

Wave: 8  
March 2019  
25 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 Legendary**

Tracing the footsteps

**VeWa Cosmic Cube**

Science of Self to Cosmos

**VeWa Saplings**

Attempt to nourish the budding kids

- Center for Yoga and Spiritual Education -

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## Timelessness

March is a special Month for our entire SKY family. The month that our Beloved Guru decided to expand His grace and waves throughout the Universe without being bound by physical limitations. He is limitless and eternally infinite. From this moment least we can have is the constant soul-connection with our GURU and seek His grace.

This month we surrender our entire being, mind and soul to our Guru, asking, requesting, demanding him to elevate our consciousness, to lead us in the path of His wisdom and guide us in merging with the Absolute.

We have made an attempt to trace the footprints, the life of Our Guru in **VeWa Legendary (Part 1)**.

**VeWa Sapling** – carries the young, inspiring and enthusiastic experiences of our Young VeWaites. They are not questioning the Guru's presence or His teaching, they are not being analytical, logical or scientific about their **devotion and surrendering to Guru**, there are not stipulated conditions or deals. Their devotion to Guru, their innocence, unconditional and pure love for the Guru is a learning for the Elders. A must read and share.

Swamiji visualized a generation of peace lovers, spreading harmony and oneness amidst all the chaos and unpleasantness in the world, these young **buds give us the hope for spiritual blossoms**. They are the torch bearers, leading the way for World Peace, for Humanity over Atrocity, for Spirituality over Materiality.

Introspection, Meditation and Sublimation are the three pillars for achieving Cosmic balance. VeWa Cosmic Cube drills down to the most granular level through Vethathirium Insight about Intuition- how the practice of meditation brings the Dawn of the SELF. Read on to the exploratory explanations of Swamiji.



March 8, is celebrated around the World as International Women's day. Greatness of Woman has been one of the prominent teaching of Swamiji. His life itself was a demonstration for the respect for Womanhood, and it was evident in His poems and teachings.

**Surrendering to the Guru is the crux** and takeaway from this issue. Come let's all join hands together, make a **silent promise** to our Magnanimous Guru Vethathiri to transform our lives, to not only listen to Vethathirium ways, but follow it in every act, thought and action. To imbibe and engrave it in every cell, every atom in our body, to imprint it in our mind and Soul.

Each of us have the ability to make a change not only to ONESELF but also to the family, society and World. Surrender to the Guru's Grace, transform and cherish this life. Lead a meaningful, grateful and purposeful life.

*Be blessed by the divine...*





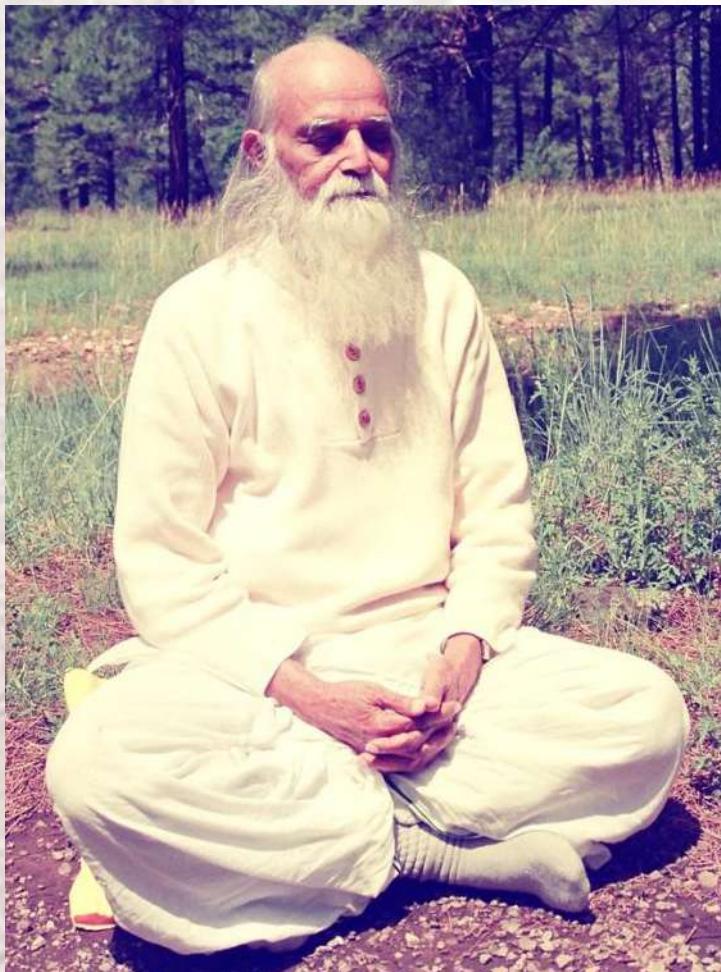
# SURRENDERING TO YOUR SACREDNESS

## WHO IS A GURU ?

The rays of the sun give light and life to everything on earth, so is a Guru, who is an unconditional-source from which we derive the light of wisdom and the true meaning of life. Guru is the only source through which we will be able to realize our Divine source and understand that everything in the Universe is the manifestation of Divine. **Radiance like that of the Sun, was clearly evident in Guru Vethathiri Maharishi. His WORDS/teachings gave life to many a LIFE FORCES.**

Man lives on earth without knowing the meaning of life, but Guru has no life of His own, He has sacrificed His personal desires for the spiritual upliftment of mankind and remains selfless at all circumstances. He has travelled in the path of truth and will preach the power of truth by showing the path to know one self. **In every step of His Life, Maharishi has been Selfless and All-Giving.**

With the ceaseless communion with Divine, Guru has attained the state of deathlessness, the state where negativity can never enter His purified consciousness, and with the constant awareness of the Divine, everyone will be equal in the eyes of the Guru. **Experiences of umpteen disciples are true testaments of Vethathiri Maharishi's blessings that remain the same for the ignorant and the elevated men.**



