

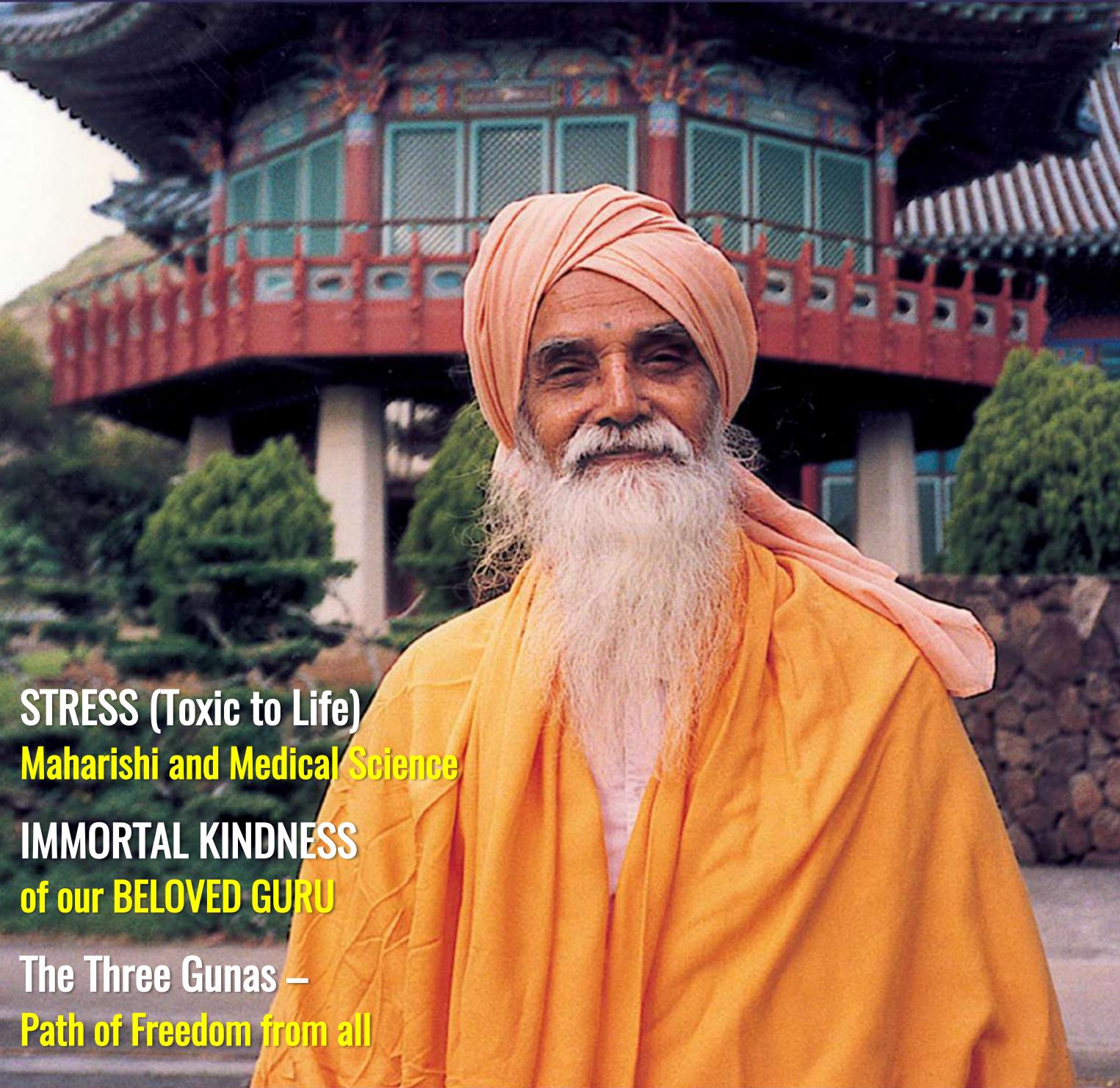
Wave: 4
November 2018
20 PAGES

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



STRESS (Toxic to Life)

Maharishi and Medical Science

**IMMORTAL KINDNESS
of our BELOVED GURU**

**The Three Gunas –
Path of Freedom from all**

- Center for Yoga and Spiritual Education -

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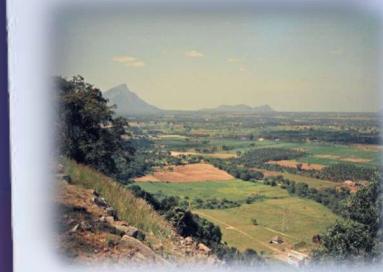
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VeWa Note

NOVEMBER 2018

WAVE - 4

Be blessed by the Divine.

May the whole world enjoy prosperity, happiness and peace.

