

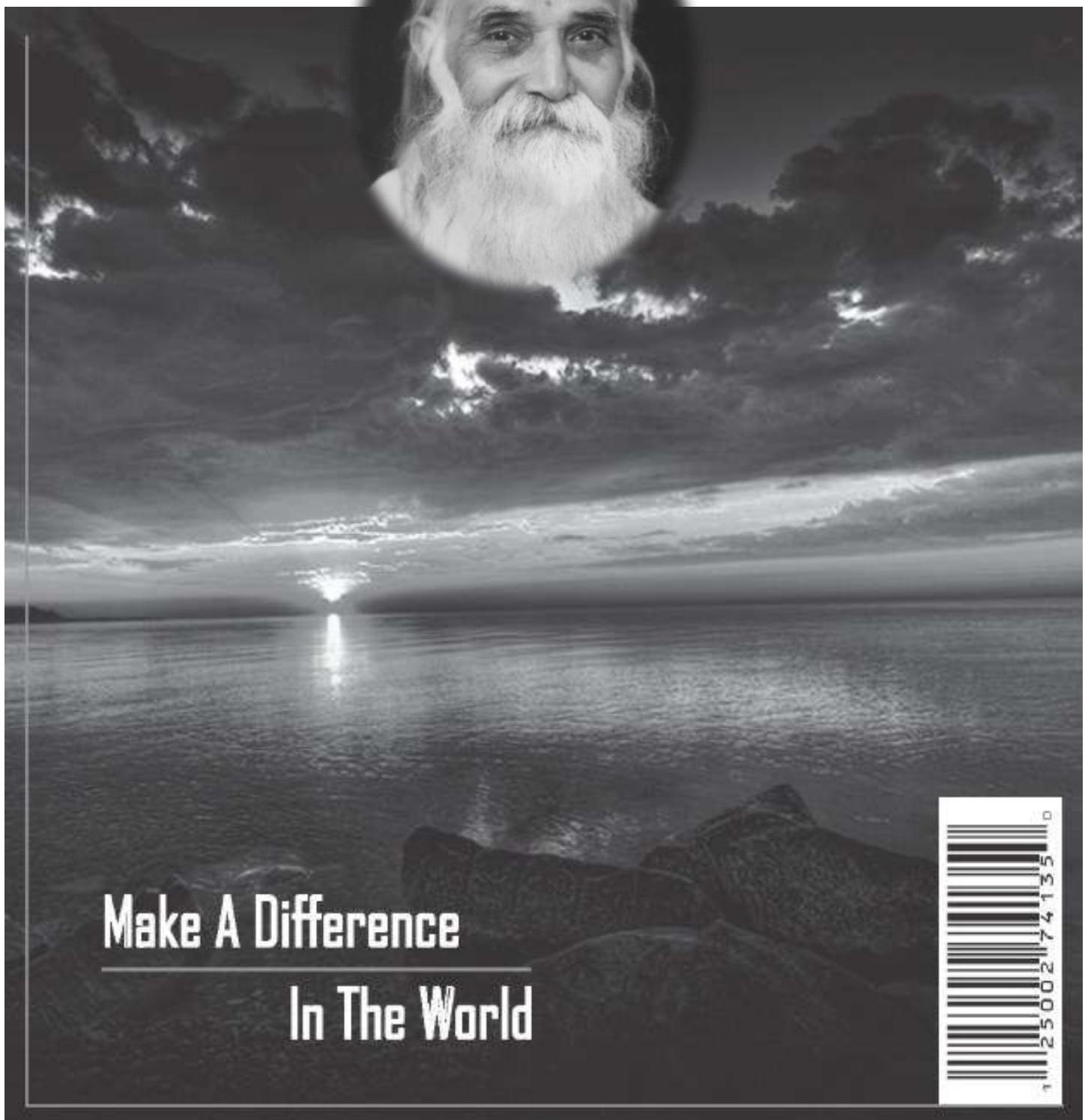
# **VeWa - Waves of Vethathiri**

**from World Community Service Center - OSFC  
(Center for Yoga and Spiritual Education)**

T H E   A W A K E N I N G   B E G I N S

**Wave: 2  
Sep 2019**

**14 PAGES**

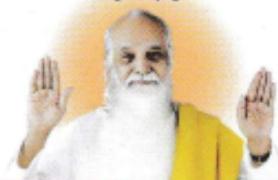


# FOREWORD

## VeWa - Flowering...



Vazhga Vaiyagam



Founder Father  
Thathuvagnani Vethathiri Maharishi

**SKM. MAEILANANDHAN**  
PADMA SHRI Awardee  
PRESIDENT



Vazhga Valamudan



### The World Community Service Centre

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**R.VARADHARAJAN**  
GENERAL SECRETARY

Dear readers,

I am happy to pen down a foreword to this e-Newsletter VeWa, an acronym for Vethathirian Waves being brought out by the Directorate of Extension (Other States and Foreign Countries) of The World Community Service Centre.

