

Wave: 11
Jun 2019
18 PAGES

from World Community Service Centre - OSFC

VeWa

Waves of Vethathiri

THE AWAKENING BEGINS

VeWa Weaves

Timeless blending of Virtues



VeWa Secrets

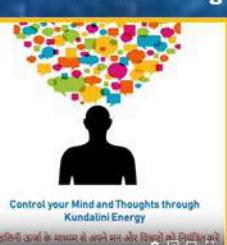
Mystic Energy of Ancient Sages
- Demystified

Is your Mind
your Friend or
Enemy?

क्या आपका मन आपका दोस्त
या दुश्मन है?

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VeWa for Kundalini and Kayakalpa Yoga



Control your Mind and Thoughts through
Kundalini Energy

- Centre for Yoga and Spiritual Education -

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VEWA NOTE

At the outset VeWa team thanks all the eager readers who communicated with us regarding subscription to VeWa. Waves of Vethathiri is a humble effort to spread the waves of our Guru. Read, Imbibe, Practice and Share.

Change is the only constant in Life. Destiny is

*Awareness increases the will power.
Will power increases the power of thought.
Thought force activates the physical body and
eventually the results are produced.*



*Every Saint has a past,
and every Sinner
has a future.*

Oscar Wilde

predetermined, based just not on our past actions, but by our conscious thoughts, words and actions. Instead of succumbing to our predispositions, we can change the quality of our stock and accordingly, the results would undergo modifications.

We do have freedom to modify our destiny. "Every sinner has a future and every saint had a past". **Constant awareness** of not only one's words and actions but also of one's **thoughts is important**. Swamiji beautifully articulates the need for thought purification. **VeWa Weave**, weaves a timeless blending of **virtues for everlasting happiness and morals**.

Siddhas discovered the secret to life, the mystic energy. **VeWa Secrets** is giving you in depth details of this **demystified secret** of the **Ancient sages** that was taught to us by Swamiji. What was a gift to humanity by the Siddhas but was almost lost to humanity, Swamiji revived it and has given this **ingenious gift** to the world wrapped in **simple steps** that can be followed by **anyone, Young or Old**.

May 2019 was an eventful month, WCSC as an organisation of the World achieved a significant

milestone towards our Guru's ultimate goal.

Read about this in our **Special Edition** that will be released soon after VeWa June '19 release.

An opportunity to make a difference, to be the part of a bigger goal, to be the change agent for a **generation of spiritual transformers**. **Special Edition** will carry details of how you can be a part of this journey. We are positive that as a SKY family all will join hands, hold strong and build together, **The Vethathirian World**.

To our **overseas SKY members**, there is an occasion to leave your footprint in Gurus abode. Valuable teachings, connections that will be cherished, idea generation, troubleshooting problems and issues, a one of its kind forum of SKY overseas Family. **Special Edition** carries details of this **incredible engaging diaspora**, in the pious land where the waves of our Guru embrace you.

Take time to Read VeWa, bask in the Guru teachings and his knowledge, and take **an oath** to make it a **way of life**, **practice** it with **dedication**, **discipline** and **diligence**. Become an **enricher** of "**Self**", an **enabler** for "**Others**", a **catalyst** for "**Change**" and an **Ambassador** for "**The World**".

ONE MOMENT CAN
CHANGE A DAY,
ONE DAY CAN
CHANGE A LIFE AND
ONE LIFE CAN
CHANGE THE
WORLD.

Buddha

Thanks to the members who have subscribed with VeWa Channel to get their connection with the English and Hindi videos. Recommend your friends for **VeWa Channel subscription** and **VeWa Facebook**

To see the earlier issues of VeWa, please visit <https://vethathiri.edu.in> – MEDIA – Waves of Vethathiri.

BE BLESSED BY THE DIVINE



VeWa Weave -Happiness and Morals

a timeless blending of virtues

The legendary people who honoured Planet Earth with their presence can be found throughout the centuries of world's history. Their greatest contributions and gifts to the human society is the path shown towards compassion and self-realization.



The compassionate saint of South India, Shri Ramalinga Swamigal alias **Vallalar's (1823 -1874)** primary teachings was, "**Service to living beings is the path to Liberation/ Moksha**". He asserted that the path of compassion and mercy is the only way to realize the Divine.

