

from World Community Service Centre - OSFC

VeWa

Waves of Vethathiri

THE AWAKENING BEGINS



VeWa Secrets

Vibrate Higher
Wave behind the Blessings



Centre for Yoga
and Spiritual Education

Directorate of Other States and Foreign Countries

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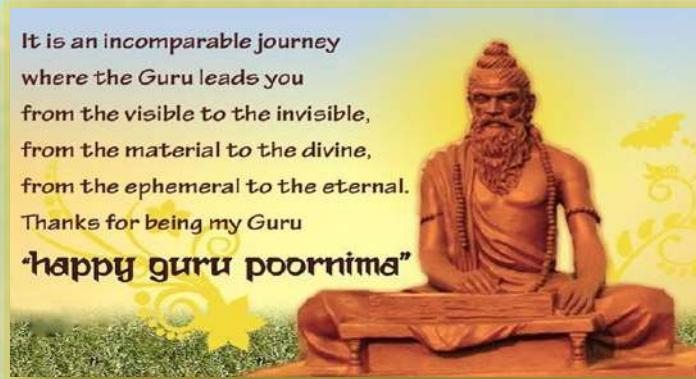
Waves : Splashes

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VEWA NOTE

July 16th is Guru Purnima, this day we revere our teachers, Gurus, the great Sages and Masters. Gurus. Life itself is our biggest teacher. Nature teaches everyone that the soul desires to learn through experience, the effect of experience which cleanses the soul from the accumulated impurities. These bitter- sweet experiences get



us in connection with various individuals, some we seek, some are subconsciously attracted and each one of them unravels us valuable lessons.

Often we assimilate knowledge by merely observing others and most of the times we don't even know that through the process of life, life's teachings are ingrained in us.

We cannot go around shopping for a Guru, the Guru chooses us based on the extent of our yearning for a Guru. Fraction demands and Totality supplies.

Vethathiri Maharishi, our Guru touches the lives of lakhs of people through his approachability, simplicity, logical and practical perspective to life. He believed, **Truth is Simple, so there can be no complicated way of telling a simple thing**. Our Guru, Vethathiri Maharishi distinctly simplified the path to see the Ultimate reality, an inspiration and our foundation for spiritual transformation.

This July, **VeWa Secrets** carries the profound gift that Swamiji presented to each SKY Member, the grand gift of Blessing. Blessing is a part of every Vethathirian's life, as during blessing the waves expand to the universe through the process of **clash, reflection, refraction, penetration and interaction**. Read more about this and elevate your subtler consciousness radiating pleasant vibrations.

Swamiji emphasised the need for introspection at the end of every day, **VeWa Experience** shares a transformation of USA Member which was possible through reflection and introspection.

International Yoga Day was celebrated around the World with grandeur by SKY family on June 21st. **VeWa IYD**, **an ensemble of photos and video album** will publish the **activities of IYD** of all the SKY Centres in India and Abroad. **Requesting and urging each of you to send the activities conducted by your Centres for IYD**. Eagerly looking forward to the photo contribution from the centres in Tamil Nadu. So spread the word and let's create a **Memoir of IYD celebration 2019** of the Worldwide SKY family and share it internationally.

An **International diaspora of NRI's will be held from 14th- 15th August** in our Blissland **Aliyar**. Join and be a universal citizen in this **World Community Meeting**. (*Click on Video link to know details*). To all the Indians staying away from their motherland, come join us in celebrating our Gurus birthday, in His abode.

One World, a world without barriers was Swamiji's dream. His vision is to create a world with no walls to hinder spiritual progress and to create mass transformation at grass-root level. Only through the native language we can vibrate the strings of spirituality in every individual and spread the message of Vethathirium across the world.

Vetha Pearls was launched on **10th July 2019**, with our Legendary Guru's quotes in **20 different languages** (International-12 and National-8). Each one of us is duty bound to make the highest wisdom of Maharishi reach everyone, so please do share it in your groups.

In the journey of life, the light is held by the Guru, as you walk with the Guru, you walk in the light of Existence away from darkness of ignorance. You leave behind the problems of life and move towards the peaks of experiences.

Make VeWa a part of your life and experience the Blissfulness of our Guru.

Be Blessed by the Divine





VeWa Secrets

The Ingrained psychology of blessing

VIBRATE HIGHER

The gentle breeze and the tender plants in full bloom waved in harmony. The attar spread in thin air and the surrounding was diffused with pleasantness.