A Master (Guru) works in us through his teachings. Hence, a true disciple / a sincere practitioner should work putting his efforts holding his master's hands. Masters are the Masterpiece of the Nature. Nature works through the Masters. *Practitioners must value the Master and master the values, and to be anchored in these timeless values, we need diligent, disciplined efforts. These combined forces will shape our future in a meaningful and fulfilled manner.*

The basic purpose of our life is to have a blessed future with healthy physical body and pure mind. In this era of easy digitalization, in the name of achievements of targets, of lifestyle goals, advancement towards materialism, is by itself creating a *toxic environment both internal (within us) and externally (around us)*. Toxic spread in and around us can be instigated by surrounding environment, people around us in offices, relatives, friends and even at times family members.

Everyone struggles for contentment, yet get caught in some form of bondage and this gives a perpetual feeling of incompleteness, no matter how much we achieve in life.

Our Beloved Guru, Vethathiri Maharishi says that, *all sins and sufferings have one source – Man disowning of his own Divinity*. Nature is precisely perfect, but it is our ignorant and weak mind which accepts and follows the lifestyle of others and aping fashion without constructive analysis.

We see the outer radiance of the people around us, but, neglect to realize the radiance of the Nature. Yoga is a natural way of living through which we discover the abundant treasures hidden inside us. Vethathiri Maharishi has provided plenty of yogic practices which help us align in harmony with Nature, by turning inward.

Detach your minds from

Looking at people what they do;
Commenting on their actions brings
unwanted recollection of memories,
unwanted situations around.

Let us collect our golden baggage,
leaving the garbage.

One who knows how to tranquilize and handle his wavering mind, can effortlessly handle his physical body and its multifaceted circulations. Any practice benefits, only when it is practiced continuously with sincere efforts. *Unceasing efforts* brings enduring results which transforms our lives.

Through VeWa, we gather the fragrant flowers from the gorgeous garden of our Revered Guru's life and present to you as a beautiful bouquet of thoughts. This month, *VeWa Science* brings awareness of the intricacy with which the human hormone system works and our mind functions from the stand point of Medical science and Vethathirian lens. *VeWa Humour* gives mindfulness to realize philosophical surprises in store in small events of our Guru's life. *VeWa Treasure* gives the glimpse of the cherished experience with our Guru. *VeWa Secret* gives the secret ingredient for leading a successful and contented life. *VeWa Compassion* tells us how a contribution by us, however small, could play a big part in global transformation.

Let us all go through the pages and while flipping, let us flip our memories and empty the pre-occupied, preconceived thoughts, allowing the fresh thoughts of Nature. By the grace of Maharishi, let us all get this detached state of mind on Self and shower unconditional love to each and every creature in this Blessed Planet.

Be blessed by the divine...





VeWa Science

STRESS (Toxic to Life)

Maharishi and Medical Science



"Chase them", a little girl ran with wonderment. Hurray! I touched its wings", bubbled a child's sugary voice. "Oh God! it's sitting on my palm", jumped a boy with unbound excitement. The dusk had coloured the horizon with crimson, and the flying butterflies painted the spirits of a group of tiny tots with amazement, and as they danced to the beat of their tender hearts and to the magic of Nature.

The child in us grows, matures into an adult, and we chase what? What touches us? What things have a seat in our memory? What colours our lives? Life will appear to be a test of circumstances when the fabric of relationship, work, finance and other inevitable aspects are disturbed, instigating a STRESS reaction for the perceived or real challenge.

Let's see what Stress does (from the lens of Medical Science).....

If we could trace back our memory of reacting to a stressful situation, the first frame which will reflect in our mind will be our palms and feet turning cold; this is chiefly because stress hormones causes our blood vessels in the periphery (palms & feet) to contract, temporarily diverting more blood from the non-essential organs to the vital organs like heart, lungs, kidneys, liver and to our muscles so we'll have more strength to take action. During stress response we breathe faster, which is an involuntary act to quickly distribute oxygen-rich blood to the body. Our liver produces extra blood sugar (glucose) to give us a boost of energy to confront the challenge. To withstand the sudden pressure given to the body, our heart pumps faster to distribute blood to all parts.

"Your body is the most beautiful and sophisticated machinery" is what Vethathiri Maharishi said. He believed the intelligence of Human Body system is one of the greatest creations of Nature. Let's take a quick peek into the control panel of our body:

Human body is naturally tuned to function in harmony, and when the same is disturbed, thousands of neural networks running throughout the system simply distribute large quantities of varied hormones and chemicals to support the body, with each cell working as a miniature factory to protect and counter anything that doesn't nourish our soul. We care for so many external issues, but for the millions of cells in our body, "ALL THEY CARE IS ABOUT YOU AND ONLY YOU".

