

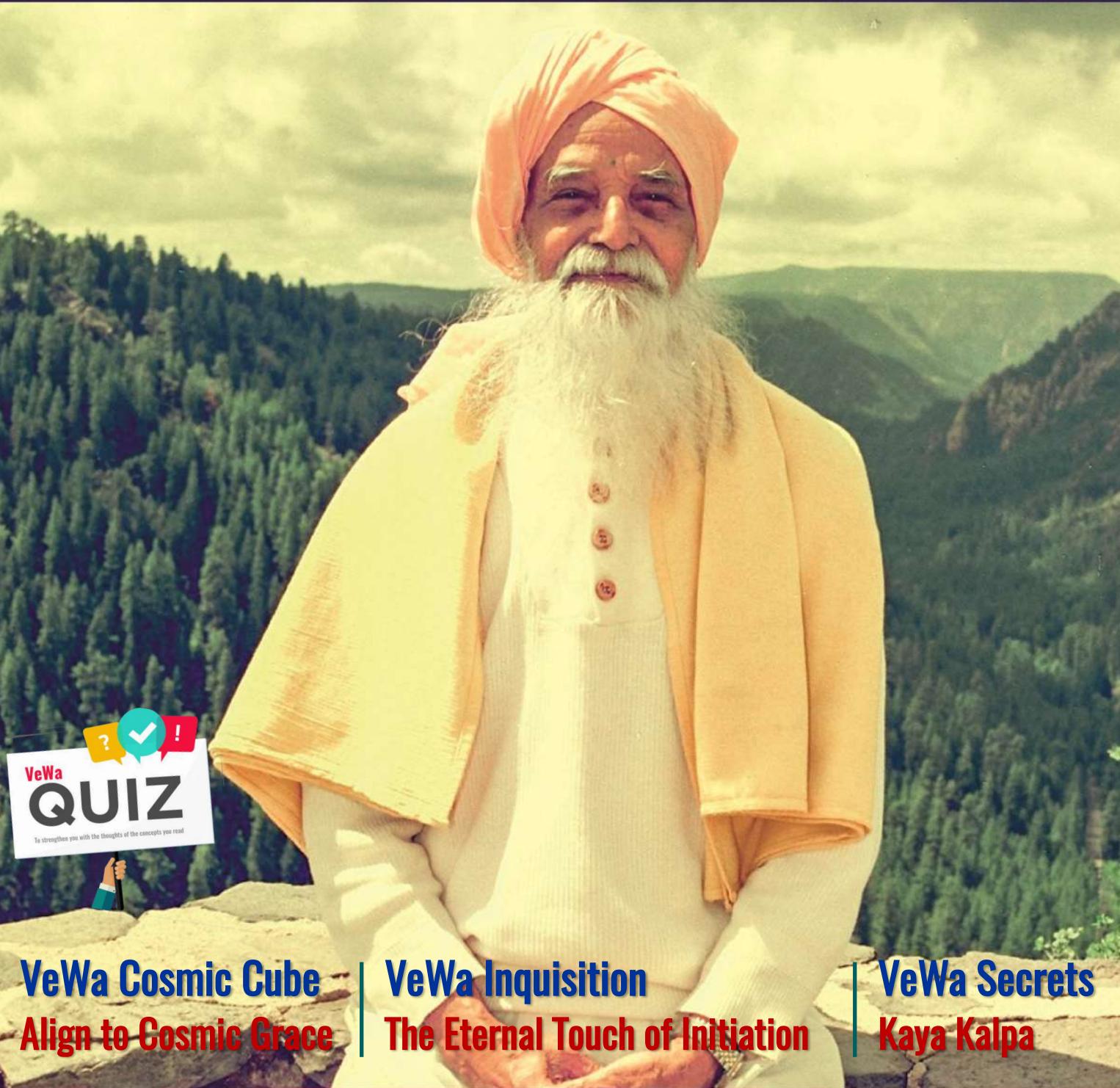
Wave: 6  
January 2019  
19 PAGES

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 Cosmic Cube**  
**Align to Cosmic Grace**