Maharishi's dream has been world peace. It is incumbent on his followers to take this message to the whole world. This Newsletter is a small step towards that great goal.

It aims to be a bridge between the Meditation Centers across the Globe and also as a window to showcase the activities happening around the world to the members as well as non members. This would result in raising the awareness of the public about the various activities being carried out in a wide variety of fields.

Such an enhancement of the awareness of implementation of the principles and practices enunciated by Maharishi would make the entire globe a better place to live; in which humanity can transform its ways of life in the areas of physical, mental, emotional, societal and cultural spheres without any ill will or bloodshed.

Awareness of what is being done in one corner of the world could motivate the rest of the world to experiment and implement the same in their own localities.

It is by these steps that the consciousness of humanity can be raised for the benefit of one and all, which is the crying need of the hour. In this context, bringing out such a newsletter is timely and most appropriate.

I wish the Endeavour all the success it deserves.

*SKM. Maeilanandhan*

SKM. Maeilanandhan  
President,  
The World Community Service Centre



## Inside this issue:

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BE BLESSED  
BY THE DIVINE

## Divine Relationships

As VeWa enters the second month of its publishing, it is in this august month of August where Swamji celebrates his Wife's birthday, as Wife Appreciation day or as they name it these days Family Harmony day. SKY family across the world celebrates this occasion as a festival, a celebration of the Divine relationship between the husband and wife.

**Swamiji's love for his wife was infinite.** For a great soul like him who saw Divinity in every living being, his wife was kept at the pinnacle. There are numerous times where he mentions, that without her support, her love, her show of strength and belief in him he would not have accomplished the things that he did.

Respect for woman, in every role she plays, be it as a mother, sister, daughter, wife or friend is one of the primary responsibilities of every human. Let me replace the word responsibility with fundamental requirement of every human being.

In some cultures women are treated lower than men. Swamiji beautifully says, "Women are not superior to men, Men are not superior to Women, Women and Men are not equal", do not puzzle over this, he then simply, yet elegantly ends this with: "Women are a Gift, they are precious treasures".

This Month's issue, has a beautiful article on woman and glorifies the Divine Spouse relationship. Through the support of our members, we were able to collect details about the events around the world, but we have a

long way to go as we still need updates from the rest of the SKY Family.

Like all the forwards that flood Whatsapp, recently I received one from a member regarding the hormones/ endorphins we need for a happy and fulfilling life. The member was very impressed with this and wanted to adopt it in her life. After reading this, I realised each one us, SKY practitioners, are already experiencing the release of these hormones- endorphins in our daily living. Read about the Endorphin theory to know more about this, and share it with your near and dear ones.

**Experience sharing** – as promised in our first issue, we are sharing the experience of our Jaipur Member. He changed his perspectives, his approach to relationship and the change in his views on family harmony.

Guru's Verse contains pearls of wisdom, with special focus to our highlight of this month's issue.

This month we have a featured section, where we will know about an eminent SKY member who has made significant contribution in transforming lives, who has adopted Swamiji's concepts and his practices not only in life, but is also spreading these noble principles to all.

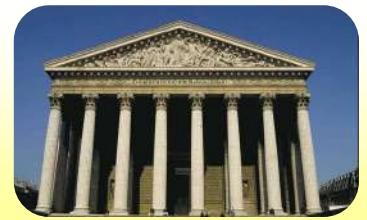
This issues features, none other than our **Magnanimous, Kind, Simple living yet High thinking visionary President of WCSC – SKM ji**. His selfless service to Swamiji and WCSC is a guiding light for each one of us.

Enjoy the issue and please do give your feedbacks.



## Pillars behind WCSC The Foundation.

The beams extending from the Pillars—**VeWa**  
(VeWa emerges from WCSC-OSFC)



**A Man** of sheer Excellence, with the brilliant consciousness took the baton of continuing the noble task of uplifting Humanity, making them Self Reliant and creating a meaningful life, from Vethathiri Maharishi. Swamiji teaches ways of unclutching the mind from the world of physical and materialistic illusions, thereby bringing about a dimensionless link with Divinity.