With an emergence of stress, the Pituitary gland in our brain, signals the Adrenal glands (located on top of each kidney) to release Stress hormones: **Adrenaline and Cortisol**. When the perceived stress/fear is suspended, depending on the individual's

coping strategy, the Pituitary gland passes command to the system to get back to normal. If the coping mechanism is inadequate or inappropriate, the body loses complete balance, alarming the cellular arrangement of the organs. Our body tremors and the entire network of functions work too hard and too long to bring the body back to its normal functioning. **Stress in thinking/perceiving/reacting, is the single capsuled toxin which affects the health of an individual.**



Vethathirian Solution

With regular practice of meditation, the Pituitary Gland is stimulated and helps to balance the secretion of hormones, easing to offset the ill effects of stress. The tiny blood vessels in our brain are safeguarded against expansion through over-inflow of blood during stress. Meditation ensures the flow of bio magnetism to be smooth in quality and quantity. By this, our immunity level shoots up, breaking the cycle of tension to our nerves. When the vitality of the nerves is protected, nervous weakness and nervous breakdown is sidestepped, thereby the limbs that are looked after by them get strengthened and lack of sensation in that part of the anatomy is avoided.

Introspection and Silence attest to be the preventive and management techniques to combat stress. Introspection of our own thoughts will help in acknowledging the symptoms of stress and give the ability to alter the way we perceive a stressful event. With every episodic stress, we become so anxious about the problem and fail to notice its effect on our body and mind. Introspection lowers the impact of the stress; meditation and silence give the will power to sail against the currents of negative thoughts.



Practice of Relaxation and acupressure ensures balanced distribution of the vital energies in the body which calms the nerves and rejuvenates each and every cell to function optimally.

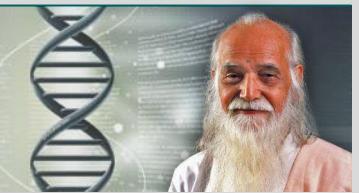
Eating Stress: - Rushing to the call of the day, we are prone to swallow food, feed our mind with the weight of work; just by eating too fast, together with secreting enzymes and hormones that aids digestion, we also stimulate the discharge of stress hormones. This decelerates the digestive system, leading to indigestion, improper



VeWa Science

STRESS (Toxic to Life)

Maharishi and Medical Science



assimilation of nutrients which eventually affect the immunity level. In addition, the tension is spread through the muscles causing tremors and agitation.

Vethathirian Solution

Time bound deadlines and working is inevitable, however we can reduce the stress the body and mind absorbs, especially while eating, by tuning the mind before starting the meal, in Thuriyam / Agna (Pineal or Pituitary Gland). Gratitude and blessings will modify the stress situation to an amicable one.

Regular practice of Simplified Physical Exercise will enhance the cellular arrangement in vital organs ensuring qualitative flow of life force and bio magnetism. Metabolic routine is maintained and even in the advent of unavoidable stress, our body is equipped to handle it efficiently.

External Stress:- We get restless if we don't get a positive reply to our posts in social media; we buy automobiles with great passion, yet get annoyed to navigate through the traffic by staying inside our car got with love; we relate to the characters depicted in movies, television shows and shed needless emotions; just by attending a **30 minutes argumentative meeting** in office, we carry home feelings of irritability saying that our **entire day has been stressful**; distress descends to us with a single coat of misunderstanding with relationships;

- ◆ shadows of suspicion embark upon us seeing people engage in gossip;
- ◆ with the sway of emotions we indulge in unwanted activities and weep over the irrevocable consequences;
- ◆ we misinterpret the path of Discipline to be barricades for our freedom;
- ◆ Stress has become a fashion word to school children at times of examinations.

In our present life style, the list is endless. We lose confidence, develop concentration issues and redirect unwanted attention to our unhealthy past experiences.



An unnecessary negative response to a normal situation will cause our body to raise the levels of hormones and always keeps the mind in agitation. The wear and tear of the vital organs becomes frequent, decreasing the time for tissue repair and renewal of the damaged cells, thereby reducing the life expectancy of the individual.

Frequent fear, worry, anger, hatred, restlessness, anxiety, fear of non-recognition etc. create tremors in our bio magnetic field. When our bio magnetism is subject to sudden conversion, harmony is lost between body and life force.

Vethathirian Solution

When disease strikes, sudden adoption to healthy habits will be of little gain. When insufficient care and attention is given, our body quietly understands to reduce metabolism, builds up toxins and accelerates aging process.

Swamiji gives us simple, but powerful and effective methods to overcome this DEMONIC DEVIL called stress. A few minutes (quick) relaxation of body calms at a cellular level, curbing the stress hormones and eliminating it. Regular meditation practices, coupled with Kaya Kalpa, creates a state of constant awareness, which will warn us even before the trigger is activated for stress.