With His merciful and compassionate nature, Guru has a soul-communion with His spiritual aspirants and will intuitively guide and motivate the individual in all his or her endeavours. Vethathiri Maharishi is a force which takes away our burdens and gives clarity against our confusions. He is the reserve of knowledge which gives us strength and motivation to tread the path of Virtuosity. Disciples have a fear (induced out of respect) for the Guru, they do not entertain foolish doubts and confusions, however **Vethathiri Maharishi welcomed all disciple's doubts, fears, inhibitions with open arms and loving words, through which fear dissolved and surrenderance prevailed.**

As the Guru has seen the reality beyond the senses, His forces are powerful to regulate and streamline our stumbled and strayed away habits which doesn't serve the purpose of birth. The man of completeness, **Vethathiri Maharishi, the Guru knows what to give the spiritual aspirant, as He recognizes his or her soul's need, silently doing the necessary with only a charismatic smile.**

The laws of Nature and the pattern in which it works are made understandable only by the lucid teachings of Guru, without which our life will be filled only with complications and misperceptions to know the true meaning of life. **Guru Vethathiri Maharishi has explained the intricate working of NATURE, meaning of Life, universal law of Cause and Effect and purpose of Birth in the simplest way, which resonates within the soul-thoughts of every individual.**

Every living being are in the journey towards the Divine, but with a Guru, our journey is protected, guided, filled with clarity, devoid of confusions and cherished with the joy of seeing the journey, as an opportunity to see the Totality with our fractional perceptions. Vethathiri Maharishi untangled this profound philosophy of the Divine, by merely asking us to look within – “SELF”, He said, ‘Divinity is within us, in every living and non-living thing in the Universe’. **His Divine Light, protects us, guides us every moment and in every walk of our life, Vethathiri Maharishi promised, that he will hold our hands- guide and lead every needy soul who thinks of him and surrenders to him.**

A Guru is prophetic in nature, knowing the past, present and future, so we as spiritual aspirants never have the eligible quality to judge or analyse the eminence of purity which the Guru personifies, with our blemished attitudes. Instead we must introspect the way in which we associate ourselves with our Guru, as that communion is the only definite way to swim through the ocean of life. **Vethathiri Maharishi strongly advised all to rid oneself off and refrain from the quality of being judgemental towards people, situations and LIFE.**

The Divine humanizes itself in the form of Guru and Guru is a





# SURRENDERING TO YOUR SACREDNESS

Divine force which is a treasure for humanity. Following the path shown by Guru, an aspirant is sure to get the Celestial forces to guide him in all deeds in life. **Vethathiri Maharishi, a blessed soul who descended on this Earth to help raise the consciousness of thousands and thousands of people world-wide and connect to the Absolute, the infinite force.**

Only through total surrender to Guru, we can feel our soul's nearness to Him. Through that affinity we will get all our needs satisfied to have a fulfilling life and realize the purpose of birth. There are several ways to surrender to Guru, Guru Vethathiri Maharishi discouraged all His followers to not use Visual Photos or decorate it with flowers, he said: True Surrender is not visual, it is not limiting to The Guru, but a profound step in merging with the Divine by understanding the process, the practices, the methods. It is to bow to the Almighty force of the Universe and Nature. Guru is the light/the means to achieve this, and not the ultimate.

**Surrender** is the path where the individual ego is tarnished, and the spiritual aspirant is humbled by seeing his SELF reflecting the qualities of His Guru.

Surrender to Guru is the only way to have the luminous vision of the Divine, the surest way for self-transformation. Surrender to Guru and unveil the path for seeing the transcendental reality of the Eternal Life.

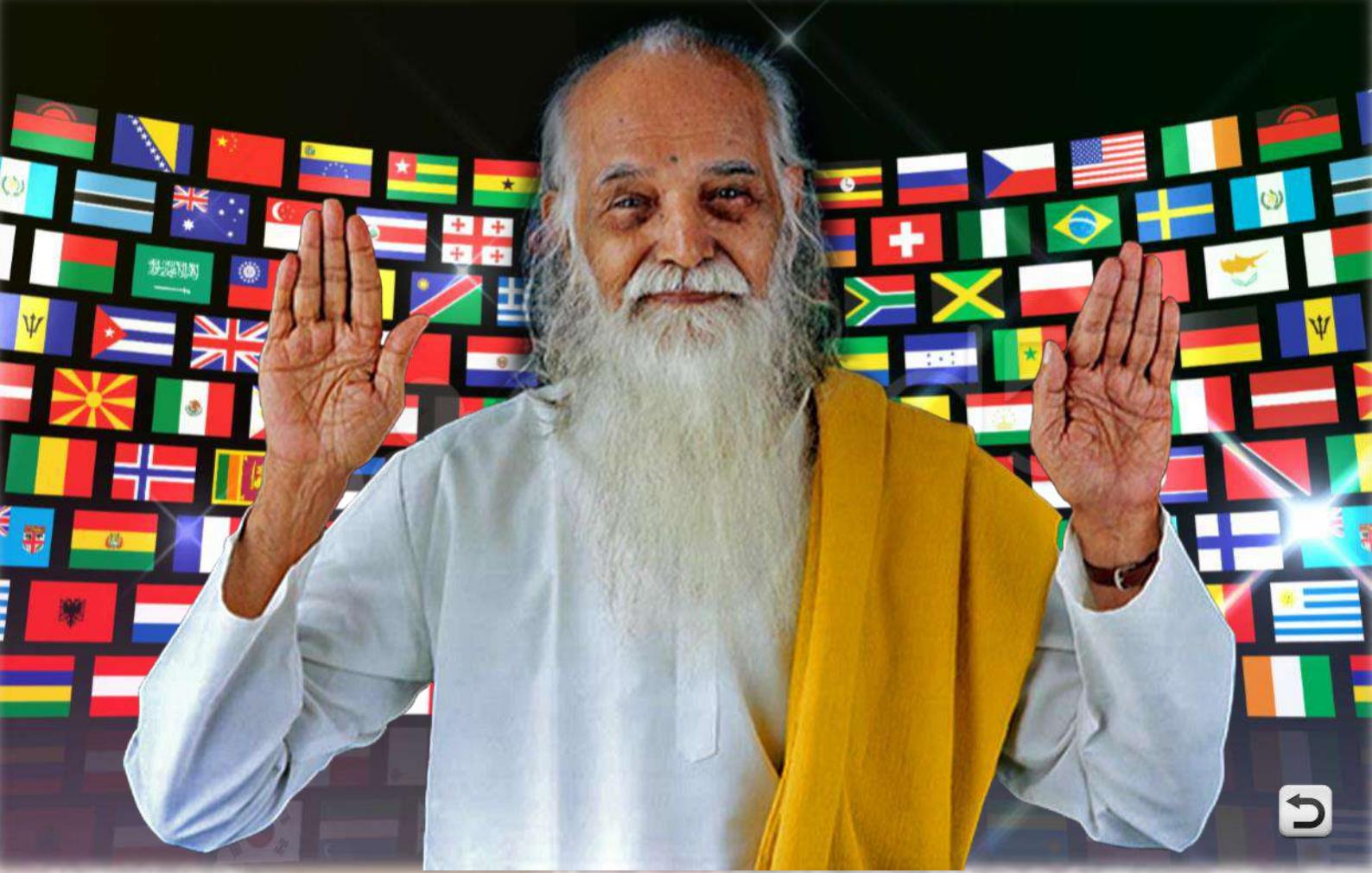
The Unbounded Divine with its longing to express itself and with its everlasting stream of divinity needed an outlet, hence it found our BELOVED GURU.