**VeWa Inquisition**  
**The Eternal Touch of Initiation**

**VeWa Secrets**  
**Kaya Kalpa**

- Center for Yoga and Spiritual Education -

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# VeWa Note

JANUARY 2019

WAVE - 6

## DEAR VeWa readers, Be blessed by the Divine (Vazhga Valamudan)

Hope we all have stepped into the New Year with our Resolute Resolutions; let's take a regular stock of our progress. Our previous month's issue stated in depth about Resolute Resolutions, Please read it repeatedly, it paves the path for us to think as to how we should lead our Life as per the guidance of our great Master Vethathiri Maharishi. His dream was to have a cultural transformation across all layers of Humanity. Come, join and be the ambassadors for this Resolute Revolution with our Renewed Resolutions. Sankranti, Pongal, Lohri ... denote the Northern transition of Sun's path leading to more light and warmth for the earth. Let us use this opportunity to rededicate ourselves for bringing more light and warmth in our lives and in the lives of others.

This month VeWa is bringing to you new and exciting sections; VeWa Cosmic Cube, Inquisition, VeWa Ambassadors and VeWa Quiz. **Quiz** is an interesting section, which will push you towards an inward wisdom filled travel, connecting you to the profound, yet simple concepts our Great Master.

Kindly do share with us your thoughts or even an article written by you, through email [wcsc.vewa@vethathiri.ac.in](mailto:wcsc.vewa@vethathiri.ac.in).

After review by the Editorial Team, we will be happy to publish your work in upcoming editions of VeWa.

**VEWA** Meet, a get together of our selfless SKY service Co-ordinators across the globe. VeWa, a global connecting platform is pleased to announce an event for all the coordinators to meet through digital cloud in coming month. Let's share stories of success, of Guru's Grace , Divine wisdom and best practices. Say in Feb or March we can have a meet.



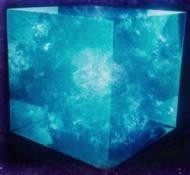
VeWa is an official E-Newsletter, a platform to connect SKY families across the World and spread the Waves of our Beloved Guru Vethathiri Maharishi to all corners of the Globe.

Wave 6 – is VeWa's half yearly anniversary and 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 Cosmic Cube

## ALIGN TO COSMIC GRACE

The wings spread across the horizon and holding their clan they flew above rivers, coastlines, canyons and mountain ranges. The Fall had risen, and the Spring is dreamt by thousands of birds migrating across oceans, in search of abundance of food for its offsprings and for breeding. Little do we know that these flocks of migrating birds orient their journey according to the Earth's magnetic field, the constellation of stars at night, position of the rising and setting Sun and the Nature's compasses.



The turbulence involved in migration is handled with poise, and even the slightest dip in the magnetic strength will be detected by them, they will take navigational decision accordingly and align themselves in grace towards the right destination.

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

Are we aligning ourselves to the subtle forces of the Cosmos? Are we poised enough to run through the maze of life and find the Divine Paradise?

**The obvious answer is, a humble NO.**

Regardless of seasons, humans unknowingly migrate yielding to sensual desires. We seldom have time to contemplate and realise the energy-release from 7.7 billion residents of our Planet. With the expanding personal-universe, we vibrate with stern perfection to de-align ourselves from the subtle intricacies of Nature.

A thirst for material and momentary gains, we drift away from the **Existential order** and settle in **super clusters of disharmony**. **Maharishi explains** - Fame, wealth, sensual pleasures and lust for power rule us at grosser level and drain us at psychic level.

So, are we in dearth of something that we run behind these fleeting desires?

Again, the humble answer is an obvious NO.

Swamiji always talks about the Cosmic Dance. We float in the vast expanse of Space with our Local Cosmic Neighbourhoods and breathtaking 100 billion nearby planets in our Galaxy alone, yet, to our present level of understanding, EARTH remains the only isolated planet that supports LIFE. The ever-expanding Universe shines with 12 different zodiac constellations, the lunar mansions, luminous band of stars, glorious nebulas, scattered satellites, supermassive black holes and inexhaustible energies which serenely interconnects and interweaves the tapestry of the Universe.

**Are we not living in Cosmic Abundance? Or, rather the question should be, are we living with Cosmic Awareness?**

Maharishi emphasises that, We humans have the most potent capacity of aligning our life according to the magnetic field of the Universe, but our internal compass fails due to our ignorance in understanding the simplicity of its working. We revolve around difference of opinion, generously allow our physical body to absorb all our negativities, permit the mind to function at the edge of confusions and when we are incapable of handling a situation we console ourselves saying, “ Stars are not in our favour”. Is not human intelligence limited by the thought patterns of humans alone?

