies of Holistic Exercise

**VeWa Compassion**  
Dubai SKY Center

**VeWa Corporate**  
Reach every Corporate

- Center for Yoga and Spiritual Education -

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# VeWa Note

FEBRUARY 2019

WAVE - 7

**VEWA** is the Waves of Vethathiri as Spiritually Sparkling waves to align our mind with the Secrets of the Nature, thereby we can realign ourselves with Self and Society.

Maharishi explains that to lead a happy and fulfilled life, one should have knowledge of SELF, SOCIETY AND NATURE. This month's issue brings forth discussions of "SELF".

Maharishi illustrates that SELF is a blend of Physical body, Mind and Life Force. He emphasises the importance of having a HEALTHY physical body in order to have Healthy Mind and tread in the path of Spiritual Progress. Read more about this in VeWa Science.

For our Young Readers, we have an article on how mind frequencies works at various levels and making use of it to succeed in our Exams, without the stress or burden in preparations and appearing for Exams.

An incident to Treasure and Learn, is in this month's VeWa Treasure. Read about Secrets of communicating with Nature, connecting and linking with the Universal Power. Implement the morals of Universal Truth, to lead a Successful and Fruitful life.

VeWa Corporate is an encouraging section from the Corporate world of Goa, India. Floor level employees enjoyed the personalized concepts of the SKY program and expressed that they had never experienced a transformational program of this sort before.

VeWa Meet, a get together of our selfless SKY service Coordinators across the globe.

## NOTE TO CENTERS

WCSC Half Yearly meeting is planned from Mar 22 to 24 at Aliyar. We request our centers at Abroad to send all your activity reports enabling us to present your selfless services during the meeting. We will be grateful if you send us your details before Mar 5th, 2019.

Our WCSC President appreciates the Services of all the Centers across India and Globe who work selflessly in Seeding our Beloved Gurus dreams. In order for the services to gain recognition and to share best practices it is important to showcase these in the meeting at Aliyar.

**..A Click will  
Click our Clock..  
TO HELP US**

Seeking all coordinators to send inputs to VeWa monthly, this will enable to collate and present Center's presence and information, so that the same can be discussed in the Management Meeting.

VeWa is an official E-Newsletter, a platform to connect SKY families across the World and spread the Waves of our Beloved Guru Vethathiri Maharishi to all corners of the Globe.

VeWa Team would love to know what you like about every issue, what can we improve upon, what touched you and your experiences in SKY. Please click on the link above to help VeWa Analysis and Study.

*Be blessed by the divine...*





# VeWa Science

## INTRICACIES OF HOLISTIC EXERCISE — SKY Yoga

**V**ethathiri Maharishi questions – “When a creature with FIVE senses can align itself to Nature, how about Humans with SIX senses?”

In January we started our journey in aligning to the Cosmic Grace, with the above Question from the Master. Simple and effective methods to proceed in the path laid down by our Guru were elucidated. Walking along the path, let us begin the discovery with the focus on Kundalini Exercises.

A short 30 minutes recording displayed the brief history of the arduous climb by a group of mountaineers awaiting to reach the summit of the



steep mountain. The video gave a vivid view of the snail-paced travel, inching through the dawn and dusk of the 60 days expedition. The film stopped streaming after screening their victorious reach over the summit, giving an once-in-a-lifetime view of the surrounding nature. The audio-visual reminded of a farther horizon and invariably to reflect over the hardships involved in reaching the summit of **Spiritual progress**.

As humans we take efforts to gather everything we need to meet the demands of our life, but, **WE HAVE EVERYTHING IN LIFE, EXCEPT OURSELVES**. Ten hours of work, couple of hours for domestic travel and regular entertainment, roughly 6 hours for sleep and with continuous social connection throughout the day, the time we give for our daily routine changes as per our lifestyle priority.

Swamiji’s words continue to ring the bell of reality in today’s lifestyle- All the differences of opinions between men arise from judgement in need, quality, quantity and time. Living in the age of speed, stress and tension, the health of our Physical body is firstly ignored, least cared for and the wonderful potency in man is lying largely unused. Our lifestyle priorities supersede our wellness, making our physical wellbeing overlooked with our ignorance.

Our earth-bound existence is subjected to so many chemical changes happening with every movement of our physical body, and a clear understanding will give a kaleidoscopic perspective of life, our physical wellbeing allowing to enjoy and cherish the multiple forms of Nature.

Swamiji elucidates that human being is a HARMONIOUS UNION OF BODY, MIND AND SOUL, but spiritual development and its realisation is possible only if the physical body is maintained in a

healthy condition. The subtler truths of mind and soul can be realised only when physical health is made indispensable.

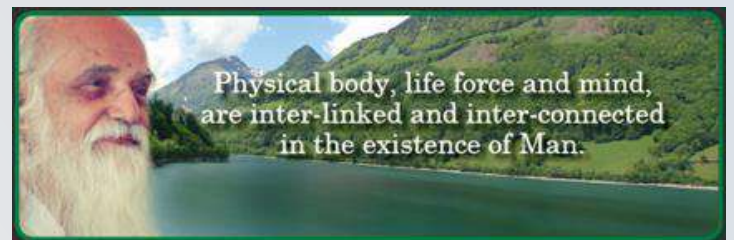
Physical exercise forms the integral part of the Yogic system, as only in a healthy body, the intellect can function with acuteness. Swamiji exemplifies that the subtle life force and the gross physical body are linked together by the three-media namely **liquid, heat and air**. The three media in the human system are circulating one within the other according to their specific gravity and are governed by the centripetal pull by the Earth.