Shri Vallalar explained the importance of having a balance in life through the following statements:

"The physical body functioning without disease is the happiness of first order;

Living without worry is happiness of the second level;

Living by helping the needy is third level happiness."

Vethathiri Maharishi's dream guide was Shri Ramalinga Swamigal. With the Divine guidance of Shri Vallalar, Swamiji realized the deeper concepts of nature and the morals that govern human lives.

Swamiji emphasized that compassion and love will spread throughout human race only when **Cultural Transformation** takes deep roots. Such a transformation gives us the capacity to base our actions on Wisdom rather than thoughtlessly acting on the force of our habits. Actions based on Wisdom are rooted in timeless values and are relevant and valid for all people, times and places.

Every **manifestation** in the **Universe** is made of **pancha bhoothas** (5 elements), without which

there can be no appearances in the universe. Also, **human beings** are a harmonious **collective functioning** of the **pancha bhoothas**. Without their subtle functioning, human existence and activities are impossible. Similarly, for the **smooth functioning of life** and to lead a successful, contented life, the **five-fold culture** becomes imperative.

In ancient times, when every other effort goes futile and to establish righteousness in the world, a powerful weapon called **Bramhastram** (the ultimate weapon used in ancient Puranas) was employed to **destroy** the army of the **enemies**. It is the last resort to which a staunch warrior yields to launch justice.

Swamiji says that the army of our **own negative thoughts hinder us towards a successful life**, in which case the most powerful, yet simple method has to be resorted. Swamiji gave the **Five-fold Culture** to pristinely refine us to purity.

Maharishi simplified it further to **The Two-Fold Culture** so that it becomes even easier to understand and implement.

Imagine **how the World** would be **if everyone puts these in to practice**. Eliminate the beastly qualities, shred away the six unwanted temperaments,

The Five-Fold Culture outlined by Vethathiri Maharishi:

I shall live with my own efforts using my physical and intellectual power.

I shall not harm or hurt anyone physically or mentally.

I shall not kill other living beings for my food.

I shall not snatch anything that belongs to others or the freedom of others for any reason.

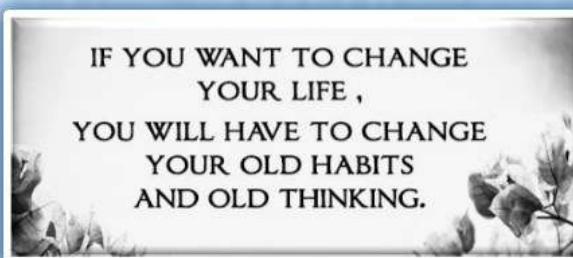
I shall render all possible help to those who are suffering.



purify the mind which would give dynamism to personality.

Swamiji asserts that by unfailingly following these, gradually man attains Wisdom. It provides an individual the maturity to think and live beyond personal desires, language and other differentiating sentiments. Such Wisdom alone can give the spiritual maturity; to have concern and care for the life, liberty and happiness of all human beings, no matter what language they speak, to which nation they belong, which name or symbol they use for worshipping the Supreme. **It is due to lack of Wisdom and refined cultural values that we have conflicts and develop hostility toward others leading even to world wars.**

Vallalar professed that **compassion is the path to**



see the **Ever-radiant flame of Grace of the Divine.**

Two-fold Moral Culture

I in my Lifetime will not create pain to others, physically or mentally

To the extent possible, I will remove the pain of others

~~ Vethathiri Maharishi ~~



Vethathiri Maharishi showed us the **practical ways** to tread the path of Wisdom, whereby compassion becomes the very quality of an individual, elevating every person to see himself or herself as the **Fervour-Flame of the Divine**.

Let us bow to the great Masters, lead our life incorporating these simple and yet very powerful values providing happiness of the highest order to self, Society and to the whole world.

VeWa SPECIAL EDITION—COMING SOON....