Come let us take an oath in this divine month where our Guru Vethathiri Maharishi expanded His Radiance, His Aura to the Entire Universe.

## Promise to the Guru:

*O Guru, take me with you in this Journey of Life. Forgive my past, from this moment on, I will follow your teachings, will live by your principles, will unravel the purpose of my life. You have empowered me, given me all that I need, I promise to treasure it and retain it in my spiritual journey and enlighten the life of others and serve the Society. To be the torch bearer and hoist the flag of Vethathirium high.*

Surrendering ourselves to Vethathiri Maharishi's lotus feet. Surrendering ourselves to HIS SACREDNESS.





# VeWa Legendary

Tracing the footsteps of Our Legend - Beloved Guru



Young Mind Vethathiri



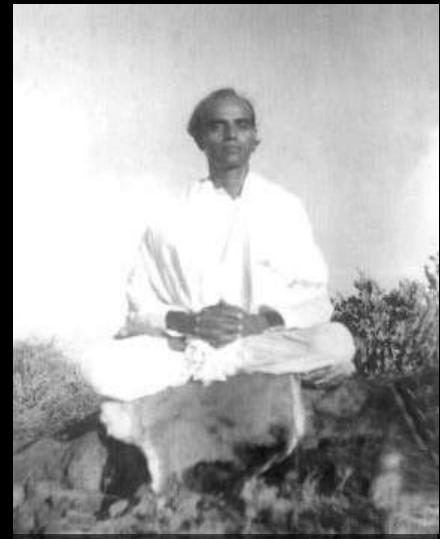
With Wife Logaambal



His Mother-Chinnammal



With His GURU Paramjothi Mahan



Rock where Swamiji meditated in His Birth Place



"Self Realisation and Service Center"  
started in 1962 in His Birthplace



Members of Mylapore Mahasabha





# VeWa Legendary

Tracing the footsteps of Our Legend - Beloved Guru

His journey during initial days of spreading the Waves of Vethathirium with His Wife



Join us in the next edition, walk together for the Visual treat of our Guru footsteps





# VeWa Cosmic Cube

## Science of Self to Cosmos

### THE DAWN OF THE SELF - A VETHATHIRIUM INSIGHT INTO MEDITATION AND INTUITION

**HIS** Holiness, Shri Vethathiri Maharishi says, “Gnanam pera thavam vendum, thavathinai pera GURU vendum - ஞானம் பெற தவம் வேண்டும், தவத்தினை பெற குரு வேண்டும்”, which translates as, “To attain wisdom you need meditation, to meditate you need GURU”.

Swamiji illuminates that meditation is the path in which the accumulated veils of ignorance towards realizing our **SOURCE** is removed and the unaccustomed journey. This is never possible without the Grace of a GURU. It is on the strength of the Guru's grace that our Sixth Sense sharpens, giving us the blessed opportunity of fulfilling the purpose of our birth.

Guru is not just limited to a physical being. Instead, Guru is the **Divine Light** with which the engulfed illusion surrounding us will be dispelled. Guru is the consciousness which makes us conscious of the Divine, a heavenly force by which we cruise across the mighty ocean of life. It is the benevolence of the Guru which chisels out the unwanted layers of our personality and spiritually redirect us to refine and redefine our life.

**Initiation** is our spiritual rebirth and with the ardent practice of **Introspection, Meditation and Sublimation**, we can find grandeur meaning of life in our cosmic-birthplace. With cosmic-consciousness, we gain accessibility to the untapped powers within us.

As meditators, we intend to have inner peace and the desirable inner state is close to us, but its attainment is elusive because, the peaceful state must not only be attained during meditation but also sustained during our day-to-day actions, our inward concentration should persist behind and despite outward activities.

There is a natural Divine attraction when a human makes himself or herself poised in all dimensions of life. From VeWa - Jan19 we are taking efforts to be spiritually poised and aligned to Divinity.

Alignment should start from the grosser level to the subtler depths, and our Feb19 Newsletter focused on the grosser physical body. More on grosser Physical Body will be discussed in later discussions. Tune in with our Guru's words to know the subtler depths of Nature.

#### Meditation Initiation

STAND TO GAIN ANYTHING IF WE DON'T PRACTICALLY APPLY THE MORALS WHICH WE LEARN FROM A PRACTICE?