Due to our hurried lifestyle, the quality and the quantity of the three media in the human system are adversely affected and when the pace of their circulation changes, the molecular arrangements in the physical body gets disturbed.

Swamiji illustrates that changes in the chemistry of the physical body affects the movement of the energy particles in the body, resulting in increase or decrease in their composition. These changes directly affect the three circulations and their movement through various organs, the molecular arrangements which in turn disturb the polarity of the cells, leaving an uncomfortable imprint. To the extent and duration the movement are affected in different organs, pain, disease and disorders varies in their intensity and duration.

Laziness, irresponsibility, demoralised desires, excessive greed and bouts of anger affects our biomagnetism and drastically brings down the immune level, giving the body the least opportunity to heal itself in the advent of any ailment. The vague understanding and deep ignorance over the working of the physical body pulls us to the vicious circle of ill-health and illusion.

**The Simplified Kundalini Exercises** formulated by Vethathiri Maharishi is a comprehensive exercise-routine that can be practised without strain to any internal organs or limbs and has inbound intricate benefits when followed consistently.



Swamiji explains that when a part of the body is moved towards or away from the Earth, the location of the 3 media in that portion is also altered. Each section of the Kundalini exercise ensures that there is qualitative and quantitative blood-circulation, heat-circulation, air-circulation to every part of the body and as the

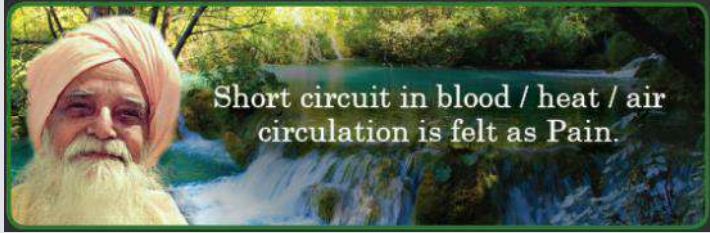




# VeWa Science

## INTRICACIES OF HOLISTIC EXERCISE — SKY Yoga

muscles in our body constantly expand and contract, the exercise aids in proper muscle-coordination.



Short circuit in blood / heat / air circulation is felt as Pain.

The postures and movements in the exercises aligns the **three circulations** in the body according to the centripetal force of the Earth and when rhythmic movement is given the three media gets appropriately regulated. With systematic and well-regulated movements, various parts of the body get cleansed, strengthened and rejuvenated.

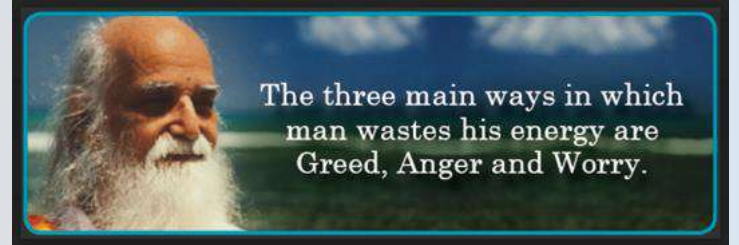
- ❖ The **hand exercises** reinforce the coordination and cooperation in-between each cell enabling us to work with strength and vigour as the hands and shoulders are strengthened.
- ❖ **Leg exercise and Foot-Reflexology** smoothens and activate the nerves in the legs and as the nerve endings are activated the hormone secretion from the brain centres are regulated.
- ❖ **Neuro-muscular breathing** oxygenates the entire body by helping in lung-expansion. The rhythmic inhalation and exhalation help in the purification of blood, as the exercise increases the vital energy in the body, expels the toxins and digestive routine is maintained.
- ❖ **The Eye-exercise** gradually improves the quality of vision and reduces eye strain, as the 3 circulations subtly finds way through the minute arteries, capillaries and nerves in the eyes.
- ❖ **Kapalabathi** energies the body and regulates the supply of blood to the brain centres.
- ❖ **Makarasana** gives Spinal flexibility as the spinal cord is systematically twisted from top to bottom. Additionally, the nerves emanating from the backbone are revitalized, also adding strength to abdominal muscles.
- ❖ **Massage, Acu-pressure and Relaxation** reduces the tension in the nervous system, balances the

pressure in the blood and regulates adequate circulation of Life-Force and Bio-magnetism throughout the body.

Each and every section in the Physical SKY exercise rejuvenates the cells in that particular portion and ensures every cell works to its utmost potency. Due to the rotation of earth, human body sheds about 50 million cells every day and SKY exercise helps in faster regeneration of cells to replace the dead cells.

The cellular arrangement in each part of the body is enhanced with sufficient flow of bio-magnetism and the exercise ensures right composition and regulated movements of the energy particles within the body.