With the advancement of technology, the hurdles in connecting to people across the globe are erased with a click of a button; but technology remains out-dated affront the architectural marvel of human potential, and not realizing this connection, we consciously and unconsciously disconnect from our SELF.

In some corner of ourselves, we always want to re-live the days of our childhood. Life is an open field with umpteen opportunities for growth in physical, psychological, spiritual avenues and we comfortably ignore the abundance of Nature around us which unconditionally stretches its arms to embrace to exclaim the reality that we are a part of it.

Let us allow the child in us to age gracefully and let compassion and love colour our memories.

Let us fuel our body with good perception, conserve and channelize our energies constructively, and by not subjecting our body and mind to stress, we render service to the **DIVINE ENSHRINED WITHIN US.**



USA / CANADA

VeWa Flowered

(Events/Programs)



Canada -Toronto Regular session



Kayakalpa at Georgia Columbus USA



KAYAKALPA COURSE WAS CONDUCTED IN SKY MEDITATION CENTRE, BAY AREA



QATAR

VeWa Flowered

(Events/Programs)



**Yoga for Human Excellence - Vision Diploma Course - യോക്രമം മനിത മാന്ത്രം -
പാട്ടയക്കല്ലവി - SKY 2018 - Qatar, Doha Batch**

SINGAPORE



Health talk and DEMO of SKY In Sembawang CC



Initiation - Singapore aspirants of Choa Chu Kang RC

BANGALORE

VeWa Flowered (Events/Programs)



BENGALURU ZONAL MEETING



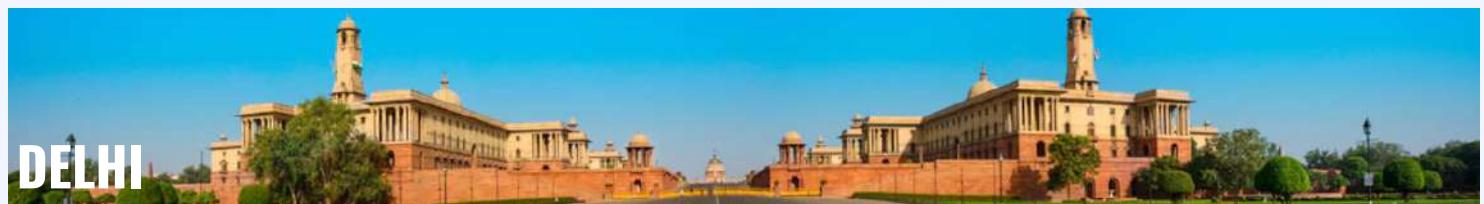
BENGALURU CHANDRAPUR - WIFE APPRECIATION DAY



Kayakalpa Session at Palakkad SKY Trust

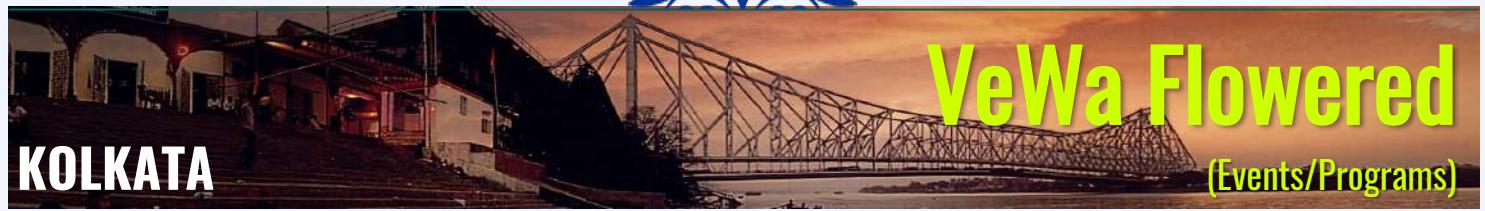


Foundation course at Palakkad Sky Trust



Foundation Program at Delhi Centre





Group meditation @ Kolkata SKY Trust

OSFC Directorate Update



Programs conducted in Titan @ Hosur



VeWa Treasure

IMMORTAL KINDNESS of our BELOVED GURU

Radiance in his Nature, divinity in his glance and a fragrance in HIS presence, **Aliyar** (Southern part of Tamil Nadu, India), **our BLISS LAND** was filled with perpetual bliss of Maharishi's vibrating presence. The rising sun in-between the mountains, the breeze that makes flowers dance and Mother Earth's green grandeur carpet blanketed the entire area. Monkeys playfully jumping around in groups in the vast trees, birds chirping in chorus, sending ripples of bliss to nook and corner of the peaceful land where Swamiji's divine vibration reverberates and resonates giving a taste of heaven for all of us.