Vethathiri Maharishi College of Yoga

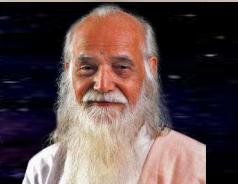
- ⇒ Learning is ageless, it defies barriers. Are you an eager learner?
- ⇒ Vethathiri Maharishi College of Yoga expanding to International Standards....
- ⇒ His vision in Mission, becoming Revision...
- ⇒ A great University of Maharishi in the city of Universe
- ⇒ Stay tuned for Special Issue to get the secrets of HIS University
- ⇒ Get ready to travel with HIM.....



VeWa Secrets

MYSTIC ENERGY OF KAYAKALPA YOGA

(UNDERSTANDING BIO-MAGNETISM AND THE ROLE OF KAYAKALPA)



Join us in the journey, where we trace the steps of the Ancient Sages. The Siddhas possessed a treasure chest of mystic energy that made their body ageless, their mind intuitive through which they unearthed and discovered deep secrets of Nature and Universe. They travelled through times of change and transcended spheres of spirituality with their strength of this energy.

So, where is this MYSTIC ENERGY? ***Is it an external one***, a universal energy or energy of the Divine?

Our beloved Guru, Vethathiri Maharishi, through extensive research on Self, ***unravelled the MYSTIC energy and demystified it***, making it accessible to everyone interested in harnessing it. Every life, object, invention, discovery etc. revolves around the Theory of Magnetism. Bridging the gap between Reality and Mysticism, Theory and Practicality, Swamiji gave the World the ***Secrets of Magnetism***.

Magnetism that is present all around is the ***Universal Magnetism***. This is all encompassing and ***omnipresent*** and ***omnipotent***. The first step to understanding Magnetism around us and within us has to begin with knowledge about our Body, ***Bio-Magnetism***.

The common science term, 'metabolism' is widely used throughout the world, but its philosophical significance is rarely understood. Swamiji explains that this is a juncture where the share of bio magnetism and kayakalpa play a crucial and vital role in redefining the understanding humans have held towards life.

Human body requires essential nutrients like



carbon, hydrogen, oxygen, nitrogen, phosphorus, sulphur, and around 20 other inorganic elements. In addition, vitamins, minerals and water are also necessary for proper functioning. The breakdown of nutrients for obtaining energy for the trillions of cells of the body should be adequate to maintain the physical and mental health of an individual.

For example, if calcium is consumed less than the required quantity, then the body starts taking calcium from our bones and performs the essential functions. This leads to the deterioration of our bones and teeth.

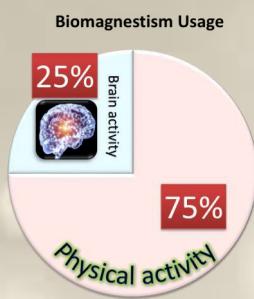
Essential nutrients supply energy (calories) and the necessary chemicals which the body itself cannot synthesize. Food provides a variety of substances that are essential for the building, upkeep, and repair of body tissues, and for the well-organized functioning of the body.

Vethathiri Maharishi says that the human body is a biological unit in which ***every cell*** in the body functions as a ***miniature factory*** – a complete structure with its own magnetic, electric and chemical functions. There are myriad processes which the cells do in the movement of molecules in and out of the cell.

By bio-magnetic function, each cell draws just what it needs from the running system and eliminates what is not required. The flow of bio magnetism in the body binds the cells together, energizing their polarities. Only when the polarities of the cells are harmonized, the body can be healthy and strong.



Cell is called a factory. When we visualise a factory, we think of a huge structure sprawling over vast lands, and with varieties of amenities needed for efficient working and maintenance.



Cell is the most advanced sophisticated factory of the Universe that exists in our body.

Though tiny, it possesses a unique intelligence, capacity to draw what it needs and eliminate the unwanted.

Swamiji emphasizes that a deeper understanding of bio magnetism and the practice of kayakalpa will help to bring awareness in life. He explains the philosophy as below:

"A major portion of bio magnetism (about 75%) is used up by the physical body for maintaining the metabolic routine – digestion, elimination of waste products, transportation of nutrients to where they are needed and transformation of food into juice, blood, flesh, fat, bone, marrow and vital fluid. In this manner, continuous manufacture and conversion occurs within the body."