Swamiji's exercises is just not limiting to the particular organ that is exercised, it is interlinked to the entire body system. For e.g.: Hand exercise not only energies the hand muscles and circulations, but also rejuvenates the upper part of the body and rids our body of stiffness (Especially when we get up in the



The three main ways in which man wastes his energy are Greed, Anger and Worry.

morning). More about each exercise will be discussed in the future VeWa issues.

Consistent practise of SKY Exercises activates the endocrine system whereby the ductless glands are regulated to secrete the right quality and quantity of hormones from the respective organs directly to the bloodstream.

With regular practise of SKY exercise the cells of the body gains vitality and is reinforced with high level of immunity against disease. The exercise equips each and every cell to be receptive of the subtler **Universal Magnetism** and enables it to get oriented

and draw nourishment. When the subtler forces of nature flows through the cells, our **Life-Force is intensified** and any disturbances in its flow is negated and pain or disease are reduced to nothing.

The aforesaid benefits are just a brief enumeration of the multifarious rewards that can be accrued with systematic

**ஓர் உடலில் ஐந்து உடல்**

பருஉடலில் நீர்வெப்பம், காற்று,  
உயிர்எனும் நான்கு  
திருஉருவங்கள் ஒன்றில்  
ஒன்றாகிச் செயலாற்றும்  
ஒரு இயற்கை ஒழுங்கமைப்பை  
உணர்ந்து விட்டால், அம்மனிதன்  
கருவிளங்கித் தெய்வம்அகக் காட்சியில்  
பெற்றே களிப்பான்.

- Gnana Kalanjyam Vol 1, Poem 298,  
written on 03.01.1969





# VeWa Science

## INTRICACIES OF HOLISTIC EXERCISE — SKY Yoga

practise. With 30 minutes a day, Simplified Kundalini exercise effortlessly regulates the mechanical reactions of the sense organs and equips us to lead a pain-free and healthy life.

Swamiji mentions the importance of physical exercise in the below poem as,

The poem translates as,

*“The man who understands the intermingled nature in which the blood, air, heat and life-force circulations runs through the physical body, is unreservedly bound to intuitively realise the Indwelling Divine”.*

The carrier of the Life force is the Physical body- the foundation stone to Swamiji’s teachings. The purpose of human life, the ultimate destination of Human Form is Self-Realisation. This can be attained only through the Physical Body- Bio magnetic unit, mingled with cosmic forces.

When the physical body attains **POSTURE OF GRACE**, each and every cell functioning in the body aligns to its centre which is the gateway to the DIVINE-INWARD-TRAVEL. Meditation and wisdom is possible only when each cell, every organ, every nerve in our body harmonises with Nature, as we stand eligible to make

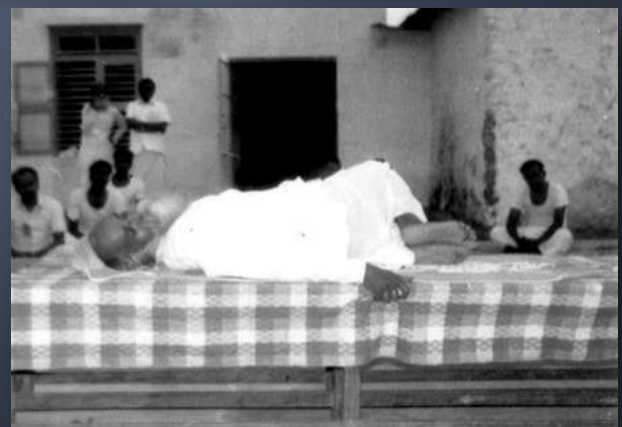
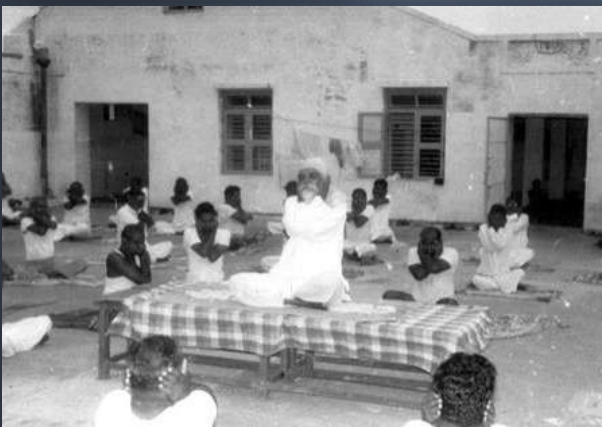
ourselves accessible to knock the Door of the Divine.

With physical exercise, we are not building the physical body but building the **STRONG FOUNDATION FOR OUR SPIRITUAL PROGRESS**. Let’s now take greater personal responsibility to know our immortal self from the mortal physical body.

A travel on the path which leads to the top of a rocky mountain is snail-paced and often crossed with obstacles and diversions, but with one blissful turn, the summit of the hill gives a grand panoramic view of the surrounding place.

Our expedition towards the Divine is obstructed only by our seemingly too steep ignorance, but we are at a standpoint to understand that there is greater SELFHOOD behind our mundane identity and we are streaming in the perennial flow towards the Shoreless Mighty Ocean of Divinity, with our physical body being the instrument with which we row our SOUL towards the Boundless Destination.