Many a time, we find ourselves perplexed in taking a conducive decision, hesitant in getting into action and life brings tough challenges, rough situations and the hardest of ordeals. Mere lack of focused-understanding of the situations brings forth imbalance. Our troubles and struggles are the echoing of our misunderstanding of the Laws of Nature, but with deliberate meditative efforts we can restore our broken balance with Nature.

A deeper contemplation will help us realize that, we are put to the rigorous of tests to face the first great battle of achieving balance. Balance is the state which the mind attains when the oscillation of thoughts stops in the plane of intuition.

let your intuition guide you

Swamiji unfolds the truth behind intuition: Intuition is the effortless aligning of the mind to the celestial forces through which our thoughts, words and actions are in consonance with Nature. Intuition is the inception of revelation of the subtler truths of Nature, wherein the individual is awakened to his or her divine roots.

Only by the deliberate cultivation of the habit of meditation, curtailing the inessential activities, and only by repeated and regular self-training practices, do we embark on the journey to the fresh waters of intuition, leaving behind the dry deserts of merely thinking about it.

Swamiji asserts that the slow, unhurried inches of the practice of daily meditation will help us gradually pierce through the noise of our thoughts and when our attention has travelled far from physical activity and emotional excitations, we attain the subtle inner equilibrium.

*“Surrender yourself to Nature”* is easy to say, but an individual must ascend and descend through several levels-of-maturity before its full majestic meaning is realised. Humans are sensitive to atmospheres, places and people, but only if we extend this sensitiveness a stage further inward and grow more and more discriminately conscious of our own mental process, we begin to possess awareness of intuition.

Intuition is the distinctive quality of the Sixth Sense, the Voice of Nature which instructs and guides us from within, in every action of ours. *The inception of the intuition will be subtle* and due to our hurried behaviour, often, intuition will pass unobserved due to the rapidity and brevity of our attention. Strong hindrance to the manifestation of intuition is our impatient desire to gain answer to a problem before our deeper mental process gives guidelines to handle a situation.

Since we are spiritually initiated and practice meditation, when we get tangled with muddled moments, the Divine forces of the Guru will guide us through the authentic voice of intuition which is calm,

In our expeditious-lifestyle, most of us do not harvest the boon of meditation and there is very little awareness of the treasure its conscientious-practice has in store. The ground reality is, we claim to meditate for 30 minutes, but overlook to spread the philosophical-echo of its truth in the rest of the 23.30 hours of the day – we experience flames of greed, anger, pettiness, agitation, jealousy etc while dealing with relationships and when encountering difficult circumstances, yet, we take pride that we meditate daily. DO WE





# VeWa Cosmic Cube

## Science of Self to Cosmos

### THE DAWN OF THE SELF - A VETHATHIRIUM INSIGHT INTO MEDITATION AND INTUITION

clear and certain. This intuitive feeling will direct us to take the right decision based on Morality and supports us to march enthusiastically towards the realisation of SELF.

#### UNIVERSE ENVELOPED IN THOUGHTS

By consistently introspecting our thoughts  
With our own thoughts,  
The Secrets of Nature  
Will magnify in our thoughts.

This remarkable greatness of thoughts  
Is acknowledged as the Voice of Nature,  
And the Experienced Souls  
Exclaims this as *INTUITION*.

Poem from Maakolamaai  
VizhaIndra Madhvirunthu  
written on 23-12-1958

We must let go of our impatient fussiness which insists on trying to solve problems disregarding the consequences and by doing so we allow the divine forces to work through us and deepen our bond with Nature.

Swamiji authenticates that: grace will enfold an individual when sincere efforts are taken to know his or her origin. When an individual blends with the shades of Nature, intuition springs forth in incomprehensible spontaneity, and guides him in every action, no matter how seemingly small it is.

Taking complete responsibility for our physical health, together with unwavering practice of meditation, our biomagnetism gets intensified and we will be receptive of the Universal magnetism, whereby intuition asserts itself little by little, unfolding the mysteries of nature. Intuition blossoms when inward concentration has been set in habitual motion, bringing into light the moral-instincts for us to follow in all our activities.

Many times a meditator gets stuck in between the real experience of Intuition and Assumption. There is a fine line of gap between the two experiences.

Our mind assumes Assumptions on the background of the pattern of our everyday sense perceptions, but Intuitive feeling blossoms when our perceptual ability are beyond the five senses, *Intuition flowers with surrenderance to Nature*.

With long experience, careful watching of results, an individual becomes completely familiar with the way intuition really operates, will be able to

detect instantly its authentic signs and never resists its oncoming, cling and follow them until they develop into clearly formulated messages to solve a problem.

As our meditative practice and level of surrender expands, the orb of our awareness, starts to float in a divine sea of calmness, and every action of ours will reflect the hidden effectiveness of meditation. Swamiji articulates that **Meditation is a spiritual union**, an expansion of ourselves into the Eternal Existence, which is an uncompromising way of righteous living. Our personality patronizes peace, behaviour becomes benign, negativity nullifies with positivity, intellect sharpens, creativity blossoms, love and compassion will effortlessly flow through us.

Meditation is not simply closing eyes and expecting something magical to happen in our lives, but it is an inwardly absorbed condition to find meaning to our fundamental existence, which **Can Be Realized in Explicit Fullness When Our Finite Life Surrenders to The Infinite Life**.

We must entrust our spiritual journey to the transformative-power of meditation where our unexamined, unanalysed, uncritical view of life will be put to serious examination with determination and self-discipline.

Swamiji affirms that a **Brahmaganani** (Realized Person with The Knowledge of the Divine) is proficient in the ways to handle a situation according to the past experience, present circumstances and future outcome, as the individual's character will be embraced with **Perspicacity, Receptivity, Adaptability, Magnanimity and Creativity**. Possessing knowledge of the Divine and its manifestation is a mark of excellence, but practically applying its philosophical significance in every act of life will make **Morality and Virtuosity** the very nature of an individual.

The best wisdom of man comes out of the depth of intuition. An intuitive man feels truly alive with emotional purity and moral tranquillity. The treasure of our infinite depth would be revealed to us with vividness and the Divine Knowledge dwelling in deepest concealment will glow in full glory with **The Rays of Intuition**.