Padmashri awardee, **SKM ji (President of WCSC)** is a rare mingling of heart and soul, a bond of compassion amounting to union of truest of minds. A visionary and a pragmatic leader, he aims to amalgamate and unfurl the fundamental knowledge of serving Humanity by treading the path of Virtuosity.



The world knows him as a **successful businessman, a benevolent leader and service oriented individual**. Some exemplary traits, known to his closer circle who have the fortune of knowing him and working closely with him, are; he has a keen eye for details, assertive, thoughtful yet stern decision maker, his single minded focus on developing WCSC, of increasing its outreach to every village, every student and every school/college is an inspiration to all.

During meetings and discussions you can see his eyes light up and the boundless joy when he hears of the noble work that SKY has done especially in villages. He encourages each member of his team and provides support always and in all ways.

**His mantra is one— “Work hard and results are assured”.** He is result and action oriented, and will not deter from providing all support to those who want to achieve SKY goals.

His unwavering focus and determination to accomplish Swamiji's and WCSC objectives is a path that all aim to follow.

His confidence that SKY is truly transformational is a testament to his devotion to The Guru and confidence that Swamiji bestowed on him.

Born in a humble background, through sheer hard work he achieved success one step at a time and reached its pinnacle at a young age. The awards and appreciations he has received speak volumes of the recognition the country and world has given.

He is our inspiration, the lighthouse for WCSC to progress and spread its wings to all corners of the world and touch every soul's life.

The immeasurable worth of being a Human, as expounded by Maharishi: a throbbing energy that could experience Divinity and with the constellation of pure thoughts fulfilling genuine needs, raises Humanity by every notch leading to efforts of spreading the intricacies of human psychology is progressively headed in the right direction under the guidance of **Padmashri Shri SKM.Maeilanandhan, President, WCSC**.

The fruitful results are the Blossoming of M V K centres worldwide.

*He is an embodiment of selfless service and epitomises a TRUE LEADER and GUIDE for the entire SKY Family Worldwide.*



## VeWa Seeded August— September 2018

### WAVES IN WEST

**S**wamiji visited USA - 22 times during his lifetime. Till he considered himself fit for travel, he visited almost every year to USA. This merely goes to exhibit the importance he gave to this geographical area.

After a period of 6 years the OSFC-Directorate team visited USA/Canada. There have been various professors/individuals visiting SKY Centres in USA and enriching the members there with various programs and teachings.

The team travelled various cities and conducted programs across the board. Some of the highlights of the visit are :-

- ◊ APT courses conducted extensively – Four states
- ◊ Radio and TV shows
- ◊ 50 Arulnidhis trained as APTs – a boost SKY development in USA
- ◊ Canada – Visit after 10 years.- Brahmagnanam cum Arulnidhi course was conducted (27 participants)

◊ A Session in Bank of America with 60 participants.

◊ A full day spiritual Retreat on Yoga for Modern Age was organized in Bay Area, California. More than 120 persons participated in the Program.

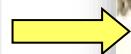
Special mention to individuals in the Centre's in USA and Canada whose tireless efforts keep the centres thriving and making a difference among the SKY and Non SKY members.

It is their selfless service and the ability to have gone to lengths in organizing various programs to spread the message of Swamiji that is the lifeline of the centers in USA/Canada.



*Swamiji in one of his USA Visits*

*Seeds of VeWa in USA:  
Miami—August 2018*



## VeWa Seeded August— September 2018

### *Seeds of VeWa in Delhi /NCR— India*

After a productive and exciting USA /Canada visit, Senior Professors of the Directorate team spent two fruitful weeks in Delhi/NCR. During their visit they conducted a Bramhagyanam and an Arulnidhiyar course. Wife Appreciation day was celebrated in Delhi Tamil Sangam on 26th August. It was attended by about 150 persons.

They conducted a 3 day program for HEP for Pentair, a multinational company at Goa. The SKY programs were initially conducted in Goa , the CEO of Pentair was highly appreciative of SKY and wanted them to conduct similar programs in their Research and Development wing in



**SKY Delhi Team meeting Delhi Deputy CM Mr. Manish Sisodia for including YYE syllabus into Delhi School curriculum on 9<sup>th</sup> September 2018.**

Noida. Two programs were conducted for 42 officers and the team returned with the assurance that Pentair wants more of its employees to be a part of the SKY family.