Life in its smallest sense, vibrate with energy around us, yet our ever-vibrating senses fail to zoom through the subtleness of Nature. Our laboured-lifestyle lavishly harbours on confusion and starts every day with conflict within oneself.

Vethathiri Maharishi illustrates that life is **filled with pleasant vibrations** and the more we tune our mind to the subtleness around us, the more we become efficient in delving through the **secrets of Nature**.

Swamiji explains the deeper layers of philosophy with lucid examples:

"When a **wave** comes from something, it has all the **qualities** of the object from which it **originated**. A wave coming from a rose, for instance, has the fragrant characteristic of that flower. In the like manner, any wave emanating from anything has a distinct quality – **mechanical, chemical, magnetic, electrical and psychic**.

All functions, contents and characteristics of the objects are transmitted from the wave, **through the wave and by the wave**.

In the case of a human being, the wave emanating from an individual, by radiation, smell, sight, word or thought – whatever it may be – carries all the qualities of that being. Since every person is conditioned by the imprints of experiences already undergone, their thought, speech and action will be in accordance with those imprints.

Our day-to-day life blends to so many shades in every relation and circumstances, whether in workplace or at home, we are predisposed to subject our personality to a matrix of vibrations. Every individual

has good as well as bad imprints. Consequently, according to the **conditioning** of the individual's mind, the thought emanating from them may be **positive or negative**. In addition to imprints of our own action, we have acquired **innumerable externally caused imprints** that are ingrained in our **personality**. Whenever the unwanted or adverse imprints are activated, they become more deeply ingrained. It is here that the **value of blessings** comes into play.

What is the state of one's mind when blessing a person? An individual **radiates good waves** at that time, or one could not bring oneself to bless. When you proceed to **bless someone**, you are actually preparing **your personality** – bringing it to **positive vibrations**. When you practice positive thoughts, good vibrations emanate from you, and when blessing is done in that state of mind, it gathers tremendous power. The waves of blessings **clash** on the other person, they **reflect onto you, refract and penetrate** to several persons in addition to the one who is the object of your blessing. Good vibrations spread out to the whole of humanity; to the entire universe in every direction. **Accordingly, when you bless someone, you are automatically blessed**.

An individual's mind must be in a peaceful state when blessing. There can be no aggravation, because one cannot bless in an aggravated state of mind. When one blesses, he or she automatically comes to **Divine Consciousness**.

Let us understand this better with a real life incident**
"Ravi had not slept for a week. He was glued to the television, closely following the shocking Nirbhaya case, that occurred in India. The entire nation was shocked, he felt connected deeply to the situation. Almost a week had passed and yet he felt like it had



occurred yesterday. He was unable to move on, shocked at human apathy and indifference.

Reluctantly he woke up for his morning walk. He knew Satish, his friend & colleague will reach his home in ten minutes. He quickly dressed and they started their morning walk. Satish enquired why he was looking so tired. Ravi shared all the details with Satish and the pain he felt thinking about the gruesome act that humans can do to others.

Satish quietly listened to Ravi, and asked him if he was blessing the girl, Nirbhaya. Ravi nodded and told that he did so in his daily prayers. Satish then startled Ravi by asking him, if he blessed the perpetrators too. Ravi was aghast with anger and shock; he asked Satish **why he should bless the men who committed this crime**. Satish calmly explained Swamiji's wave theory and told Ravi, by blessing the offenders, Ravi was in fact disconnecting himself from the event and relieving his own pain.

Swamiji thoughtfully gave this concept in his usual simple, unassuming but very effective manner. After meditation, members follow a 7 step blessing process. The 6th step of Blessing is: – “Bless your enemies or miscreants if any, so that they may also change and lead a good life”. Here enemies has a broad interpretation, it includes individuals with whom we have any misunderstanding or animosity for any reason.

So how does the 6th blessing step work: When we bless our enemies or miscreants, overlooking their mistakes or past instances, the benefit of this is first received by the person blessing.

The wave emanated during blessing first calms the individual who is blessing i.e. SELF. This peaceful wave is charged and travels to reach the person, the individual who is being blessed.

During this entire process, there is a silent transformation occurring within the individual who is blessing and also the individual who is being blessed.”