Breathing diminished to gentleness, limbs unwilling to move, in the atmosphere of spiritual transparency, our innermost being balanced and tranquil, the Ultimate Truth germinates in silence, and in that serenity, we see **The DAWN OF THE SELF**, as only when we drink from the river of silence shall we begin to sing the song of the Divine.

As a Divine Father, a Master, a Guide, a Friend, Swamiji embraces each one of us and make the aforesaid immense truth about Intuition shine through us with HIS sheer **grace and benevolence**. Let us meditate and listen to the stillness of Nature to what it is forever declaring, that the Universe is spun out of Divine Intelligence and with the Divine Light within us, let us reflect the **GLORY of our GURU** throughout the Universe.





# VeWa Ambassdors



## SKY Professors visiting abroad from India



### USA

Visiting Sr. Prof/ Prof.	Trust/Zone	Visiting Country	Date From	Date To
P.E Hariharan	Kerala	USA	24-Sep-2018	07-Mar-2019
Jayashree Hariharan	Kerala	USA	24-Sep-2018	07-Mar-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
A. Vetrivelu	Chennai	USA	12-Feb-2019	07-Aug-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	Bahrain	05-Mar-2019	12-Mar-2019
Jayanthi Balachandran	Aliyar	Bahrain	05-Mar-2019	12-Mar-2019
K. Perumal	Aliyar	Dubai	07-Mar-2019	17-Mar-2019
M. Panchabi Kesan	Mandaram	Singapore	19-Feb-2019	18-Mar-2019





# VeWa Media



## SKY Middle East Media Updates

Oman FM Radio's June Luis, had an interesting discussion with Director of WCSC-OSFC, Sr Prof. Balachandran during his visit on "Achieving Inner Peace".

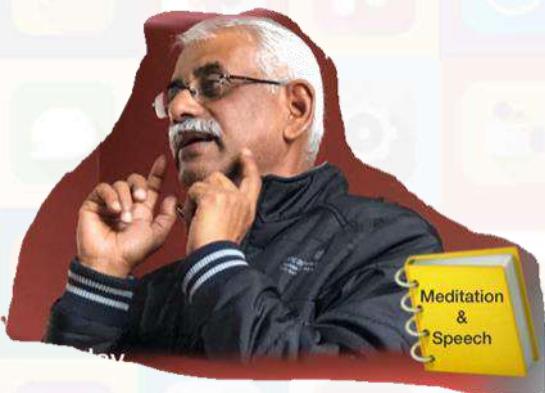
Tune in to YouTube Channel— VeWa Awakening to listen to this enlightening and interesting discussion.

<https://www.youtube.com/watch?v=-Wb1hAdzaRE>

## SKY US Media Updates

An Interview (in English) with SKY Vision Director Dr K Perumal (Interviewed by Mahendiran Periyasamy, Rajesh & Kishore in Virginia/Washington DC Metro area during his recent visit)

<https://drive.google.com/file/d/1oE252XPwiQAQS-rlfj8K6W02oaF8xXjT/view?usp=drivesdk>



## VeWa Accolades

**Bank of America** WE'RE BETTER WHEN WE'RE CONNECTED™

Global Recognition

Presented To:  
**Tarun Mundarth**

Congratulations on your achievement of a Diamond Award.

Tarun Mundarth is an associate in Jersey City that is a qualified yoga instructor and has volunteered to run yoga and mindfulness sessions for Jersey City associates in 2018. Tarun runs classes two to three times per week and with the expansion of Jersey City site will be coordinating sessions between 525 and 101 Hudson. He gave approximately 70 sessions in 2018 engaging associates in 50 minute sessions. He has provided great benefit towards improving the mindfulness practice of our employees in Jersey City. He is passionate about teaching and sharing the wealth of information he has.

On behalf of the Jersey City Employee Engagement team, I want to recognize his effort and voluntary service. I also want to recommend him for a reward which would serve as our token of appreciation.

Nominated by: Gisele Castella  
23 Feb 2019

To redeem the appreciation points earned with your award, visit Global Recognition from Flagscape Essential Links, HR Connect, or Bankofamerica.com/employees from any Internet-enabled device. Points do not expire for active employees, including those on leave or disability. If you leave the Company, outstanding points expire 30 calendar days from your termination date. Former employees can contact bankofamerica.globalrecognition@jpmorgan.com or 1-888-284-6614 to redeem.

From Feb 2018, SKY APT. Tarun is conducting SKY Yoga - Human for Excellence program at Bank of America, New Jersey, USA. This session is being conducted weekly twice during lunch hours . Based on that employees feedback, Tarun received DIAMOND Awards recognition from Bank Of America - Higher Management. In Bank of America, this recognition (DIAMOND award) is given to Top most 1% performers in the organization level. This is great recognition for the SKY teachings and Maharishi.