During their NCR /Delhi visit the Delhi/NCR team and the OSFC Directorate met the Education Minister - Manish Sisodia (Deputy CM).

### *Seeds of VeWa in Goa/ Noida*



- Training in - Pentair (an International Organization working on desalination of water)
- Started with training of Senior Managers (28) , Officers (25) and trained 42 officers in their R&D wing in Noida.
- Entire staff of NOIDA and GOA are to be trained (in English and Hindi respectively).



## VeWa Seeded August— September 2018

### *Seeds of VeWa in East, Sep 2018*



Malaysia



Dubai /UAE



Malaysia Wife appreciation day

### Kuwait Kayakalpa Session with Prof.Amudha Ramanujam



### **Qatar Center**

Qatar celebrated 108th Jayanti Function on 7th Sept at India Club and around 85 participated in the function. Prof Kumerasan introduced about Maharishi's dream and conducted Ulaga Nala Velvi (World Blessing - Chanting)

**Main theme:** Five Steps for Self Realization (Vazhvil Uyara 5 padikal)- Five Speakers spoke on each step - Physical health, Mental wealth, Social health, Genetic Center purification and Bramma gyanam

Prof Muthu spoke about "Ainthuthozukka Pannpaadu" ( Five fold Moral Culture )



Qatar Center—108th Birthday function of Swamiji

## Hormone Theory- Essential but is it difficult –SKY is all inclusive...

**Below is the forward received on Whats App (produced below as received)**

I sat in the park after my morning walk, My wife came and slumped next to me. She had completed her 30-minute jog. We chatted for a while. She said she is not happy in life. I looked up at her sheer disbelief since she seemed to have the best of everything in life.

"Why do you think so?" "I don't know. Everyone tells I have everything needed, but I am not happy." Then I questioned myself, am I happy? "No," was my inner voice reply. Now, that was an eye-opener for me. I began my quest to understand the real cause of my unhappiness, I couldn't find one.

I dug deeper, read articles, spoke to life coaches but nothing made sense. At last my doctor friend gave me the answer which put all my questions and doubts to rest. I implemented those and will say I am a lot happier person.

She said there are four hormones which determine a human's happiness - Endorphins, Dopamine, Serotonin, and Oxytocin. It is important we understand these hormones, as we need all four of them to stay happy.

Let's look at the first hormone the Endorphins. When we exercise, the body releases Endorphins. This hormone helps the body cope with the pain of exercising. We then enjoy exercising because these Endorphins will make us happy. Laughter is another good way of generating Endorphins. We need to spend 30 minutes exercising every day, read or watch funny stuff to get our day's dose of Endorphins.

The second hormone is Dopamine. In our journey of life, we accomplish many little and big tasks, it releases various levels of Dopamine. When we get appreciated for our work at the office or at home, we feel accomplished and good, that is because it releases Dopamine. This also explains

why most housewives are unhappy since they rarely get acknowledged or appreciated for their work. Once, we join work, we buy a car, a house, the latest gadgets, a new house so forth. In each instance, it releases Dopamine and we become happy. Now, do we realize why we become happy when we shop?

The third hormone Serotonin is released when we act in a way that

When your brain releases one of these chemicals, you feel good.



benefits others. When we transcend ourselves and give back to others or to nature or to the society, it releases Serotonin. Even, providing useful information on the internet like writing information blogs, answering people's questions on Quora or Facebook groups will generate Serotonin. That is because we will use our precious time to help other people via our answers or articles.

The final hormone is Oxytocin, is released when we become close to other human beings. When we hug our friends or family Oxytocin is released. Similarly, when we shake hands or put our arms around someone's shoulders, various amounts of Oxytocin is released.

Now, we can understand why we need to hug a child who has a bad mood. So, it is simple, we have to exercise every day to get Endorphins, we have to accomplish little goals and get Dopamine, we need to be nice to others to get Serotonin and finally hug our kids, friends, and families to get Oxytocin and we will be happy.

When we are happy, we can deal with our challenges and problems

better.

### Interpretation through SKY lenses

Hormones to the extent required to make us happy are already being generated in our daily practices through SKY

We get all these four through Maharishi's systematized meditation.