Vethathiri Maharishi’s Simplified Kundalini Exercise gives way to the summit of spiritual progress by revering the physical body as a **SHRINE of the ENSHRINED DIVINE**.





# VeWa Ambassadors



## SKY Professors visiting abroad from India



USA				
Visiting Sr. Prof/ Prof.	Trust/Zone	Visiting Country	Date From	Date To
K. Perumal	Aliyar	USA	09-Jan-2019	20-Feb-2019
S. Dharmaraj	Velachery	USA	20-Oct-2018	13-Apr-2019
J. Thamarai Selvi	Hosur	USA	26-Dec-2018	01-May-2019
M. Chockalingam	K.K Nagar	USA	08-Jan-2019	01-Jul-2019
Mythili Deenadhayalan	Velachery	USA	13-Mar-2019	07-Sep-2019
Middle East & Other Countries				
Visiting Sr. Prof/ Prof.	Trust/Zone	Visiting Country	Date From	Date To
Balachandran Ganeshan	Aliyar	Muscat	07-Feb-2019	20-Feb-2019
Jayanthi Balachandran	Aliyar	Muscat	07-Feb-2019	20-Feb-2019
C. Sathiyamurthy	Aliyar	Meena, Dubai	22-Feb-2019	23-Feb-2019
C. Sathiyamurthy	Aliyar	Meena, Dubai	01-Mar-2019	02-Mar-2019
Balachandran Ganeshan	Aliyar	Abu Dhabi	21-Feb-2019	04-Mar-2019
Jayanthi Balachandran	Aliyar	Abu Dhabi	21-Feb-2019	04-Mar-2019
K. Perumal	Aliyar	Dubai	08-Mar-2019	09-Mar-2019
Balachandran Ganeshan	Aliyar	Bahrain	05-Mar-2019	12-Mar-2019
Jayanthi Balachandran	Aliyar	Bahrain	05-Mar-2019	12-Mar-2019
K. Perumal	Aliyar	Dubai	15-Mar-2019	16-Mar-2019
M. Panchabi Kesan	Mandaram	Singapore	19-Feb-2019	18-Mar-2019

\*Please contact local SKY centre or country WCSC coordinator or email at [wsc.fc@vethathiri.edu.in](mailto:wsc.fc@vethathiri.edu.in) for information on courses / programs



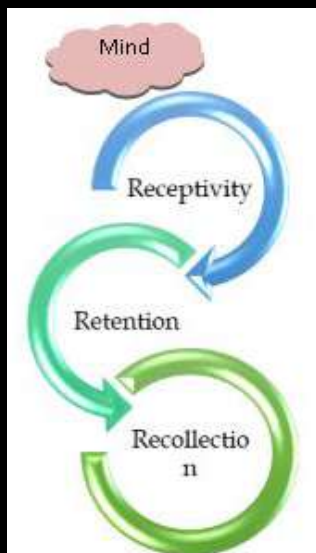
# VeWa Seeds

An Article dedicated to Students to handle Examinations through Vethathirian Way

## EXPRESS YOURSELF IN EXAMINATION

“The search was frantic, and all efforts were in vain. He searched everywhere but was unable to find the Pen. Every nook and corner was explored by the young man; it was getting late to office, he left home. However, after reaching his office, his mind was calm, and he recollected the fact that he had kept the pen on top of the wardrobe.

Now how did this happen – The Young man’s frequency in office matched the frequency with which he kept the Pen. In the same frequency his brain recollected the place instantly. Earlier, when he was at home and was getting late for the office, the tension had raised his mental frequency and so could not recollect it. The frequencies did not match.



Swamiji says the above as a classic example to explain students, how the understanding of mental frequency helps in sharpening their recollective capacity.

The silence spreading through an examination hall brings the most nervous noise in a student’s mind. However prepared, every student goes through a wave of tension while appearing for examinations, the simple reason being the mental frequency of the student is not

aligned to the calmer state with which he/she read the subjects. Temporary over-eager attitude, needless frustration, agitation and mental strain are experienced by both the student and their parents.

Examination is a channel to sharpen the mental faculties of a child and one of the ways to broaden the intellectualizing capacity of young minds. But the current scenario gives a sense of burden, fear, competition and stress to face the few hours of exams.

Children encounter concentration issues because of the nervousness in facing the question papers, thinking of the probable questions, fear of the unlearnt chapters, etc because of which their confidence in confronting the exams drops down.

Often, students think that they are concentrating in studies, but

their concentration is diluted with anxiety for success, peer pressure, societal competitiveness and unnecessary fear, which disturbs their sleep cycle and metabolism.

Swamiji says that human mind goes through the process of Receptivity, Retention and Recollection while cognising anything in the external world. Unless the mind is in a receptive state while observing and analysing the surrounding, the next 2 stages of retention and recollection is not possible.

Students, while preparing for the exams should have a peaceful state of mind to understand what the subject is trying to teach them. When their young minds are receptive, they can gather the facts of the subjects without strain and can reproduce what they have learnt with great accuracy and creativity.