# VeWa Blossom

MUSCAT



# VeWa Blossom

MALAYSIA



INTROSPECTION LEVEL 3

SINGAPORE

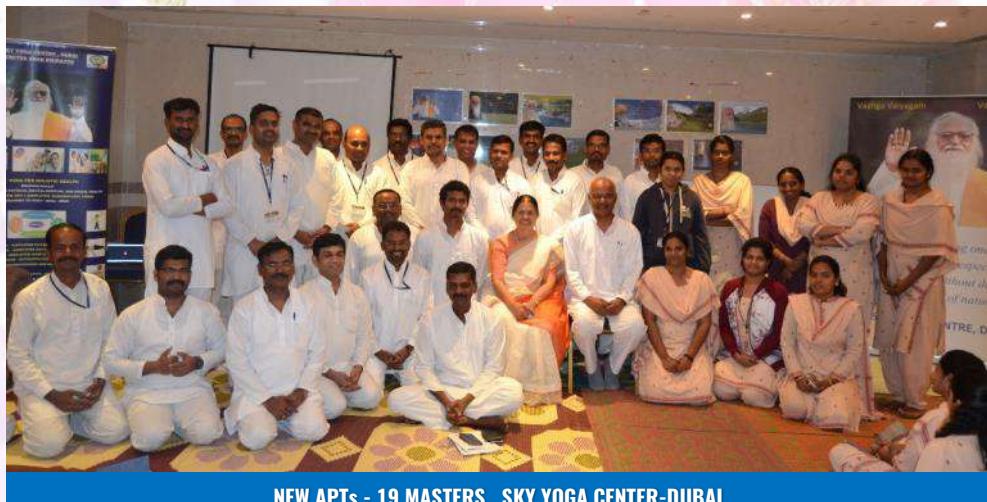


FOUNDATION COURSE



# VeWa Blossom

DUBAI



# VeWa Blossom

**ABU DHABI**



WIFE APPRECIATION DAY FUNCTION



BRAHMAGNANAM AND MASTER'S COURSE



APT - MASTER REFRESHER COURSE



FOUNDATION COURSE



# VeWa Blossom

**USA**



**NEW JERSEY: FOUNDATION COURSE CONDUCTED FOR 6 WEEKENDS CONCLUSION**



**NORTH CAROLINA: KAYAKALPA COURSE**



**BOSTON: KAYAKALPA SESSION**



**BOSTON: SKY INTRODUCTION AND PHYSICAL EXERCISES**



# VeWa Blossom



ONLINE MASTERS REFRESHER BY SR PROFS. BALACHANDRAN AND JAYANTHI FROM OMAN



SILENCE PRACTICE



# VeWa Blossom

**SOUTH ZONE INDIA**

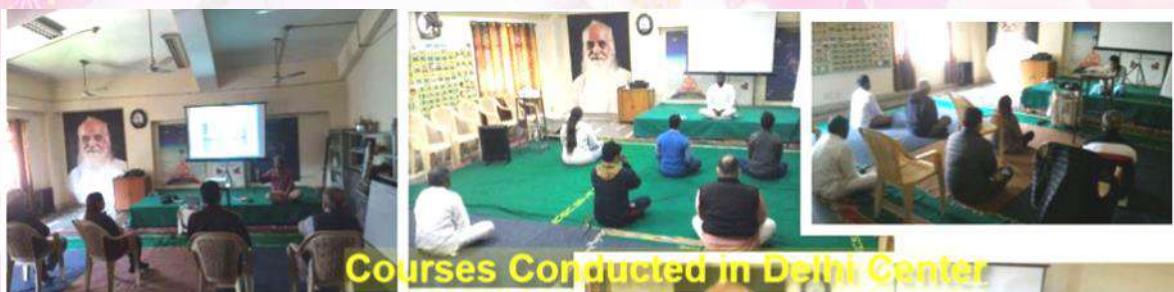
**KERALA**



South Region ZRC in Kerala was conducted at Alappuzha

**NORTH ZONE INDIA**

**DELHI**



Courses Conducted in Delhi Center





# VeWa Sprouts

(Upcoming Events)

## BAHRAIN

- **12 Apr** – Introspection I (Tamil)
- **19 Apr** – Introspection I (Tamil), Final Session
- **26 Apr** – Introspection I (English)
- **27 Apr** – Thuriyam Initiation
  
- **Mondays** – Thuriyatheetam meditation followed by Thought provoking discussion
- **Wednesdays** – Special sessions exclusively for SKY Masters
- **Fridays** – Meditation & Exercise sessions in Tamil & English
- **First Friday of the month** – Silence

## DELHI

- 9, 10 Mar** - Foundation Course (English)
- 16, 17 Mar** - Introspection - 3<sup>rd</sup> stage (English)
- 23, 24 Mar** - Introspection – 1<sup>st</sup> stage (Tamil)
- 30, 31 Mar** - (BG / AC / PCP)
- 6, 7 Apr** - (BG / AC / PCP)
- 13, 14 Apr** - Foundation Course (English)

## USA

### NJ SKY Center

**24 Mar** - Silence Program — 8:00 am to 4:00 pm  
Pl register here for arranging logistics.

<https://docs.google.com/spreadsheets/d/1xYsCz7eVsUjo7zmHbKM5IP86TckaMwjs664BvxWd4SA/edit?usp=drivesdk>

### Chicago SKY Center (SKYPE online Session)

<http://join.skype.com/xvUNhe6Ezk8e>

- Mon-Fri, 5:00 am** - Meditation
- Sat, 5.45 am** - Thought for the Week
- Sun, 7.30 am** - Physical Exercise Session





# VeWa Saplings

**T**he World Peace Envisioned by Shri. Vethathiri Maharishi has started taking deep roots and gets magnifying-refractions with these tender souls blooming to spread the philosophical message of our Guru throughout the world.

VeWa Saplings is a noble attempt to nourish the budding kids who are associated with our system and setting benchmark for a spiritually transformative life for the world. These children as they consciously grow in the fertile lands of Vethathirium, will prove to breed branches of peace and spread across the world, the flowers of harmony, with the diffusion of their spiritual fragrance Humanity will breathe in the atmosphere of Oneness. Joining hands together to nurture and treasure our little saplings, we are marching towards a greener reality for our peaceful existence.

The ill effects of Technology outweigh its benefits. Good, Bad and Ugly is available at finger tips. Internet an ocean of knowledge has precious corals, vast exotic information and the Devil within it. Today's children are faced with severe competition, not only at an academic level but also among their peers, friends and relatives. At times Parental pressure is at the peak too. Their challenges are different and vary from what their parents or grandparents would have experienced. Words like Stress, Tension and Depression are common in their vocabulary and life. Vethathirium helps them to combat the bumps of life with confidence and resilience and to lead a focused, confident and Meaningful LIFE.

As Swamiji Says—The Gene of the Parents is imprinted in the Child. While you are reading the Sapling stories, this will become ardently evident and a true testament. The thought waves of the parent, create an impact and a powerful vibration for the child and impacts. Swamiji's teachings emphasized on constant awareness of Thoughts, Action and Words at all times. Once this secret is unfolded and understood by parents and couples, their progeny will be a gift to Society and the Universe.