Human body performs innumerable involuntary functions which works in synchronization with Nature, but, imagine, humans are given the task of handling those involuntary functions- think of voluntarily extracting proteins, calcium, vitamins, minerals and all the energy molecules from every morsel of food that we eat; picturize the effort of segregating oxygen from the atmosphere, supplying it to the blood and pushing out only carbon dioxide; visualize the job of releasing various hormones from our brain for every emotion and feelings we go through: in no time we will surrender to Nature if we are challenged with the above task.

Nature is abundantly gracious, penetratively performing the most complicated tasks and allowing us to cherish its wonders- but we, simply complicate life by being ignorant and indifferent to the reserves of Nature.

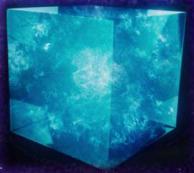
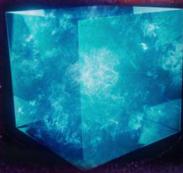
**Our body breathes in the present, our mind oscillates to the past or future and our Soul remains oblivious with our unawareness.** Forget the cosmological alignment, are we efficient to align our gross body with our subtle mind and merge its energy with the immortal soul?

Swamiji explains in detail about the Evolution of Man. Although being highest in the order of evolution, we fail to comprehend that magnetically, electrically and chemically , every movement of ours is connected with the waves radiated from the Universe, having a direct impact on our physiological and psychological functioning.

The Universe understands our energy and the frequency at which we vibrate and emit our energies. Humans are the Living Universe, cognising the external world only with our mind. Unless our mind is tranquil and serene like the Universe we cannot understand its secrets.

Vethathiri Maharishi shreds away the complexities and reveals the underlying simplicity and symmetry of the Laws of Nature. He explains that everything exists in the **Womb of Eternity**; Universe is a mighty Magnetic Field which unifies the Celestial Forces with our Thought Force.





# VeWa Cosmic Cube

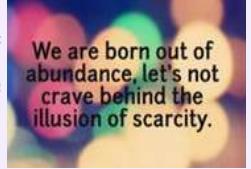
Swamiji gives practical ways to connect ourselves with the profoundness of the Universe:-

- **Centre your body, mind and soul while doing anything in your day.**  
The mind is habituated to drift away to past or future; bring it back to what you are doing at the moment.
  - **Tune your mind to your body and merge the mind into your soul even while doing Physical Exercise.**
- Surrender to Nature** while you sit for **meditation**- the mind will wander but hold the hands of our Beloved GURU and centre your energies. **Practice, practise alone will align your mind with the heavenly forces.**
- Introspect regularly to ward off unhealthy judgments towards any relationship or circumstances by self-examining the thought pattern by your own thoughts.
  - **Undertake Silence** at least once a month to dissolve the unwanted imprints gathered for 30 days. Cleanse yourselves by purifying your thoughts one by one. Silence intensifies your biomagnetism and makes you receptive to the universal magnetism.
  - Identify and get rid of ONE undesirable habit a month, by 12 months you will not have the burden of 12 unnecessary habits.
  - **Make blessing a part of yourself.** Whenever you get short minutes of break, say you are held in traffic, or standing in a queue, or waiting for someone – make use of that time to serve the World with your thought force. **Bless, Bless the Universe**, Bless the World, bless all the people you know and experience the grace with which your life will progress.
  - **Blessing the World** will tune our bio magnetic energy to that of the Earth to absorb the universal magnetic energy and will Omni directionally shower the pure celestial forces to guide in all our efforts.
  - Persistent Blessing helps us to qualify to higher states of Consciousness, as the vibrating wave permeates each and every cell in our body and harmonises our thoughts to the Laws of Nature.



we enjoy today. Should we not honour the life of those great men, by aligning ourselves to Nature?

Let's not wait for the transit of stars and their position in the constellation to get the stroke of our good fortune, rather let us tune to the cosmic rhythm of the Universe and align ourselves to the limitless abundance. **We are born out of abundance; let's not crave behind the illusion of scarcity.**



In our isolated planet in which life blossoms in myriad forms, we must respect our differences and rejoice the similarities. By doing so, we take the most glorious intellectual climb in our cosmic history. The vast knowledge gathered over the centuries can extend to infinite distance only when our mind is magnanimous enough to understand, receive, reflect and refract the Primordial truth.