Therefore, by blessing others, we create such wonderful vibrations that we qualify ourselves to a higher state of Consciousness. The good thoughts

which form the basis of blessings, as well as the good actions that follow, become a super-imposition upon adverse thoughts and unwanted imprints.

The good vibrations and pleasant radiations in

The one who

blesses others

will be blessed

thought and action will gain predominance in our personality and will gradually

neutralise the undesirable and hostile imprints.

So, for Truth-seekers, blessing is a wonderful technique for harmonizing thoughts. At the time of blessing, the vibrating wave permeates each and every cell and it spreads out enveloping all the individuals in the vicinity.

A plant does not discriminate by reserving its fragrance only for the person who tends it. Whoever goes near the plant receives the fragrance of its flowers. Likewise, a person who radiates good thoughts will be beneficial to one and all in the society.

Swamiji propounded “Wave theory” decades ago (in the 1950’s). Today scientists are acknowledging the wave theory and scientifically elucidating its impact.

COMING IN NEXT ISSUES

SCIENCE AND BLESSING ITS INTERLINK



Let us tread the path shown by the Great Master, Shri Vethathiri Maharishi and take efforts to understand the subtleness of nature through the act of blessing and effortlessly spread the pleasantness of our noble thoughts to the vast humanity.

Use the Power of Blessing



What can you do ?

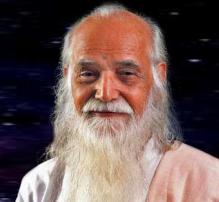
Bless the World with abundant rain. Whenever possible let's bless the world for Rain. This will also empower you to connect with the natural forces and benefit the Society as a whole and you specifically.



VeWa Experience

TRANSFORM THROUGH INROSPECTION

Shared by a SKY member of Fremont, USA



Veeraragavan Gopalakrishnan was brought up in Karaikal, Tamilnadu, India. He is currently living in Fremont, CA. His long term goal is to retire early and do full time service to spread our Guru's teachings.

"My name is Veera and I am a SKY practitioner since October, 2012. I would like to share with you all how I started my journey with SKY and how it's helping me to get better every day.

Late 2012, on a Sunday afternoon, I met SKY Prof Murali (USA Chapter Coordinator) at Tamil School while playing volleyball. I was casually talking to him about my back and neck issues, and how nothing was helping me. He told me that SKY yoga sessions going on every Saturday at Fremont Hindu Temple and suggested to visit one Saturday to the centre and give it a try.

Before that I had attended other type of Yoga classes and some were charging hefty fees so I stopped after a while. I was in desperate search for a remedy for my pain, so I decided to give it a try. I went one Saturday to the Fremont SKY centre**. Prof Murali explained about SKY system and also taught me the first half of the physical exercise. Then I started going every Saturday to the centre to learn the remaining physical exercises.

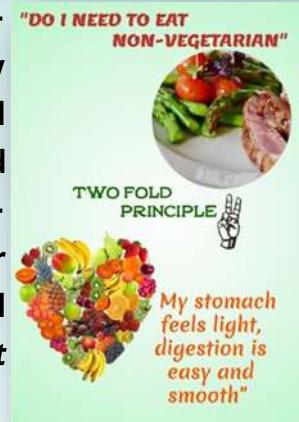
I started doing the Makarasana exercises regularly to strengthen my back. It really helped to alleviate my back pain and I started feeling better.

During that time the introspection classes were conducted very rarely so I had to wait for long time to attend those classes. In a way it was good for me to practice what I learnt in the Introspection classes. Finally, I got a chance to attend the SKY Master class in 2018 and also very fortunate to attend the SKY Assistant Professor Trainee class the same year. In Introspection related exercises, we learnt and started practicing to see everything (animate and inanimate) as an association of God particles. We



were also asked to take our consciousness to the higher level, to be in a constant awareness of whatever we think (**thoughts**), whatever we say (**words**) and whatever we do (**deeds**), in a positive manner.

I love eating non-vegetarian food since my childhood. After I started practicing SKY regularly and every time I recited the two-fold moral principle after meditation, I questioned myself; **why do I have to eat non-vegetarian**



Am I not causing harm to those living beings? After analysing this question and realizing the **harm that I have been doing to other living beings** and to my body, I decided to **stop eating** non-vegetarian food. At the start of this year, Jan 1st, 2019, **I decided**, I do not want to harm other living beings for my survival. Since then my **stomach feels light and digestion is smooth**.