**E** - through exercising

**D** - through self-appreciation, occurs when we do good, help self and others.

**S** - we are blessing whole world daily. We bless others after meditation, We send positive waves to society. We are thinking good for this earth. All these are silent services which have high impact on Society. Unfortunately today's society knows FB and Social media to serve, but SKY has great tools to serve without any dependencies. That's the method that the great Siddhas used for ages.

**O** - Again hugging others is not required, this creates waves and connections that are not necessarily required. However O is generated in abundance when we hug our SOUL in our deep practices.

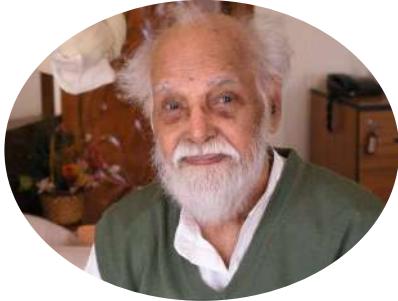
In a recent research by SKY member, it is proved that endorphin and oxytocin increases through our practices.

**Its all within us. Methods are in our hands, look inward your answers are right there!**

(more about this in forthcoming issues)

1. Dopamine - The Reward Hormone
2. Oxytocin - The Love Hormone
3. Endorphins - The Calm Hormone
4. Serotonin - The Will-Power Hormone





## Guru's Verse.....

### Greatness of women

*The husband-wife relationship is divine; no other can equal it in its depth and intensity, because only in this relationship the union of souls occur*

*I definitely realise the greatness of Womanhood*

*The entire humanity is nothing but its gift and boon*

*What else needs to be said about the glory of woman than this?*

*It is but natural that Women would not permit their children to be raised by others; nor will their mind accept it.*

*But this sacrifice is most imperative for the deliverance of womanhood and for the perpetual peace of the world.*



DR KARTHIKEYAN (Ex- CBI Director) along with his wife in one of the Wife's appreciation day organised in **Aliyar—Pollachi**. Our dear Swamiji looks on at the celebrations.



*Guidance is the Master's work. But the effort and the perseverance have to come only from you.*

## The Divine Relationships

Human being is the pinnacle in the awe-inspiring evolution of Nature. Being human by understanding the subtleties of the power of MIND and channelizing its energies to fulfill the genuine needs of the SELF, FAMILY AND SOCIETY is an art to be practiced and mastered.

The art of streamlining the thoughts and gaining precision in discharge of duties bestows every individual with amity and harmony in life. Vethathiri Maharishi expounds the importance of Spouse relationship as it helps an individual to tread the path of contentment and peace.

As humans, we gain a wide array of experiences and pass through multitude of emotions. Life takes new shades and contours when another soul joins hands with its unique blend of experiences and sentiments.

The cultural background, the deep rooted family beliefs, tradition and customs, education, level of acquaintance to external world, all at once demonstrates in their personalities.

Every individual is characterized according to the inherited qualities from ancestors and their own assimilated traits during their lifetime, which makes them bound to be dissimilar and unique from each other.

It takes a substantial amount of time for both men and women to understand the distinctiveness of their gender and significant time to appreciate the greatness of sharing the bond as Husband and Wife.

Swamiji places great prominence on Spouse relationship as it elevates an individual to noble heights, as peace in family alone paves way for Spiritual elevation, thereby bringing

about societal harmony and World Peace at large.

Nuptial couples should weave stories of their experience and apply them to comprehend how closely knitted and Divine the relationship is. Every individual comes into marital relationship wearing scars: some are obvious, some are reverberating, some are breathtaking, some fade away with time; and there is a message for understanding in everything as every experience and emotion sculpt the very depths of an individual.

Life partners should support each other in any version of reality, embracing with a kind of love that is not distorted and fabricated, but real and honest.

When people allow their spouse to feel, see and appreciate their very essence, they can see their Best-half transform to the truest version of themselves. This balance helps in effortlessly applying Tolerance, Adjustment and Sacrifice in family life thereby the aspects of Quality, Quantity, Time and Need in family are finely balanced.

Swamiji emphasizes that couples should share unspoken levels of understanding and have unconditional love and support at all times. His Tamil quote beautifully says the incomparable words, “*Uravu enbadhu Uraindhu povathu; Thoyvu endrum sollalaam. Antha thoivaanathu erendara irruka vendum*” (The relationship should be merged to an extent that their union can't be separated)

Fame, Power, Wealth, Societal standing, psychological strength and physical wellbeing which are present at various levels in every individual life should be balanced and fine tuned according to the way of living and this balance is momentously enhanced in spouse relationship.