This is the metabolic routine. All this cannot be

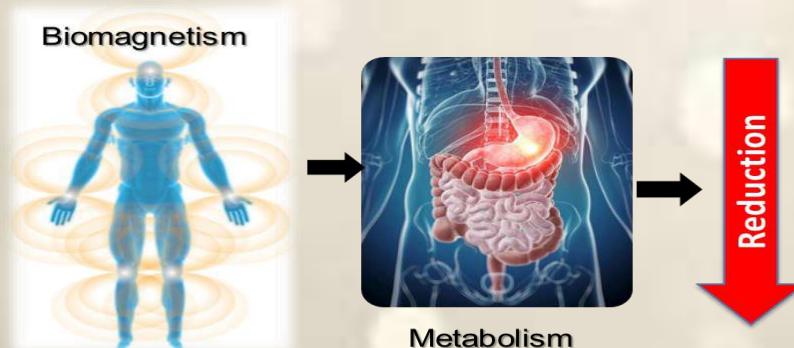
and reflect the experiences and enjoyments. This will sum up to all the psychological functions (mind).

The practice of kayakalpa **intensifies the biomagnetism**, helps in assimilation of the nutrients required for the proper functioning of the body, expels the toxins and maintains the metabolic routine. The practice streamlines the mind and gives clarity to the individual as to where he or she must productively channelize their energies. The **intelligence of each and every cell of the body is enhanced**, the process of aging is delayed as the practice strengthens the nerves and muscles and so youthfulness is maintained.

Animals are good in producing and retaining their bio magnetism whereas the sixth sensed human system, the last in the ladder of evolution, is **lacking in retaining and harnessing this energy**. Among the animal kingdom, horse is the most powerful in the chain that produces this energy in abundance.

Ancient Sages observed the animals in detail and wondered how they managed to retain this energy. Through time, they applied the techniques in human system and discovered the mystic energy of kayakalpa.

In addition to physical well-being, there is



- Disturbs Metabolic Routine
- Lowers Psychological functions
- Reduces Mental Functions
- Affects involuntary functions of breathing, blood circulation

accomplished unless there is sufficient intensity in the bio magnetism. Also in order to execute all these bodily functions, the body must be maintained at the proper temperature.

The other portion of the bio magnetism (remaining 25%) goes to the brain cells to enable an individual to feel, understand, compare, calculate, imprint

significant **spiritual benefit** derived from the practice of kayakalpa. The value of the vital fluid in the human body and the art of maintaining it well in **quantity and quality** are not known to a majority of people in the world. This ignorance causes many disturbances in the human society.



Swamiji enunciates that if the science of body chemistry and the art of increasing one's immunity level against illness and aging process are understood, the entire world will undergo spiritual transformation and enjoy a harmonious and peaceful life. Moral behaviour and spiritual awareness will prevail, resulting in happiness and prosperity of human race.

Empowered with the sixth sense, humans should

- ❖ ***Learn and imbibe the secrets of bio magnetism***
- ❖ ***Identify suitable techniques to increase this demystified powerful energy***
- ❖ ***Practise it consistently; change the intelligence of the cells using the techniques learnt.***
- ❖ ***Through regular practice, it will form a part of our routine. But the benefits it gives is phenomenal.***

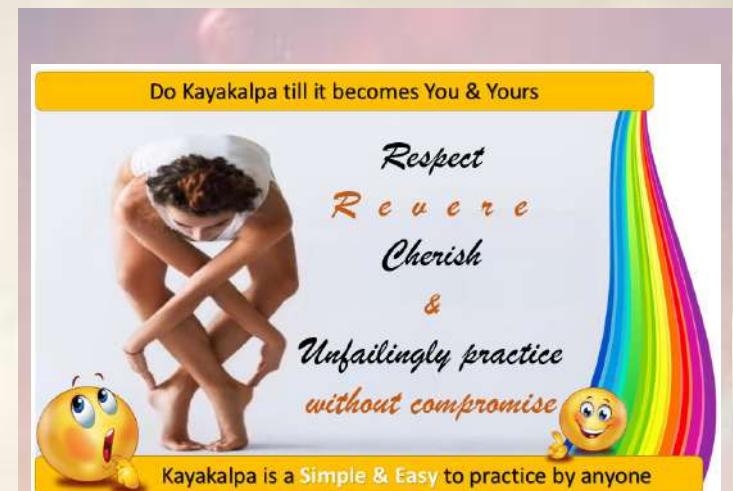
The above knowledge cannot be fully expressed through words as the accruing benefits through consistent practice supersedes the realm of calculation.