The LIFE which streams through all of us is just ONE, we are different coloured beads vibrating at varied energy levels in a SINGLE SUPERSTRING.

We all would have experienced the calmness with which we come out after visiting a holy place. Have we ever wondered how and why?

The intensified energy in the sanctified places suspends our mental commotion and simply parallels our energies to that of the Universal Field, and as our dynamics are fine-tuned to that of the Galactic Space, we experience the bliss of serenity. **God is not a matter of belief, rather, Divine is a matter of Alignment to Existential Order.**

From this very moment, let the affirmation in whatever good we do be, "**May the Divine Forces of the Universe be with me**". Demand the Universe to vibrate for you by deepening your mental tranquillity, and see its secrets unfold with the purity of your thoughts.



There is so much truth in the saying, "**When a thought is released from the Seat of Silence, a mere wish becomes a command to the Universe and in ecstasy it can do nothing else than to curl at your feet, where all your moralised desires becomes Deservingness.**"

Let's spread the Wings of Wisdom, along with Vethathiri's Waves and migrate to harness the Divine Forces of Nature to serve humanity. Fine-tune and be online with the Universe, consenting the Cosmos to reverberate in PERPETUAL GRACE for SEEING ITSELF IN YOU from 2019.

Maharishi says that our path must be cleansed and cleared to have the brilliant vision of the Divine. Our gathered imprints, impressions, experiences, and memories keep reflecting in our mind in endless cycle and hinder the journey towards the Absolute.

**CONSISTENT PRACTISE** alone will show the lustre with which we are co-functioning with the Universe in the matrix of **GRACE**.

Centuries had curled into history, freezing pivotal discoveries and magnificent inventions by brilliant minds in our planet. The selfless and untiring efforts of those stalwarts are greatly responsible for the luxuries





# VeWa Inquisition



## THE ETERNAL TOUCH OF INITIATION

**S**wamiji was once questioned by a member in a discourse, "Maharishi, why are you against the practise of members touching your feet and prostrate in front of you?"

Bejewelled with Disciples and with unique simplicity and humility, Swamiji started explaining...

"A wrong belief that by touching and prostrating to Guru's feet, sins will dissolve, and the individual's soul will be cleansed, is widespread amongst people, therefore people are keen in touching the feet.



Endowed with sixth sense, humans should have rational thinking and conscious reasoning in all deeds. An individual is born out of the comingled energies of a father and mother. Until the individual realises the purpose of birth, his/her life will be diverted and sprayed with obstacles and sufferings. The mental energies are utilized for gratification of ever-mounting desires leading to hasty decisions, unpleasant consequences, eventually gathering sin imprints. Human mind is always BOUNDED OUTWARDS because of which TURNING INWARDS becomes a strenuous task, yet there should be a way to lead the mind towards the depth of consciousness, which becomes possible through the process of INITIATION.

Initiation means Purification, with the merging of the intellectual energies of the GURU, who is conscious of the Super-Conscious state, an individual's narrowed consciousness will be streamlined towards realising the purpose of birth. Initiation is rebirth in an individual's life where his mental energies are directed to realise the SELF, with the strength of the Guru's life force. A self-realised Guru, with the noble thought of helping an individual gets rid of the accumulated impurities will also intuitively and subconsciously guide him in thought, word and deed.

Only by the Divine Grace of the Guru can a person's intellectual abilities be uplifted against the powerful gravity of illusions. By uncompromisingly treading the path shown by the Guru, the

disciple's life will be sculpted to perfection, where the previously gathered imprints will wither away and dissolve in the purity of the thought force.

A person, who realises the light of wisdom within every living being as inside himself, can only become a true Guru. A Guru's goal is to liberate humanity from the pangs of illusion by lighting up the way to peace and harmony. An enlightened Guru has no desire to hold anyone in pupillage, instead He will raise the consciousness of the spiritual aspirant to understand the mysteries of Nature and see the individual as a physical manifestation of the divine.

Every individual who holds this ray of wisdom is bound to be a seed, which bears the potential to transform the society to blossom with spiritual harmony, spreading streams of peace everywhere.