All of my friends and relatives are **shocked to hear** about my change in food habits and my vegetarian way of living. This **huge transformation happened to me after joining SKY**.

Next thing is the **constant awareness to never talk bad about anyone**. If I want to say something about others, I only say good things about them. I have



witnessed that in many occasions people are passing comments in the name of fun and at times these cause irreparable damage.

Swamiji emphasised, "Don't comment, Don't command and Don't demand". I remember this always and it acts as a constant companion while I am speaking.

Now it is my responsibility to give back to the community what Swamiji gave to me through our dedicated Masters.

My sincere thanks to all the Vethathirians who are working with dedication, selflessly to serve and

continuously motivating us to attain Self Realization.

** Fremont SKY Centre has been spreading the Waves of Guru Vethathiri Maharishi for over a decade in USA. Affiliated to WCSC-OSFC, Fremont Centre has transformed many individuals, touching them personally and elevating their social responsibility. Vethathirians there are lighting our Guru's flame around USA and benchmarking cultural transformation which is the need of the hour.

Mail us @

WCSC.VEWA@VETHATHIRI.AC.IN



+91 9847061370

YOGA International Yoga Day SKY IYD GLOBAL ALBUM 2019

An exhaustive Photo and Video album with collection of SKY IYD 2019 celebrations in India and Abroad (all centers of WCSC).

Send us your centers picture/videos

TamilNadu Centers also please send your photos



Toda acción del hombre comienza de la fuerza del pensamiento y toda experiencia termina en la mente.

Vethathiri Maharishi

Vetha Pearls Spanish

YouTube VeWa awakening

f VeWa

Ta store personlig ansvar for å skille den udedelige sjelen fra den dodelige, fysiske kroppen

Vethathiri Maharishi

Vetha Pearls-Norsk

YouTube VeWa awakening

f VeWa





Vella Sprouts

Dubai

- 5 & 12 Jul – Introspection II (English)
- 5 & 12 Jul – Introspection II (Tamil)
- 19 Jul – KayaKalpa Yoga (Tamil)
- 19 Jul – KayaKalpa Yoga (English)
- 26 Jul – Silence
- Fridays – Exercises, Meditation and Food for Thought

Dubai

- 2 & 9 Aug – Introspection I (Tamil)
- 2 & 9 Aug – Introspection I (English)
- 16 Aug – Vethathiri Maharishi Jayanthi Programme
- 16 Aug – KayaKalpa Yoga (Tamil)
- 16 Aug – KayaKalpa Yoga (English)
- 23 & 30 Aug – Introspection III (Tamil)
- 23 & 30 Aug – Introspection III (English)
- 30 Aug – Silence
- Fridays – Exercises, Meditation and Food for Thought

Bahrain

- 14 Aug – Vethathiri Maharishi Jayanthi / World Peace Day

Regular Session

- 1st Friday of the month - Silence
- Fridays – Meditation & Exercise session in Tamil & English
- Saturdays – Meditation session
- Mondays - Thuriyattheetham meditation followed by Thought provoking discussion
- Wednesdays – Special session exclusively for SKY masters

DELHI

- 13 & 14 Jul – Foundation Course (English)
- 20 & 21 Jul – Foundation Course (Hindi)
- 27 & 28 Jul – Introspection I (Tamil)
- 10 & 11 Aug – Foundation Course (Eng)



Please contact local SKY Centre or
Country WCSC coordinator

wcsc.osfc@vethathiri.ac.in

for information on courses / programs





VeWa Ambassadors



SKY Professors visiting abroad from India

USA

Visiting Sr. Prof/ Prof.	Trust/Zone	Visiting Country	Date From	Date To
Kalpana Reddy		USA	15-Jun-2019	31-Jul-2019
A. Vetrivelu	Chennai	USA	12-Feb-2019	07-Aug-2019
Mythili Deenadhayalan	Velachery	USA	13-Mar-2019	07-Sep-2019
K. Ponummal	Chennai	USA & UK	23-May-2019	10-Sep-2019
Mala Jayaprakash	Trichy	USA	11-Jun-2019	10-Oct-2019
S. Jayaprakash	Trichy	USA	11-Jun-2019	10-Oct-2019
S. Thiyagarajan	East Tambaram	USA	16-Jul-2019	21-Oct-2019
K. Ravindran	Bangalore	USA	11-Jul-2019	06-Nov-2019