Maharishi while talking about parenting mentions, parents wish to fulfil their dreams and desires through their children. Though this is a natural need of every parent, utmost care should be taken to bring out the potential of the Soul-Child. **Frictions between Parents and Children, especially during their teenage years start from this juncture.**

The role of parents in training the children for exams is a highly responsible one. Parents should identify the potential hindrances for their children’s concentration and should create a peace-filled environment and ensure the children get nutritious diet and adequate sleep. When students experience tension while reading a difficult subject, parents should have a positive approach assuring the confidence level of their children.

*Being harsh to children is only a symptom of yours spiritual immaturity*

- Shri Vethathiri Maharishi





# VeWa Seeds

An Article dedicated to Students to handle Examinations through Vethathirian Way

## EXPRESS YOURSELF IN EXAMINATION

*"Education is the manifestation of the perfection already in man, and character is the test of that manifestation."*

~Swami Vivekananda



The personal efforts made by the students play an imperative role to be victorious in examination. Practise of deep breathing, maintaining a calm state of mind and doing Agna meditation for 10 minutes before starting to read the subjects will sharpen the power of receptivity, deepens the retention level and accelerates the recollective capacity of the students.

It is natural for all the students to go through nervousness and anxiety while writing the Exams. As a student of the University of Vethathirium, firstly they should insulate themselves from the emotions running through others in the Examination Hall, and be unperturbed. This can be easily achieved by following the Simple Method of Auto suggestion and Divine Protection, suggested our beloved Guru.

- ❖ Quieten your mind – Take Slow, Deep breaths (at least 5)
- ❖ Protection – Visualise the Divine Protection surrounding you. (Divine Power may protect me, guide me and lead me in all my activities, Day and Night, in all places and at all times. Let me write the exams in a calm state, which will enable me to recollect all that I have read, with the Grace of Great Souls)

Only when the mind is calm and attentive while grasping the subjects, will the students be able to recollect the lessons and excel in exams by expressing their learning capacity in a constructive way without fear and tension.

Education is a phase of life which mends our personality to befit the needs of the society. What value is of learning science if it doesn't teach the science of living, what worth is of learning history if it doesn't teach children to make history?

Maharishi says, **"Children are the seeds to build the future world with wiser hands on the foundation of noble thoughts. A nation which educates the youth in LIFE-SCIENCE at proper age, instilling duty consciousness and equipping to lead a righteous life will flourish in all fields"**.

Dear citizens of peaceful future, face your examinations with the charm of expressing yourself, without the fear of future and let your freedom in expression build the strongest foundation to live an exceptional life of exploration.





# VeWa Blossom

**USA**

**VIRGINIA AND TUSTIN**



**NEW JERSEY**



All aspirants during Master course



Cranbury - K. Perumal Satsung. Perumal - Satsung



New Masters are in Thetsha practice



Edison - K. Perumal - Satsung





# VeWa Blossom



Canada Centre - World Peace Prayer



## Qatar - YVE 4<sup>th</sup> Batch

Congratulations Al Khor team for the great successful inauguration of 4th batch YVE. Overwhelming response as we have 26 students enrolled at the end of free introductory seminar. Parents were present for the Session which is very special.

Al Khor team has done excellent work and appreciations the Organisers and team.





# VeWa Blossom



## UNITED ARAB EMIRATES



Abushagara-Sharjah



Al Nahda Ladies Center



## SINGAPORE





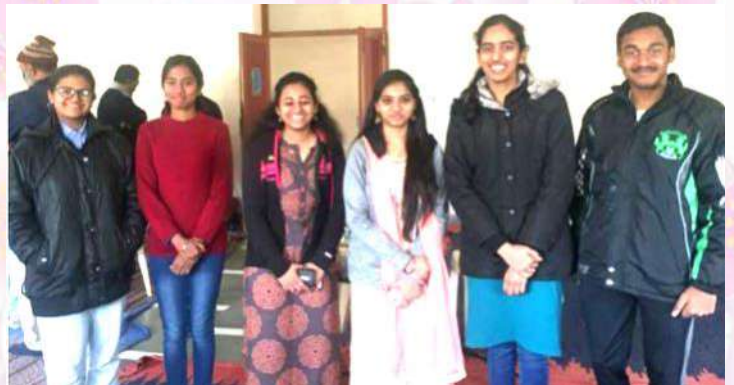
# VeWa Blossom



**DELHI**



World Peace Prayer



Young Ambassadors



Development Meeting



Introspection Level 1



**TELOGANA**



**BENGALURU**



Telugana Zone - Convocation Function of all Degree Students



Bengaluru - Foundation Course @ Vetri Center



# VeWa Compassion

## PERAMBALUR DISTRICT SPONSORED BY DUBAI

Dubai SKY Center is doing exemplary service and are sponsoring YYE programs in PERAMBALUR district through PERAMBALUR MVKM trust. Since 2016 they supporting YYE programs in Perambalur district ....



Regarding VSP (Village Service Program) details as below :

With the blessings of our beloved Guru and Divine blessings, SKY YOGA CENTER-DUBAI is able to sponsor 12th Village KALPADI – Parambalur District under VSP.