Through the noble act of INITIATION, My LIFE-FORCE is already mingled with yours and I have elevated your Consciousness to become conscious of the Divine state. I am sincerely spreading the noble thought waves of my revelations and am happy by encompassing all of you in me as my children. Why still, do you bend and keep looking at my feet? To get the grace of the Guru it is enough to gaze at His eyes".

Such was the explanation given by our revered Guru Vethathiri Maharishi, His words explicitly expressing the implicit message of how blessed we are to have a Divine Father who guides, protects and elevates us at par excellence to Him. Deeply contemplating and realising the laws of nature and living a life which is not at variance to Nature is the humble offering we can give to our Guru.

As the New Year outstretches its arms, let's strive to lead a modest life by staying connected to our Guru's Consciousness and by doing so, we adorn ourselves in the Divine Service of uplifting mankind to spiritual prosperity.





# VeWa Ambassadors



## SKY Professors visiting abroad from India

### USA

Visiting Sr. Prof/ Prof.	Trust/Zone	Visiting Country	Date From	Date To
M. Semporulalagan	Tirunelveli	USA	03-Oct-2018	23-Jan-2019
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

### Middle East

Visiting Sr. Prof/ Prof.	Trust/Zone	Visiting Country	Date From	Date To
Balachandran Ganesan	Aliyar	Muscat	07-Feb-2019	20-Feb-2019
Jayanthi Balachandran	Aliyar	Muscat	07-Feb-2019	20-Feb-2019
C. Sathiyamurthy	Bangalore	Dubai	22-Feb-2019	23-Feb-2019
C. Sathiyamurthy	Bangalore	Dubai	01-Mar-2019	02-Mar-2019
Balachandran Ganesan	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 Ganesan	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

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


**Qatar SKY Center Announcement**

 **Qatar SKY Center Announcement** 

Vethathiri Maharishi's vision was to bring Cultural Transformation in the minds of youth who are the future of the Peaceful World. We are glad to inform that the 5<sup>th</sup> batch of Diploma in Yogahika for Youth Empowerment for Children above 8<sup>th</sup> Std. is starting from February 2019 at Qatar Sky Center.

Youth gaining spiritual knowledge at right age will prove to be Peace-Messengers for the World and our certificate courses offers qualitative lessons which empowers young by changing their attitude and perspective towards life, to be the best resources for the Society.



# VeWa Blossom

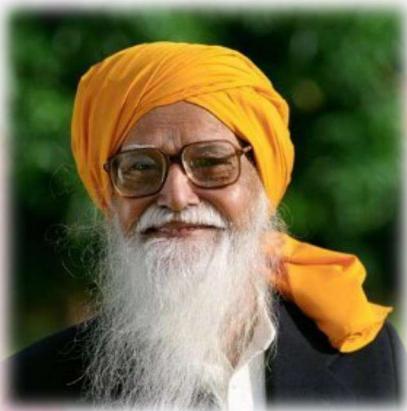
## ENFRAME IN GRACIOUS CONNECTIVITY

It was the decade which saw the breakthrough in internet technology and 'Aliyar News' was launched around this period. In one of Swamiji's lectures, He saw photographs being clicked and adorably posed for one of them too, as the camera captured our Guru's incomprehensible radiance that spread in all directions. During that discourse He told the audience, "Look at the way how quietly am being photographed, by tonight these will be seen by people all around the world, through Aliyar News.

He then went on to explain the profound link – "Like these photographs which are magnetically saved in a chip/card will be seen globally, similarly, our thoughts and actions are imprinted in our Genetic Center and its waves are outspread everywhere".

Swamiji always expressed happiness and recognized the preciousness of an event getting magnetically recorded. To Him, the mental radiations of a person immediately expresses itself through a photograph and freezes its quality for a lifetime. Swamiji constantly connects profound concepts with our day-to-

day activities and repetitively says that by understanding the true nature of Magnetism we hold the direct link to our SOURCE, and all the barriers which divide humanity will dissolve in its reality. Just with a single picture, Swamiji taught that everything gets embedded in Universal Magnetism, and each one of us is connected through our Genetic Center.



*VeWa Blossoms/Sprouts is a noble attempt of reflecting and continuing our Guru's dream of spiritually connecting the world and enframing the progress with HIS gracious compassion. Share the activities of your centers and connect to the fragrant atmosphere of affinity with our Guru.*

### Thank you Dubai and Sharjah.

Highlights of Blossom this month are photos across all the Centers of Dubai and Sharjah

We encourage each of the Countries to send across photos, activity updates of all the Centers in your country, to cover the entire spread in your Region. We will publish them as highlights of the month.