Middle East & Other Countries

Visiting Sr. Prof/ Prof.	Trust/Zone	Visiting Country	Date From	Date To
M. Venkata Chalapathy	Thiruvattiyur	Malasiya	14-Jun-2019	11-Jul-2019
T. Kanchinathan	Chennai	Sri Lanka	19-Jun-2019	11-Jul-2019

Mail us details of your visits and share activity photos

wcsc.osfc@vethathiri.ac.in

Give us an opportunity to showcase your services abroad through VeWa Ambassador Album

Request to visiting Professors

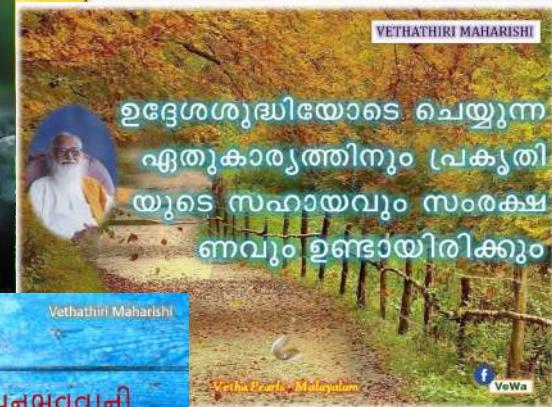




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Vetha Pearls

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WCSC.VEWA@VETHATHIRI.AC.IN
+91 9847061370



VeWa Kundalini and Kayakalpa Yoga

164 subscribers



VeWa for Kundalini and Kayakalpa Yoga was launched to spread the Waves of Vethathiri across the world. We started with English and Hindi videos, but aim to make it a multilingual language channel.

Personal experiences, teaching experiences, interesting incidents with Swamiji, thoughtful discussions on powerful topics, simple methods to transform life and practical life solutions are highlights of the channel.

People from all around the world join together to share through VeWa. Write to us if you want to share your thoughts and experiences - wcsc.vewa@vethathiri.ac.in



Srilanka

Srilanka Celebrated its International Yoga Day with grandeur. The celebrations were captured and broadcasted in the National News Channel.



To mark International Yoga Day, Bhavan's Smart Indian School, Kuwait organised SKY programs. This was covered by Kuwait's National News.

Kuwait



SINGAPORE

Singapore Health Minister Gan Kim Yong officially opened the Singapore CCK Zone 6.



Delhi NCR SKY Trust met Mr. Shripath Naik, Ayush Minister at New Delhi to appraise about the activities of Trust & WCSC.

Delhi/NCR is running an exciting online quiz in English and Tamil . It is well into its 82nd quiz. Quiz questions are about Swamiji's concepts and teachings.

Test yourself and participate , please click on QUIZ to participate.



Excellent prospect for Waves of Vethathiri Maharishi to spread to the people in the globe.



Yoga was not officially permitted for decades in Saudi Arabia. It has officially announced that anyone can promote Yoga without any hindrance.