### **Fully Sponsored Villages:**

- |                   |   |
|-------------------|---|
| 9) Kalpadi        | - Perambalur District - Inaugurated on 15/12/18               |
| 8) Esanai         | - Perambalur District - Inaugurated on 06/10/18               |
| 7) Gudalur        | - Perambalur District - [ Completed - 29/06/18 to 26/11/18 ]  |
| 6) Naranamangalam | - Perambalur District - [ Completed - 01/04/18 to 12/09/18 ]  |
| 5) Anaipadi       | - Perambalur District - [ Completed - 24/01/18 to 28/06/18 ]  |
| 4) Villiseri      | - Thoothukudi District - [ Completed - 22/10/17 to 22/04/18 ] |
| 3) Keelapuliyur   | - Perambalur District - [ Completed - 18/08/17 to 02/03/18 ]  |
| 2) Kulathur       | - Perambalur District - [ Completed - 09/07/17 to 25/01/18 ]  |
| 1) Sirukudal      | - Perambalur District - [ Completed - 06/02/17 to 19/08/17 ]  |

### **50% Sponsored:**

- |                        |  |
|------------------------|--|
| 3) Nerinjikorai        | - Ariyalur District - [ Completed - 28/04/18 to 05/10/18 ] |
| 2) Malayandi Gowndanur | - Pollachi District - [ Completed - 13/05/17 to 09/11/17 ] |
| 1) D.Kothapalli        | - Hosur District - [ Completed - 18/05/17 to 14/11/17 ]    |



# VeWa Ignition

Guru's Verses....

## ஏன் உண்ண வேண்டும்

இருப்பது நாம் புசிப்பதற்கே  
என்பார்கள் பாமரர்கள்  
இருப்பதற்கே புசிக்கின்றோம்  
என்பார் ஆராய்ச்சியுள்ளோர்  
இருப்பதனால் புசிக்கின்றோம்  
என்பார்கள் முடிவறிந்தோர்  
இருப்பது ஏன்? புசிப்பது ஏன்?  
எனும் கேள்விக் கிவை பதில்கள்.

அருட் தந்தை



## Why should we eat?

We live only to eat,  
Says the ignorant laymen  
We eat to live,  
Says the research-minded men  
We eat because we live,  
Declares the Realised Souls

These are the answers to the  
questions of  
"Why do we live? Why do we eat?"





# VeWa Corporate



**PENTAIR** provides smart sustainable water solutions for life. They have their presence in Goa and Noida, in India. Mr. Narain is the Head of H.R. Division and Mr. Chandrasekar Tari is Manager, Human Resource. SKY Group had done the Human Excellence Program in Mr. Narain's erstwhile Company in Haryana. Seeing the positive results, shift in employee's behaviour, he was keen on introducing the SKY System in his present Company. He has been the catalyst in inviting the SKY



Team to induct employees into the SKY Family and System across all levels of Pentair employees.

SKY team has covered about two thirds of all the Officers and factory staff in Goa and the entire staff at their Noida office. The response has been extremely positive.



SKY OSFC team teamed up with the Mumbai SKY team and have conducted twelve batches of classes from Officers to middle and lower level employees. In January 2019, alone they conducted seven batches, and they are having more programs in the upcoming months.



The first program was conducted for the Senior Managers. **After attending the program the Managers wanted to share the benefit of the programs, their experience to all the other employees too,** so they decided to have it across all levels. Every class was a different experience for the participants and the teachers.



- As a part of their job some of the participants are required to stand 6-7 hours a day. At the beginning of the class they were hesitant and apprehensive to sit cross legged on the floor. However they did succeed to sit for close to 4-5 hours on the floor and this itself gave them confidence, that they can break from the moulds created and ignite the light of change in their Life. They also thoroughly enjoyed the experience of sitting on the floor.



- Practical exercise on Anger management was given to them, they acknowledged that they had never introspected on these areas of their life, and it was greatly beneficial for them.

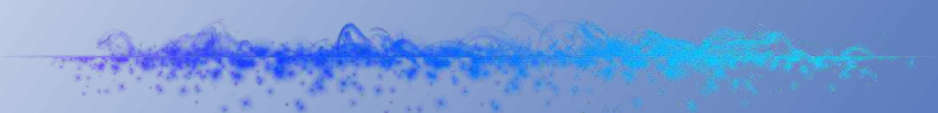


- They enjoyed the personal approach given and individual attention, and were confident that the teaching and learning will be applied in their personal life.



- Their first exposure to perceiving bio magnetism, life force, simple physical exercises and emotion management etc. made a big impact on them which they expressed gratefully in their feedbacks.

Our Guru's teachings is simple, practical and teaches us Living Lifestyle. Pentair family is practically seeing the benefits and with Guru's and Divine blessing let the SKY teachings and Simplified Kundalini Yoga reach every Corporate establishment.