THANK  
YOU!

DUBAI



Sky Yoga Introduction @ MS Schindler - Al Khail Mall



Sky Yoga Introduction @MS Schindler - Al Khail Gate



# VeWa Blossom



**DUBAI**



KARAMA - Weekly Friday Meeting



MUAIISNAH - Weekly Friday Meeting



GARDENS - Weekly Friday Meeting



Dubai World Peace Prayer - SKY YOGA CENTER



SKY Get-together



# VeWa Blossom

**SHARJAH**



NATIONAL PAINTS Weekly Sessions



AL NAHDA - EVERY FRIDAY - 6.15 AM-8.30AM



ABUSHAGARA - Weekly Friday Meeting



ALQASIMIA - Weekly Friday Meeting



World Peace Day held on 01 January 2019



Kuwait - Group Meditation at Fahaheel SKY Center



# VeWa Blossom



QATAR



Vision Yoga Course - 105 Students



Youth Empowerment Convocation Program - 1 Year Completion

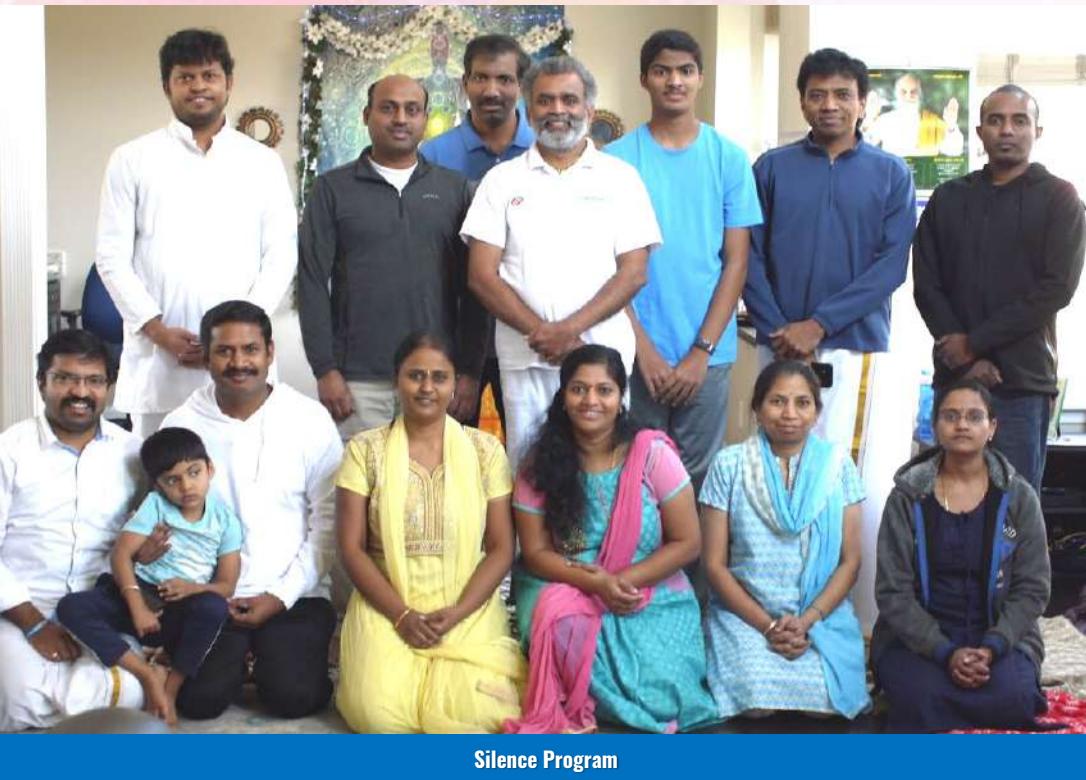


A blissful gathering for Wife Appreciation Day with thought provoking Debate Session on  
“For success in life which helps: Knowledge or Experience ?”



# VeWa Blossom

USA



Silence Program

SINGAPORE



Singapore Center and sub center sessions



# VeWa Blossom

KERALA



YYE Course at Thiruvananthapuram - Thiruvananthapuram SKY Trust



YYE Course inaugural function under Kannur SKY Trust at Thillengeri



GOA



Mumbai Trust. Pentair employees Initiation.