It was on such a beautiful day, that the event for felicitating participants from Andhra Pradesh with Brahmagnanam and Arulnidhiyar title (Titles given after completing three levels of Introspection courses of SKY) was being held in BLISS LAND. The Program was to conclude by One pm with Maharishi's blessings and distribution of Certificate to the participants directly by him.

Since the speeches by Swamiji were in Tamil, it required Telugu translation, hence the course was running behind schedule. By the time the certificate distribution started, it was 1 pm. Swamiji, as a tradition always hands over the certificate to every individual addressing their name. This particular day, Swamiji had to handover certificates to more than 400 participants. I was sitting next to Swamiji and my role was to read the names aloud and Maharishi would repeat and prefix it with the title Brahmagnani Arulnidhi and hand over the Certificates.

Apart from their actual name, the Surname of many people from Andhra Pradesh were too long which included two or more of family name, Grand father's name, family deity's name, Caste name etc, which consumed time to conclude the program.

With an indication from behind the dais, I was to quicken my reading as Maharishi was getting tired. Therefore, from the next participant I read only the last name in full, abbreviating their

Surname to initials. Krishnadevaraya Vimalakonda Seetharamiah Ramakrishnadu Reddy as KVS Reddy. **Maharishi, full of kindness, read out the full name, of Krishnadevaraya Vimalakonda Seetharamiah Ramakrishnadu Reddy with difficulty prefixing it with the title Brahmagnani Arulnidhi and handed over the certificate with blessing.**

I was dumbfounded seeing His pure and endless compassion. Before the next participant's turn, Swamiji looked at me and gently told, **"People have come all the way from Andhra Pradesh and they would want me to address them with their full name when I am felicitating the title of Brahmagnani and Arulnidhi; we should respect their feelings".**



He asked me not to use abbreviations. I followed his instructions, and naturally it took quite some time to distribute the certificates to all the participants.

No acclaim is sufficient, no praise is adequate and the profound simplicity of Swamiji which transcends all honours is a timeless message of life for generations to come.

He alone lives, who lives for others. His kindness in thought, word and action fulfilled the genuine desires and wishes of others.

VETHATHIRI MAHARISHI'S legacy is everlasting to touch generations unborn.



VeWa Sprouts

(Upcoming Events)

BAHRAIN

DATE	Day	TIME	DESCRIPTION
Dec-18	Mondays	7.30 PM to 8.30 PM	Thuriyateetam meditation followed by Sindhanai urai
5th Dec 2018	Wed	5.30 PM to 7.00 PM	Children Exercise session
7th Dec 2018	Friday	06:00AM to 09:00AM	Meditation & Exercise in Tamil & Exercise in English
		10:00AM to 01:00PM	Mounam
		05.30 PM to 7.30 PM	Wife Appreciation Day in English
14th Dec 2018	Friday	06:00AM to 09:00AM	Meditation & Exercise in Tamil & Exercise in English
		10:00AM to 05:00PM	Introspection -I (English) - Continuous session
21st Dec 2018	Friday	06.00 AM to 9.00 AM	Meditation & Exercise in Tamil & Exercise in English
		5.00 PM to 8.30 PM	Kayakalpa - English
22nd Dec 2018	Saturday	06:00PM to 07:30PM	Turiyam initiation (Tamil)
28th Dec 2018	Friday	6.00 AM to 9.00 AM	Meditation & Exercise in Tamil & Exercise in English
		10.00 AM to 5.00 PM	Introspection -III in Tamil

AUSTRIA

From 14th of November regular weekly group meditation will take place in the Austrian SKY Center on Wednesdays at 6.30 p.m.

BENGALURU, INDIA - Courses in Kannada

Vision Course - Teachers Training Dates	
Batch 1	20th - 23rd December 2018
Batch 2	24th - 27th December 2018
Batch 3	24th - 27th January 2018
Vision PCP @ Aliyar	28th - 30th December 2018.
B/G Course @ Anekal, Bengaluru	7th - 9th December 2018.

DELHI

- Dec. 8, 9 - FC (Hindi)
- Dec. 9 - Kayakalpa (Hindi)
- Dec. 15, 16 (English) - Introspection -3



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 aoaliyar@vethathiri.edu.in



VeWa Secrets of SKY



Does KAYA KALPA affect VITAL FLUID?

The above question was raised to Swamiji in one of the Kaya Kalpa programs held in USA. Swamiji elucidated the secrets and benefits of Kayakalpa in his usual style – simple, yet thought-provoking.