# VeWa Sprouts

(Upcoming Events)

## BAHRAIN

- **Mar 01** – *Silence*
- **Mar 05 to 12** – *Special Programs with Sr Prof Balachandran and Jayanthi Balachandran*
- **Mar 22** - *Introspection 1 (Tamil)*      • **Mar 29** - *Kayakalpam (English)*
- **Mar 28** – *Vethathiri Velvi Day (Maharishi's Samadhi Day)*
- **Mondays** – *Thuriyatheeth meditation followed by Thought provoking discussion*
- **Fridays** – *Meditation & Exercises*      • **First Friday of the month** – *Silence*

## DELHI

- |  |   |
|--|---|
| • Feb 23, 24 – <i>Introspection 2 (Eng)</i>  | • Mar 02, 03 – <i>Introspection 1 (Tamil)</i> |
| • Mar 9, 10 - <i>Foundation Course (Eng)</i> | • Mar 10- <i>Kayakalpam (Eng)</i>             |
| • Mar 16, 17 – <i>Introspection 3 (Eng)</i>  | • Mar 23, 24 – <i>Introspection 1 (Eng)</i>   |



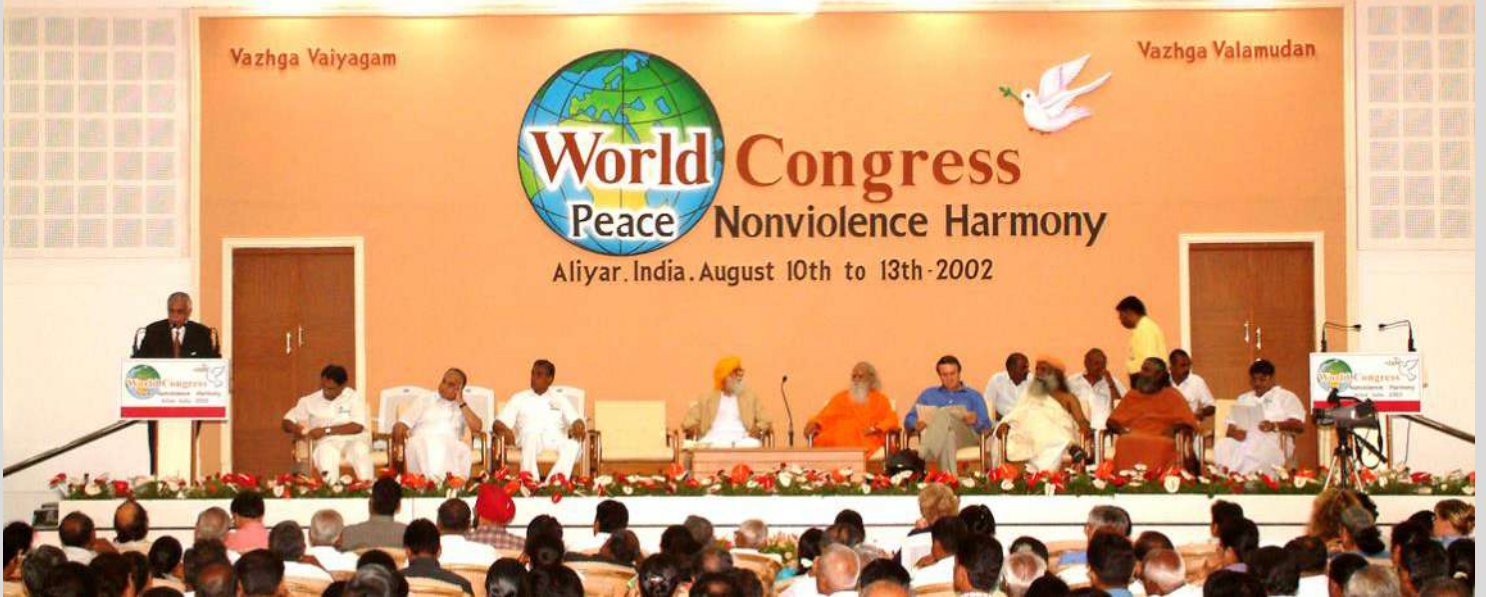


# VeWa Treasure



## ALIGN TO NATURE WITH HUMILITY

Travel back to a memorable incident @ Aliyar Ashram, August 2002



Every blade of grass and every blossoming bud is drenched with the heavy downpour in Aliyar ashram. It was the second fortnight of July 2002 and the World was awaiting the International Conference entitled “World Congress on Global Vision and Strategies for Peace, Nonviolence and Harmony” to be held from 10th to 13th August 2002. It was raining cats of dogs in Coimbatore and Aliyar while preparation was in full swing.

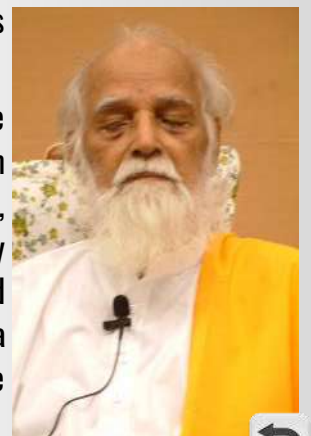
Our Blissland-Temple of Consciousness was bustling with activities as dignitaries from all over the world were invited. Director, United Nations Information Centre, Mr. Feodor Starceiv, was the guest of honour for the conference. Religious and Spiritual leaders, Statesmen, Scientists, Scholars and Experts from various other institutions were

invited to attend the function. Dignitaries were to be received from Coimbatore and accommodation arrangements were to be made.