DELHI



Introspection 2 participants





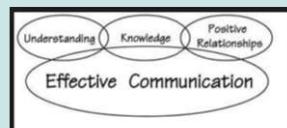
# VeWa OSFC LIVE



Online Agna Initiation Explanation - Aliyar to Netherlands



Online Kaya Kalpa Theory Classes - Chennai to Netherlands





# VeWa Sprouts

(Upcoming Events)

## BAHRAIN

- Feb 01 – Introspection III (Tamil), 2<sup>nd</sup> Session
- Feb 05 – Children Exercise Session
- Feb 15 - Introspection I (Tamil), 1<sup>st</sup> Session
- Mondays – Thuriyatheeth meditation followed by Thought provoking discussion
- Fridays – Meditation & Exercises
- Feb 08, Friday – Agna Initiation
- Feb 22 – Introspection (Tamil), 2<sup>nd</sup> Session
- First Friday of the month – Silence

### Special Program

- Feb 12 – Exercise session at Salmania Medical Centre (Bahrain Govt. Hospital), Sports Day

## U.A.E

- Jan 18 & 25 – Introspection 3 / 8am – 1pm / Abu Shagara, Sharjhah & Muasnah-4, Dubai
- Jan 18 – Kayakalpa Yoga (Eng) / DIP, Dubai
- Feb 1 & 8 - Introspection II (Eng) / Al Nahada -2, Dubai
- Mar 29 @ Al Quasis, Dubai - Maharishi Maha Samadhi Day / 9am – 12:30pm  
- Trustees meeting / 1:00pm – 2:30pm & Kayakalpa Yoga (Tamil) / 6pm – 9pm

### Senior Professors programs: At Al Quasis Dubai

**Sr. Prof Sathyamurthy [Managing Trustee – Bangalore, Malleswaram] & Sr. Prof Meena**

- Feb 22 – Kayakalpa Yoga (Eng) / 6pm–9pm
- Mar 1 & 2 – APT & MRC / 8:30am – 6pm
- Feb 22 & 23 – BGMC / 8:30am – 6pm

**Sr. Prof Dr. K Perumal [Director – WCSC, VISION ACADEMY]**

- Mar 15 & 16 – PCP / 8:30am – 6pm
- Mar 15 – Kayakalpa Yoga (Eng) / 6pm – 9pm
- Mar 22 -23 – PCP / 8:30am – 6pm

**Sr. Prof Balachandran and Sr Prof. Jayanthi Balachandran [Directorate of OSFC] @ Abu Dhabi**

- Feb 21 – 23 – BGMC
- Mar 1 & 2 – APT & MRC

## DELHI

- Jan 06 – World Peace Prayer
- Jan 12 & 13 – Foundation course (Eng)
- Jan 13 – Kayakalpa Course (Eng)
- Jan 19 & 20 – Introspection 3 (Eng)
- Jan 26 & 27 – Introspection 1 (Eng)
- Feb 2 & 3 – Introspection 1 (Eng)
- Feb 23 & 24 – Introspection 2 (Eng)

## USA

### Sr. Prof. Dr. K. Perumal Schedule

- Jan 12 & 13 – New Jersey
- Jan 19 & 20 – Virginia
- Jan 26 & 27 – Miami
- Feb 2 & 3 – San Francisco, Bay Area
- Feb 9 & 10 – Seattle
- Feb 16 & 17 – Los Angeles



# VeWa Ignition

Guru's Verses....

## THE STATE OF ABSOLUTNESS

*Abstracting the FORM from all things<sup>1</sup>, THE FORMLESS remains*

*Withdrawing sound, the permanence<sup>2</sup> that spreads is SILENCE.*

*Retracting the overflowing brightness, is not DARKNESS the remnant?<sup>3</sup>*

*Waning the function of movement from things<sup>4</sup>, will not PROVIDENCE alone outshine<sup>5</sup>? Contemplate;*

*Ebbing the un-manifestedly functioning mind(ego)<sup>6</sup>,*

*Is not the state of PRIMORDIAL ABSOLUTNESS which exists?*

1. The eyes sees everything in shape& image

2. What remains permanently

3. What remains everywhere

4. When we train the mind to stop observing the movement of the Objects –what remains is PLENUM.

5. The Divine Shine increases and fills up entirely

6. Remove the boundaries- volume, distance, time, force etc. that determine the minds functioning.

## யாழ்நிலை

உருவத்தைக் கழித்தவிட்டால் அருபம் மீது

ஓலிகழித்தால் இருப்பு அங்கே மௌனம் ஆகும்.