Often couples hasten their thoughts to materialise, that they ruin it before it begins: overthinking, fantasizing, imagining, expecting, worrying, doubting, and eventually failing to let things evolve in its natural pace.

Mutually they should respect and help quit overthinking, replaying failed scenarios and feeding self-doubt. The space in the relationship should be filled with openness, confidence, humility, respect, love, discipline, chastity, and ultimately appreciation.

Wife's Appreciation Day is celebrated on 30th August every year to reiterate the greatness of womanhood shouldering responsibility as Wife.

Women are the real architects of the society and together with their support a new World where everlasting Peace dwells can be built with wiser hands.

Service must begin from Family, outspread its bliss and fragrance to the society and should embrace the vastness of the world with its Grace; such should be the fertile environment in Families, where each thought will attest to be the seeds for World Peace.



## Experience Sharing.....



I  
want to see  
God,  
  
the God shown  
in the movies,  
  
SHIV in the  
form  
  
I want....

All I wanted to do was to see God as preached in Vedas and shown in movies. I sought God in different places, among different people and I was running around everywhere looking for him , I spent lots and lots of money. I ignored my family in the process, and travelled all corners of the country looking for him.

I listened to every Pundit (priest) and followed every instruction. My ego took over, and I created a tension filled atmosphere at home, which led to lot of misunderstanding. My own family didn't trust me and started ill-treating me, they kept me aloof, I did not spend time with my children and wife.

While I was drowning, help came to me in the form of a SKY Teacher, who saved me from spiralling down. Swamiji's concept of God, his teaching on family and its importance, more importantly his emphasis on Spouse relationship and family responsibility and harmony created a deep impact in me.

Yes the process has taken time, constant counselling by my teacher, who at times was strict like a Parent and categorically instructed me, "Put family and self before God".

This was mere reemphasis on Swamiji's teaching, which are simple yet powerful, logical and practical to all eras. I feel blessed to be a discipline of this great soul.

SKY changed my life, today my family is grateful for the change, I have understood the meaning of Family in its truest sense. More importantly, I have found God , not my earlier perception of him , but a realistic God , who lives within us , who I see in my wife, children and others (I am trying to).

Finding God was a madness , today I have found Divine, and it's sheer Bliss...

(Experience of a Rajasthan Jaipur Businessman who is a devoted SKY Member)

### VSP ( Village Service Program )

This program is changing lives in almost 150 villages in Tamil Nadu (India).  
Read more about this in our next months release.

Be a part of this noble cause of SKY by contributing or adopting a village.  
Visit the below site for more information

<https://vethathiri.edu.in/vsp/>

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Visit Updates  
Soon**

**October Issue**  
**Updates of the AGM  
2018 meeting held at  
Aliyar. Stay tuned for an  
exciting and informative  
ISSUE ...**

#### SCHEDULE OF EVENTS— OUTSIDE INDIA

#### Dubai Program Schedule - October 2018

- Oct-05: Introspection-3 (Tamil) / Muhaisnah 4-Dubai (8.30am-5.00pm)
- Oct-12: Wife Appreciation Day / Al Twar 2, Dubai (5.30pm-9pm)
- Oct-12 : Thava Thathuva Vilakkam / Muhainsah 4 -Dubai (9.30am-1.00pm)
- Oct-13 : Thava Thathuva Vilakkam / Muhainsah 4 -Dubai (9.30am-5.00pm)



- ⇒ Please give your feedback and inputs for improving this newsletter .
- ⇒ Contribute by sending news about the centres around the world and share your experiences.
- ⇒ We need designers to help us spread Swamiji's message with professional standards. This will help us with continuance and increase outreach all over the world. Do mail us if you are interested....

Mail id - [wcsc.fc@vethathiri.edu.in](mailto:wcsc.fc@vethathiri.edu.in), [wcsc.osfc@gmail.com](mailto:wcsc.osfc@gmail.com)

**For feedback and for  
advertisement please contact  
[wcsc.osfc@gmail.com](mailto:wcsc.osfc@gmail.com)**

#### **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.fc@vethathiri.edu.in](mailto:wcsc.fc@vethathiri.edu.in).*

*Will also eagerly look forward to your updates and photographs of the events/programs that have been conducted too.*

#### ***Marriage & Relationship***

To make your life sensible,  
Don't be between fences

When I do nonsense,

You make sense

When you do nonsense,

I will make sense

That's life's sense,

Given LICENSE for marriage.





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

**WCSC - OSFC**

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