About twenty five thousand people were to witness the noble-grandeur of the conference. Our Ashram was in its early stage of development- there was no modern infrastructure, no big auditoriums, and did not have enough accommodation facilities, so arrangements were being made all over town to accommodate the guests and hosts of the conference.

The event organisers were running from pillar-to-post to ensure the arrangements were of satisfying standards and were working with swiftness to raise a majestic tent to accommodate all the participants, but the energetic preparations were hindered by the heavy cloudbursts and the continual force of the rain troubled the concerns of the organisers as the preparatory works were to be stopped.

As the dates of the conference were fast approaching, the Ashram organisers not knowing what to do, approached Swamiji. They surrendered to him and asked ‘Swamiji, we are working for a great noble cause, why is Nature hindering our service?’





# VeWa Treasure



## ALIGN TO NATURE WITH HUMILITY

Travel back to a memorable incident @ Aliyar Ashram, August 2002

Swamiji gently smiled and said, '**Nature can never be a hindrance and its working is beyond our understanding**'<sup>1</sup>. Swamiji remained absorbed in harmony and said '**Nature knows better**' and **didn't promise anything**<sup>2</sup>.

A couple of days later the torrential rains receded and ceased its downpour. The organisers were elated and recommencing the spirits, preparation for the conference were in full progression and every little effort wrapped the 4 days of the conference with grand success. On the day of the conference the sun was shining in full glory.

Beyond reasons, a couple of hours after the conclusion of the conference, the rain resumed its deluge. Struck with



curiosity, the organisers went again to Swamiji and asked if He had done something to stop the rains in favour of the conference.

With a serene smile Swamiji told, '**I dint do anything to stop the rains, nevertheless, I linked myself with Nature and requested it saying, we are planning to have a Divine Event for the harmony on earth**'<sup>3</sup>, why can't you postpone your showers for a few days so that the function could be a seed for World Peace'. He spoke as if He was talking to a dearest friend and exhibited the intellectual integrity with which He connects to Nature.

This remarkable incident shows the depth in which Maharishi was in unison with Nature that it heeded to His noble request.

A Master, a Guru, who's teachings are poetically beautiful and uniquely reverential is indeed a royal personification of

the Divine. Let us at this juncture honour the immense truth of the ever-present intuitive showers of Swamiji's bliss brimming our spiritually yearning souls.

A profound philosophy expressed in His usual simplicity, a Moral that we must extract from the statement of Swamiji is Moral 1: Nature is always kind and compassionate. If we perceive any situation as an unfavorable one or pain is experienced by us, the resultant is not a hindrance to our progressive life, but it is an act of Karma Purification and a lesson taught by Nature to reduce our Karma Stock. By handling such situations with faith and positive attitude the burden of Karma will be reduced, else we will add and multiply to the already existing Karma mound.

Moral 2: Action speaks louder than words. Maharishi did not commit anything, but with tranquillity and in silence He tuned with Nature. Nature took care of the rest.

In life too, we should accept all that is happening to us and trust Natures methods.

Moral 3: Nature helped Swamiji, because His motive was selfless. His request was for a greater Global Cause. Similarly, our prayers should not be limited to **SELF and self-centered with "I, Me and Myself"**, but should expand and include our Family, Work/Business, Society and World. Wisdom that "I" am part of this Society should dawn upon us, when I expand my prayer circle, the pure thoughts will reflect and mirror back to "Me".

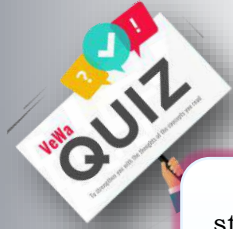
Swamiji's World blessing is a testament to the above. By chanting – **Vazhga Vaiyagam, Vazhga Valamduan** – May the Whole World enjoy Prosperity Happiness and Peace, Be blessed by the Divine. "I"- A spec in this world. This expanded blessing, will also fulfil individual desires of mine."

Let us remember this moral from HIS Life Experience. This will make our life simple, joyful and propel us to enjoy spiritual ecstasy.





# VeWa Quiz



This link will give you provision to realign your mind, to strengthen you with the thoughts of the concepts you read.

Please get the bliss by trying the below link:

..... Click ..... QUIZ LINK .....

VeWa Quiz is just a simple page to relax, feel cool to attend.

**IT IS NOT TO TEST YOU**



# Announcements




## GOA CENTER INAUGURATION



**New Center under the Mumbai Chembur SKY Trust started, Mapusa SKY Centre with 10 people.**

**Lets join together to Bless this centre to flourish and spread the message of our Beloved Guru within and across the coastal shores of Goa.**

WESC-R&D PRESENTS



## STUDENTS CAMP FOR ADOLESCENTS

BOYS	GIRLS
20 <sup>th</sup> APRIL - 09 <sup>th</sup> MAY	11 <sup>th</sup> MAY - 30 <sup>th</sup> MAY

AGE LIMIT: 14-19 YEARS


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### VeWa Visuals

 **YouTube** channel VeWa Awakening launched successfully. This channel will contain Vethathiri Maharishi's teachings and Life Sciences in English and Hindi.

Subscribe to get regular updates @ YouTube [VeWa Awakening](#)





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