பெருகிவந்த வெளிச்சத்தை கழித்து விட்டால்

பின்னர் அங்கே இருள் அன்றோ மிச்சமாகும்

யொருணோடு அசைவாகும் இயக்கம் நீக்க

பூரணமே மிகுதிபடும் அன்றோ? ஆய்வீர்

அருபாருவாய் இயங்கும் அறிவை நீக்க

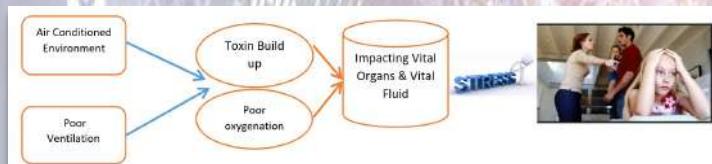
ஆதியெனும் மிரம்ம நிலையன்றோ மீதி?



# VeWa Secrets - Kaya Kalpa

## LIFESTYLE TRANSFORMATION

The lofty art of Kayakalpa is bound to give bountiful benefits in spouse relationship, but the practise brings positive changes only when there is balance in food, work, sleep, physical relationship and thought force. When the five constituents are given due attention, Relationships - which forms the fabric of our lives- deepens and strengthens.



The current hurried-lifestyle overpowers all the healthy opportunities, and it diverts our attention, depriving us from focussing on the True Purpose of Life.

We aspire for air-conditioned comfort to engage in our job or environment (sleeping, while driving etc.); get poorly ventilated with our desk-bound tensions, because of which our body is not properly oxygenated. Additionally, with minimal physical activity, we build up toxins and generate great amount of heat in our abdominal area which directly affects the vital organs and fluid. These instabilities taking place in our body strains the internal organs as the supply of oxygen to the blood is not adequate. So, the blood stream which carries the nutrients to all parts is contaminated.

The result of this disharmony is a drastic drop in the energy level giving raise to low productivity in work environment, in all areas of our life, eventually building stress and affecting the family harmony and sleep pattern. It contaminates the entire atmosphere and energy around us is friction filled. As the inner equilibrium is disturbed, vital fluid which is the **Seventh transformation** from the food gets invariably affected.

With deep contemplation, it will be evident that the above disorder has a direct effect on the family life of individuals. **Life-Partners experience intolerance, impatience and restlessness in dealing with relationships, the sole cause being the disturbance in the vitality of the vital fluid.**

### Kayakalpa



Ancient practical solutions without deviating from lifestyle

Consistent practise of **Kayakalpa** gradually transforms the pattern in which each and every cell in our body works. Kayakalpa empowers us to bring a qualitative change in our life style.

Nutritious food, adequate hours of sleep, active involvement in work, moralised sensual desires and nurturing qualitative thoughts will positively reinforce a healthy lifestyle. Even though we are compelled to lead a fast-paced life, the practise of Kayakalpa helps refine the habits which were potential obstacles for our wellbeing.

Change your lifestyle; tune your mind to accept and allow the changes that is flowing through you. The forces of ignorance will gradually lose its strength and help us to understand the value of leading a qualitative life, and such a kind of life can start only when the atmosphere is filled with peace and harmony in family.

Deepest attentiveness to the practise is certain to deepen the bond between husband and wife as both their life-forces are merged with their nuptial union. Partners will intuitively understand the needs of their partner and will take efforts to befit themselves providing the needs. Furthermore, regular practise enhances the purity of vital fluid and will untie the conflicting forces which stand in-between spouses.

The mental energies get balanced and any surge of disharmony is sorted with mindfulness and intellectual patience. This paves the way for harmony in Life; Kayakalpa brings **LIFESTYLE TRANSFORMATION** and strengthens the body and mind, unfolding love and compassion to life-partners to an unexplored level of depth.



# VeWa Quiz



Exciting  
Addition this  
month ..

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:

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This month we have launched VeWa Quiz.

## VeWa Village





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