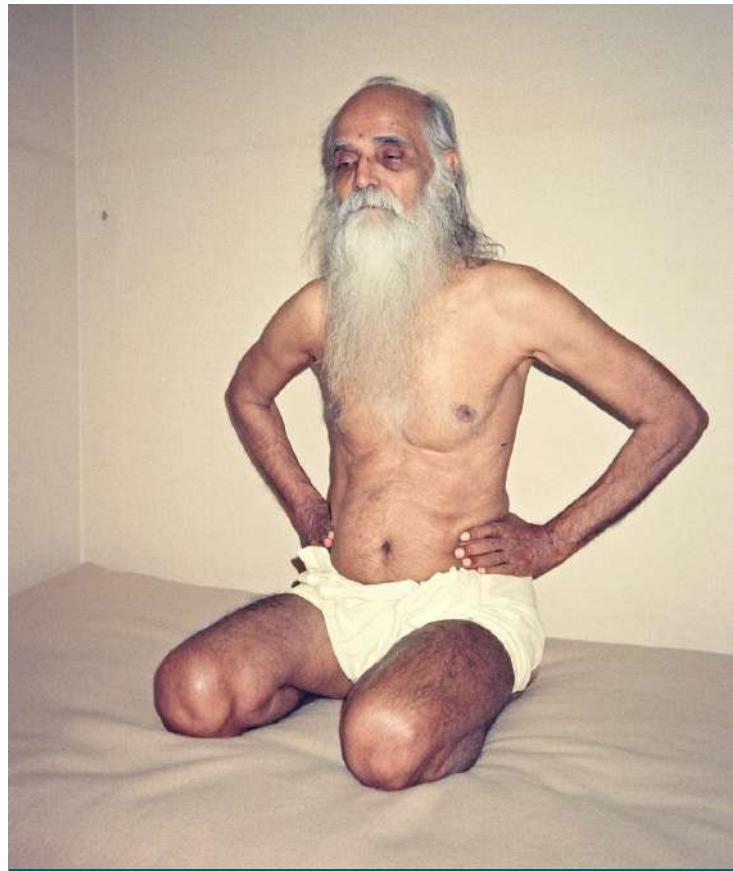
“Imagine I have a small plant; I water it every day, place it in a direction where it receives enough energy from sun and surrounding atmosphere, would it not be healthy and flower one day?”.

Likewise, sincere and disciplined practice of Kayakalpa is bound to give enormous benefit to body and mind. Kayakalpa is a simple but powerful technique which strengthens the VITAL FLUID. In addition to rejuvenating the body, the quality of the vital fluid is enhanced by purifying the acquired hereditary imprints.

The pure energy, OJUS, released through Ojus breath permeates into the trillions of cells in the body, transforming the intelligence of every cell. Kayakalpa is replete with innumerable benefits to the physical body - it builds immunity, onset of old age is postponed, increases fertility through maintaining the quality of Vital fluid which in turn helps beget healthy progeny with noble qualities.

At mind/soul level, elevation in consciousness increases awareness paving way to WISDOM and develops spiritual knowledge to enjoy a harmonious, blissful and peaceful life.

Kayakalpa is a holistic art and invaluable asset to humanity.



More about KK impact in RELATIONSHIPS in the coming issues

VeWa FLASH

Specific Gravity – Gravity of Gravity

An Individual is placed in society with perfect precision by Nature according to the quality of mind, level of intelligence, the innate nature of the person and his efficiency.

Specific gravity, the **Omniscient Justice**, aligns the center of anything and everything, from star to dust, with accuracy and grace.

When we travel against this Divine Gravity, the relations and experience we gather will be in disharmony, yet, behind every experience— pleasant or painful; is the Divine itself.

Every step we take, every breath we exhale should be onward, forward, Godward, and the result is potently governed by the **Gravity of Gravity**.

VeWa Bliss Land

OLD vs NEW



CHANGING TIMES





VeWa HUMOUR

H₂O Metamorphosis

A disciple was taking Maharishi from Coimbatore to Aliyar Ashram by Car. It was a hot day. On the way, he stopped the car and got a tender coconut for Swamiji.

Swamiji drank it and said that "*the Sea water is very sweet*". The disciple immediately responded, saying, "Maharishi, it is not sea water, it is tender coconut water."

Maharishi, with his characteristic, charismatic smile had the following conversation:-

Swamiji: "Where did the tender coconut get the water from?"

Disciple: "Hmm, it received water from the ground, the root of the tree"

Swamiji: "And where did the groundwater come from?"

Disciple: "From rain, Swamiji"

Swamiji smilingly asked And where did the Rain come from?

Disciple (perplexed): "From clouds!"