We learn more from these Children who have imbibed Swamiji's concepts and teachings in full, for them Guru is a friend, father, mother and God, also a magician.

Read on to the soul-stirring real incidents and draw boundless inspiration. ☺



Ramanan S/o SKY Master Jayanthi and SKY APT. Sundararajan

While we were living in Janakpuri, Delhi, India, my son was 3 years old. I usually insist about Guru bhakthi (reverence and devotion to Guru) to many of my friends, as according to me that is the only way left for mukthi (liberation). Once when I was taking my son to a park, he suddenly raised a question. "Pappa, what happens if a human die?"

Momentarily surprised to hear the intriguing question from him I asked, "what do you mean?"

He firmly repeated, "pappa what happens if we die?"

I answered, "we won't die now He insisted, "No, what happens if we both die now while we walk?" Realising that something he wants to communicate, I curiously asked him to answer his question. Unhesitatingly he replied, "Pappa if we die now, Guru will take us with Him!"

Hearing his words tears rolled down and I remained silent for next 30min. Be blessed by Divine.

Gurucharanaambuja Nirbharabhaktah

Samsaraadachiraadbhava Mukthah

Sendriyamaanasaniyamaadevam

Drakshyas Nijahridayastham Devam - Poem by Adi Shankara.

Heights of wisdom shining through the 3 years old child shows the impact of Swamiji's philosophy and the way it divinely touches individual lives. Such a reverence nourishes our soul and exhibits our Guru's unbounded compassion.





# VeWa Saplings

## TURNING PAIN TO PHILOSOPHY



Kavya, 4 yrs daughter of SKY Master. Sathya & SKY PT. Parmeshwaran  
Conversation between me and my younger daughter when she was 3.5 years...

Kavya: அப்பா... வயிறு வலிக்குது... (Daddy, my stomach is hurting)

Me: Ok... Very good.

Kavya: அப்பாஆ... வயிறு வலிக்குது... (with a prominent tone, Daddy, my stomach is hurting, its aching)

Me: Ok... Very good..

Kavya: Very good சொல்லக்கூடாது... (No, you shouldn't say very good)

Me: What?

Kavya: வாழ்க வளமுடன் சொல்லணும்.. (with a smiling face she told, "you should say Vazhga Valamudan")

Me: Yes, I realise, Vazhga Valamudan.  
*Swamiji's powerful Mantra—Vazhga Valamudan (Be blessed by the Divine) is this girl's healer and doctor. Pain is never pain when a person turns to be a source of healing. A little child reflecting the potent words that brings spiritual prosperity, is indeed a shimmering of the consistent practice of to be followed to redirect our life in the path shown by our Guru.*

## POSITIVITY IN GALORE

Divyadarshini R (11 years), Nivethitha R (7 years) Daughter of SKY APT Preeti and SKY Master Ramesh

My kids believe that positive thoughts will bring good and happy life.

They will say Arul Kappu (Divine Protection) and Sangalpam (Autosuggestion) before starting anything. Last year we went for Elephant ride. Individual Elephants were allotted for each and every family. Before us, our relative family was about to start the ride. Suddenly the mother of that family said, "anything may happen in the ride". Immediately my kids told her, think positive then everything will go fine. Then both of our rides started simultaneously.

According to our relative's thought, their Elephant was not in good mood and took a long time to finish the round. But our Elephant was co-operating as we had a great view of the surrounding nature and enjoyed the journey well.

*Understanding the power of thoughts at an early stage in life will mold the individual's mind with positivity. Swamiji says that thoughts are the sculptors of our life and these young children live by the words of our Beloved Guru.*



## YOUNG CHAMPIONS OF VETHATHIRIUM

"My friends wake up at 3.30am to apply makeup. I wake up and do my Exercise and Meditation"

Exercise has helped me to succeed in sports and physical activities, introspection has increased my concentration, my studies and helps me have quality sleep.

Shadhana Daughter of SKY Masters. Nithya and Chand

This Young Champion is living in California Freemont. She is a teacher at the young age of 14.

Tune in to know the young inspirer who talks about the enormous benefits of our practices and the way it has practically benefited her in optimally balancing her life. Her inspirational talk is sure to give sparks of motivation to all budding spiritual aspirants.

The foundation in Sky yoga proving to give immense clarity to deeper concepts of truth, and a young aspirant talking about subtle subjects like purification of soul and the like, will anchor our faith on the spiritual grounds of Universal Harmony. Know more on how our young flowers are blooming under our Radiant SKY by clicking below:  
<https://www.youtube.com/watch?v=LYO3uH55Tdl&feature=youtu.be>





# VeWa Saplings

## FAITH IN ABUNDANCE

**Shanvi, 4 years Daughter of SKY Master. Vigneswari and SKY APT Sasikumar**  
**Guru's Grace: A Mother's treasured memory about her 5 years old daughter.**

At the tender age of 6 months, she used to cry lots, but her face will instantly bloom with a sparkling smile seeing Maharishi Guruji photo.

When she was 4 year old, one day, she was in a hurry to go to school. Her father asked her to pray before starting to school, for which she candidly replied, "Maharishi has been coming with me to school daily, so why should I pray more". Her stunning reply amazed her father.

Recently, my husband, our daughter and myself, were travelling in our car to spend some time in the nearby garden. The following discussion with our daughter again made me speechless.

Daughter: How much time will it take to reach the garden, mom?

Mother: It may take 15-20 minutes dear.

Daughter: If you would have told me this earlier, I would have prayed to Maharishi. Maharishi will lift the car and can take us to the destination within 2 minutes.

Listening to her reply, we realised the faith she has in Maharishi Guruji.

A Guru-disciple relationship is intricately bonded with the innate connection felt within an individual. Intuitively holding the Guru's hand in her everyday routine activities, is a lesson for us to learn the divine-association the child has with our Revered Master. This illustrates the innocent, yet complete surrender of the child to the Swamiji, unconditional.