VeWa Blossom

INDIA - DELHI



Foundation Course



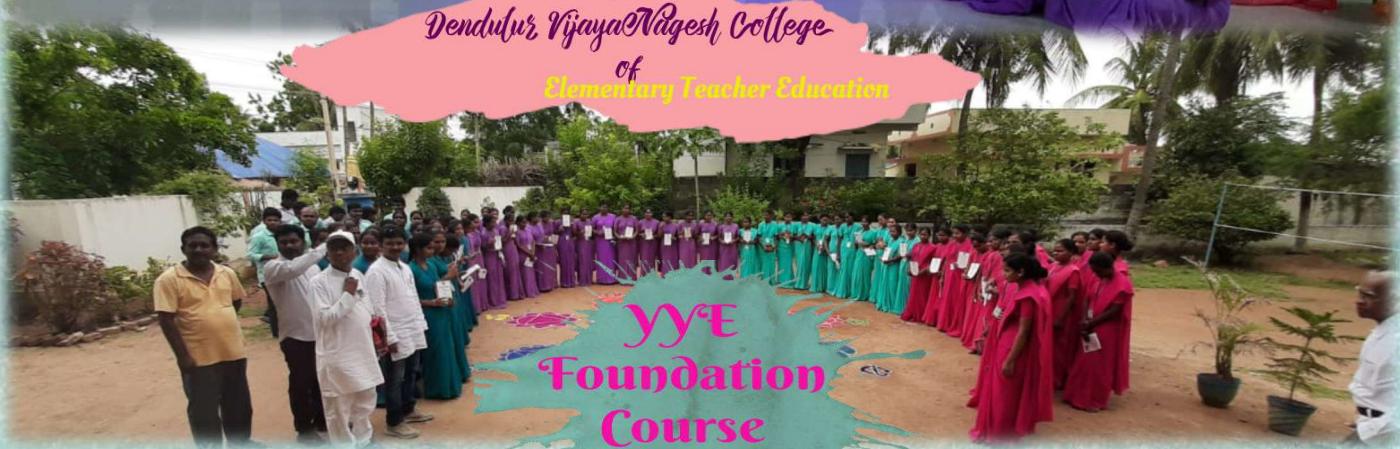
**SKY
MASTERS COURSE**

Introspection Level - 1

INDIA - ANDHRA PRADESH



Denduluru Vijaya Nagesh College
of
Elementary Teacher Education



VeWa Blossom

INDIA - MUMBAI



SKY Introduction at Mumbai Tamil Sangam

International Yoga Day will be published in an exclusive album

All Centers in India (including TN) please send your photos



NORTH
MALAYSIA
MEETING



WCSC Affiliation
Certificate
Distribution



VeWa Blossom

MALAYSIA



Rawang SKY Centre
Foundation Course



MASTERS
COURSE

Pertubuhan
Pengamal Meditasi
Vethathiri Dan
Yoga Semenyih,
Selangor

Tanjong Rambutan
SKY Center





VeWa Blossom

Sri Lanka



Presided by Srilankan Minister at Ramanatha Hindu Ladies College

SINGAPORE



Kaya-kalpa Yoga

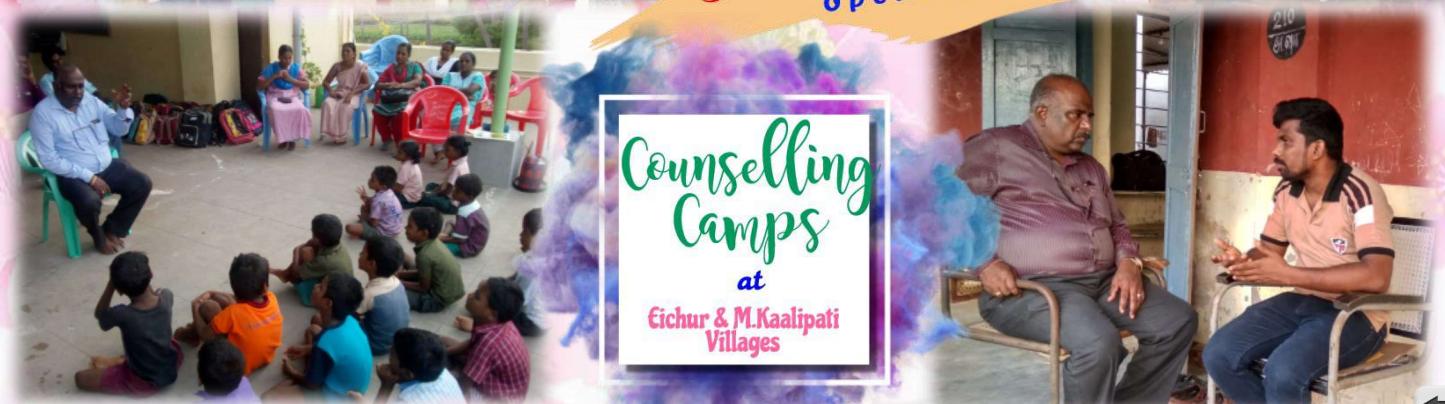


VeWa Blossom

DUBAI



VeWa Village



veWa
*Thank
You*
for being with us

*Anniversary
Special of
VeWa in
August 2019*



An opportunity
for your Words
to be published
and read
Internationally.
Want to write
for VeWa
Send us your
articles* before
20th of the
month.

*Subject to editorial review

VeWa
First Year



International NRI Meet @ Aliyar Ashram, India



Aug 14th & 15th



ASHRAM
Temple of Consciousness, Aliyar, Coimbatore, South India
+91 4253 288 733
OSFC: 948706 1370 / 944512 2956
wcsc.osfc@vethathiri.ac.in



VeWaves

VeWa Awkening

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

WCSC - OSFC

www.vethathiri.edu.in