And before Swamiji asked the next question, the disciple now understanding the flow of Swamiji's questions – answered

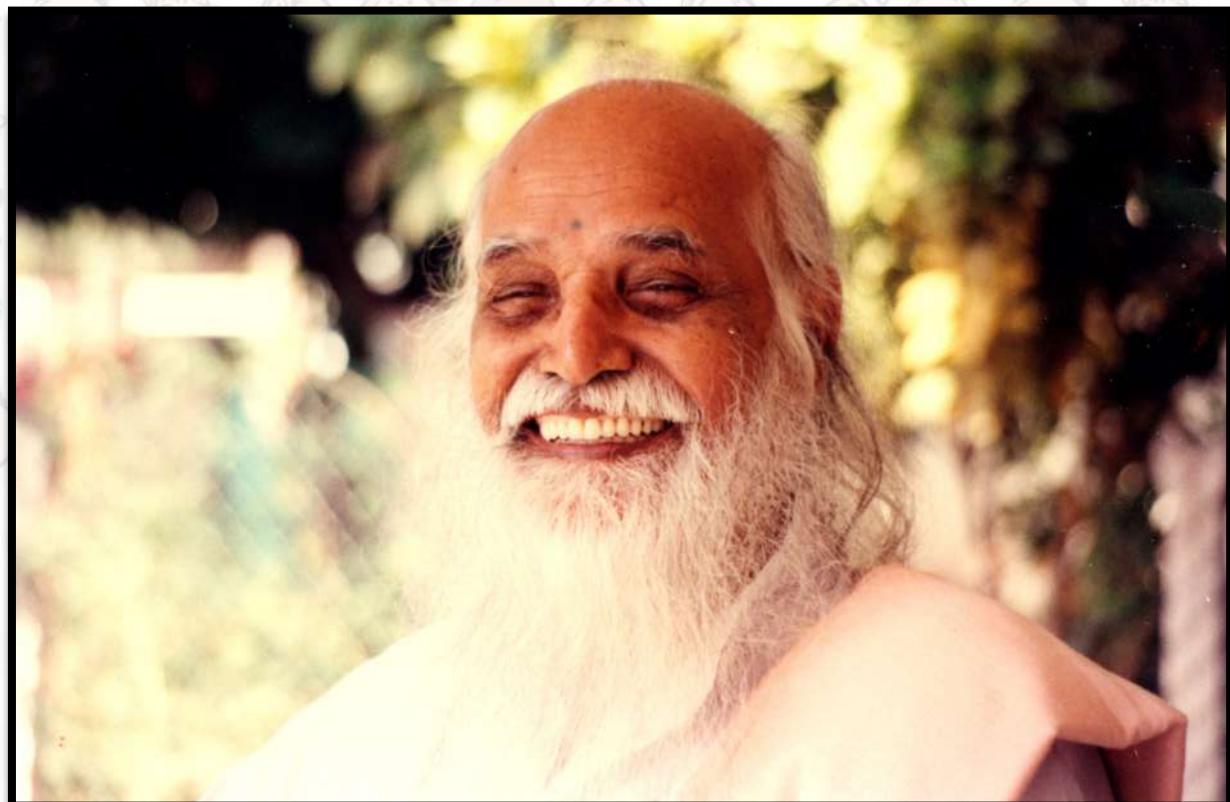
"Clouds received the water from the sea water, which on evaporation became clouds"

Answers appear to be different depending on the stage from which it is seen.

Maharishi thus showed that both the answers are right.

Exceptional quality of Maharishi: explaining profound concepts with simple, yet powerful examples or even with light hearted humor. Through this, he takes us beyond physical perceptions to deeper and deeper Truths.

Thus, he is not only a **Maharishi** (literally means: a great visionary) but makes us visualise what he has seen in a very effective manner: hallmark of a great **Acharya**.





VeWa Compassion

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, Thiruvanmiyur, Chennai - 600 041. Ph: 044 - 24571530, 1153,1264

The World Community Service Centre blossomed in 1958 and with Maharishi's blessings and grace, the land in Chennai was purchased with the initial amount of Rs. 71,000/-, donated to Maharishi on his 71th birthday and the Headquarters was inaugurated on 25th Nov 1983.

Every little instance in Swamiji's life has a treasured lesson to learn. As there was not much money left, the organizers suggested thatched roofing for the building. Maharishi reassured them that the work itself will gather all the necessary things to materialise and asked them to plan for a proper concrete roofing. The plan for setting up an International headquarters for Yoga was envisioned by Swamiji and the noble thought attracted all the forces to bring His vision to reality.

Guru's words are always a proof of truth being manifested. We now have our Headquarters as a proof of Maharishi's Vision, with Meditation halls, a good Secretariat, rooms for conducting Introspection classes and a Clinic to help the needy.

Now our Headquarters has entered a new and important phase. A part of the building is being remodeled as a College for yoga since last year. Our College offers UG and PG degree courses as well as Diploma and Certificate courses and the number of admissions is expected to ascend in few years' time. The young persons leaving the College would be World Peace Ambassadors spreading the message of Maharishi all round the globe.