Each of us have a child within us, and this child within us is always protected and guided by The Guru.



## PEACE MESSENGERS

**Lakshmini, 4 years Daughter of SKY APT. Nithya and Mr. Srinivasan**

Lakshmini aged four used to attend Kundrathur Mvkm centre, in Chennai, India, regularly along with her mother. Within few days she started singing Iraivanakkam and Guruvanakkam

(Salutation to DIVINE and GURU) with her sweet voice. She used to say Divine protection and Auto suggestion in front of Maharishi's Picture daily before going to school. She used to say Vazha Valamudan every time she falls down or gets hurt and insist her mother also to say.

One fine day in 2013, her parents were arguing over some family issue for long.

Lakshmini could not tolerate the fight, so went and stood in between them and started saying Vazha Valamudan and asked them to say Vazha Valamudan and told that everything will be alright. Her Father who was not in the system was not able control his laughter when his daughter said this. He stopped fighting and left the room immediately.

Now Lakshmini is 7 years old and had recently called three of her relatives who are of her age and had taught them meditation. She asked them to sit with folded legs and said, ' please focus in between your eyebrows with closed eyes.' She asked them to concentrate and Maharishi who will have white beard, wearing white kurti, and orange shawl will give Darshan. After sitting for few minutes with closed eyes one girl said, ' yes I saw a person who was with white beard' , then Lakshmini exclaimed, ' yes yes he is Maharishi; I told you right, he will come' .

Realizing the irrelevance of quarrels and arguments, the child portrays the quality of Peace Messengers whom our Guru wishes to carry seeds of peace across the world. Young buds like these will initiate thousands of souls to the path of meditation.

There is a quarrel in each of our lives, Swamiji talks about TOLERANCE, ADJUSTMENT AND SACRIFICE, which brings family peace. The child did exactly this by intervening between the parents, teaching us the value of patience and its solution.





# VeWa Special



INTERNATIONAL  
WOMEN'S DAY



The 19<sup>th</sup> century saw the fruition of the efforts of great souls who had ardently worked for the rights, equality, dignity and freedom of women who had been deprived of the same for many centuries. Great masters and realized souls all around the world knew the value of women and the inevitable role they play in structuring the society.

For centuries women had fought against gender bias. With narrow-minded attitude, women were subjected to disgrace and they had struggled and had to undergo untold miseries.

Vethathiri Maharishi has explicitly explained the Greatness of women through his poems and teachings and lived by his words. Swamiji says that **peace of the family starts when the women of the house are happy and peaceful**. Women hold the key to prosperity as only with their wellbeing does the family and society prosper in every dimension.

Swamiji articulates that Divinity has taken a **special place in its evolution** which is expressed and reflected in womanhood. The compassion, care, affection, attention, love and loyalty shown by women is incomparable. Women take a superior role in nurturing the human race and only through them humanity sees its continuity.

Swamiji awakens us by showing the importance and value of women, the great contributions they make to the family and society. Every human has the birth-right to have freedom of expressing their thoughts and **women is no exception**.

Woman is an expression of gentleness together with toughness, stronger and softer at the same time. **Her strength is the strength of men**. Her energies poetically balance that of men and a man who realises that will have a fulfilling life of happiness.

Maharishi says that women play a vital role in the upbringing of the future citizens of the world and her mental and physical wellbeing is important for achieving the noble task.

There shouldn't be a day fixed to celebrate womanhood. **Womanhood, is in itself a celebration**, cherishing the creative force within every woman, every day.

There is a Goddess within every woman, **and when humanity starts to see her divinity, the race of mankind will flourish in spirituality**.

**Mahrishi's quiz** for us – A set of simultaneous equations to be solved:

1st equation: Man is not superior to Woman.

2nd equation: Woman is not superior to Man.

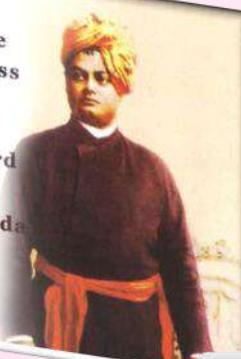
3rd equation: Man is not equal to Woman.

Please solve the equation.

For answer please [Click here.....](#)

“There is no chance of the welfare of the world unless the condition of women is improved. It is not possible for a bird to fly on one wing”

- Swami Vivekananda





# 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

## MAHARISHI'S MAHASAMADHI DAY

Our Maharishi's Mahasamadhi was on 28.03.2006, 12.24pm. His 13th Mahasamadhi day on 28.03.2019, Thursday will be invoked as Vethathiri Velvi Day from 9.45am. The spiritual discourse presided by our esteemed Ex-Director of C.B.I, Padmashri. D.R.Kaarthikeyan, followed by other eminent speakers.

**Requesting our SKY families to spread their spiritual wings and connect with  
Our Divine Guru's blessed state.**

WCSC-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

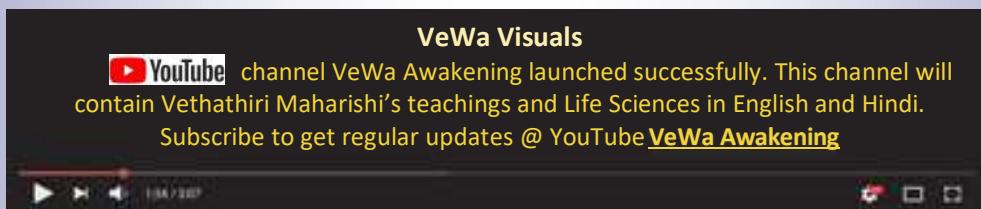
- Yoga for Youth Empowerment
- Personality Development
- Leadership & Value Education
- Awareness of Gender Sensitization
- Conflict solutions & Counseling
- TEMPLE OF CONSCIOUSNESS, ALIYAR
- Media Addiction & Impact
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**Do you need Student Empowerment in 180 hours? - A Short Video**

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

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