We aspire to give our students the best studying environment and infrastructure with sophisticated equipment, Library, Laboratory and Research facilities at par with International standards. This will enable our College to be a leading Educational Institution for imparting Spiritual Education, produce peripatetic World Peace Ambassadors, thereby bringing about a new Cultural Revolution which is the urgent need of the hour. Maharishi's strong belief has been that Cultural revolution is possible only through education and this College could be the forerunner and a catalyst for this great cause.

It is gratifying to see the generous contributions have started coming in with our request in Oct 2018 VeWa issue and has helped to gather Rs. 1,00,000/- till date. But we have a long way to go to make the Institution a Light House for spreading Vethathrium around the World.

Join the noble cause of building a Model Institution and let's come together to kindle the flame of Spirituality through Education.

Please contribute generously for this silent and potent revolution. Each of us contributing, in our own small way, to this great cause would make all the difference.

Please mail us (wcsc.vewa@vethathiri.ac.in) with subject: "Yoga College Contributions" and we will advise the process to proceed with the contributions.

Note: Contributions to Yoga College is exempt under section 80-G of Indian Income Tax Act.

CONTRIBUTION RECEIVED

1. Kuwait SKY Centers - Rs. 50,000/-
2. A generous individual who wants to remain anonymous - Rs. 50,000/-



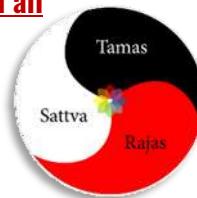
VeWa Ignition

Guru's Verses....

The Three Gunas – Path of Freedom from all

Life force realizing its Truth is Satva!
Life force enjoying its power is Rajas!
Life force hurting itself is Tamas!
Life force realising its three Gunas (characteristics) is Wisdom.

- Poem 1168 of Gnana Kalanjiyam Vol.2 written on 18.12.1967



Lack of understanding and Lethargy are the main negative qualities which slay the very Purpose of Life; it is **Tamas**, it invades the mind of an individual with excuses, illogical substantiation, impaired judgements and prevents him from taking actions for growth in any sphere. Apathy towards mundane responsibilities stalls even material progress; apathy towards spiritual practices hinders the Soul's journey towards its Source. One has to shake off this self destructive mood if he has to overcome obstacles and lead a reasonably good life.

Better than Tamas is **Rajas** which is action oriented. Not taking things lying down, such a person is outward looking, believes in oneself and is ready to face challenges, takes up big tasks and uses all his powers to accomplish the goals. But the negative side is: *actions in this state are done at physical and emotional levels and not always from deeper levels of consciousness*. Carried away by the dynamism and power, it forgets its glorious Source and wrongly ascribes this to its limited self. It is this ego which ultimately brings to naught all its frenzied actions.

Satva is a state of total awareness. Actions done in this state are in tune with Nature. Awareness of Cause and Effect system and Duty consciousness guide the thought, word and action of such a person.

Systematic practices are needed to evolve from our Tamasic and Rajasic imprints and habits. Ego, imprints of Sins and Illusion have to be overcome. They need to be superimposed and new practices are needed to replace them. But *once anchored in Satva, such a person, filled primarily by satva guna, becomes a Power house and Light House and does mind boggling things effortlessly*. The individual energy merges with the Celestial Divine forces and so has, tremendous power. History is replete with such great souls.

முக்குணம்

உயிர் தனது மெய்யனர சத்துவம் ஆம்!
உயிர் விரைவின் பயன்தும்க்க ரஜோகுணம் ஆம்!
உயிர் பரவிக் கொடும் தீமை தமோகுணம் ஆம்!
உயிர் தனது முக்குணத்தை உணர ஞானம்!

Maharishi makes us to realize that being in Satva state is the goal of human life. With his simple and practical methods we can reach this state.

Work on your "SELF" by introducing practices like Physical exercises, Kayakalpa, Meditation and Introspection. Further, Understanding the Secrets and Law of Nature will give you the

wisdom to channelize the power and emotions, empowering you to reach from Tamas and Rajas to Satva.

To conclude, Tamasic is being ignorant, lazy and unaware; while in Rajas, there is determination to achieve goals but is egoistic, It is only in Satva that thought, word and deed are in tune with Nature and it paves the way for a blissful life.

With Guru's graceful guidance and our sincere efforts, we can reach the state of Satva, achieve the purpose of human life and bring solace and joy to the society.



VeWa Directorates (VSP)

CSR Program

Companies to generously donate for VSP (Village Service Program). Adopt a village and transform the lives of an entire community.



Komarapalyam, Village Service Program

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.

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WEB**

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<https://vethathiri.edu.in/>
 and goto Media

December Issue

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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.



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