Imagine a poor man who had starved for days together. His life is in shambles for the want of wealth. Suddenly, by the luck of the day, he finds the treasure chest filled with diamonds and gold. How would he be reacting to it? Won't the happiness of finding abundant wealth overwhelm him? Will he not plan to lead a comfortable and happy life with the treasure for the rest of his life?

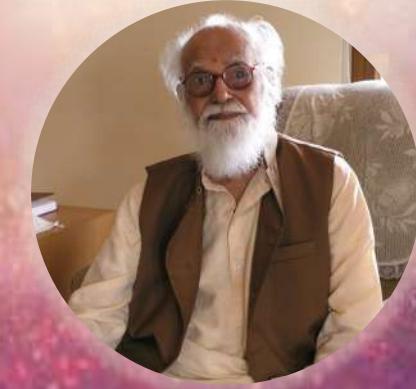
Swamiji asserts that, **Kayakalpa** is a **treasure for human race**. For centuries, mankind has starved for the right knowledge about Nature and its working. With the growth of technology, material wealth is in abundance, but there is dearth of spiritual wealth. With grace of the Divine, and incalculable efforts of divine souls, this knowledge is unravelled for the welfare of human society. It is time for us to **respect, revere, cherish and unfailingly practice it without compromise**.

Knowledge about kayakalpa and its sincere and devoted practice is bound to bring a chastening transformation throughout the world. Kayakalpa directs the way to lead a blissful life as shown by the enlightened sages, and leading life with the guidance of Guru makes it all the more easy to follow and enjoy the Bliss.

Let us from this very moment, **take a vow of practising kayakalpa sincerely every day**. With undeviating and unswerving practice, **it becomes as natural as breathing**. Once the mental eyes are opened to truth, they can never be closed again. Swamiji has given us the treasure of life and it is left to us to use the treasure to transform ourselves.



**PRACTICE, PRACTICE ALONE, CAN SHOW US THE PATH
TO REACH THE SUMMIT OF PERFECTION**





VeWa Ambassadors

SKY Professors visiting abroad



USA

Visiting Sr. Prof/ Prof.	Trust/Zone	Visiting Country	Date From	Date To
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
Kandasamy	Chennai	USA	01-Apr-2019	30-Sep-2019

Middle East & Other Countries

Visiting Sr. Prof/ Prof.	Trust/Zone	Visiting Country	Date From	Date To
Balachandran Ganeshan	Aliyar	Malasiya	15-Jun-2019	30-Jun-2019
Jayanthi Balachandran	Aliyar	Malasiya	15-Jun-2019	30-Jun-2019



VeWa Sprouts

(Upcoming Events)

BAHRAIN

12 Jul – 2nd Introspection (Tamil)
19 Jul – 2nd Introspection (Tamil)
26 Jul – Kayakalpa Yoga (Tamil)

Regular Session

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

DUBAI

- 7 & 14 Jun – Kayakalpa Yoga (Tamil & English)
- 14 & 21 Jun – Introspection II (Tamil)
- 14 & 21 Jun – Introspection III (English & English)
- 14 & 21 Jun – Introspection I (English)
- 28 Jun – Silence
- Fridays – Exercises, Meditation and Food for Thought

USA - Atlanta SKY Centre

1st Saturday – Kayakalpa Yoga
2nd Saturday – New Batch
3rd Saturday – New Batch
4th Saturday – Introspection

DELHI

5 & 6 Jun – Master Course (English)
22 & 23 Jun - Introspection 2 (English)
6 & 7 Jul – Introspection 1 (English)
13 & 14 Jul – Foundation Course (English)
20 & 21 Jul – Foundation Course (Hindi)
27 & 28 Jul – Introspection 1 (Tamil)





VeWa Media - OSFC Online / Live

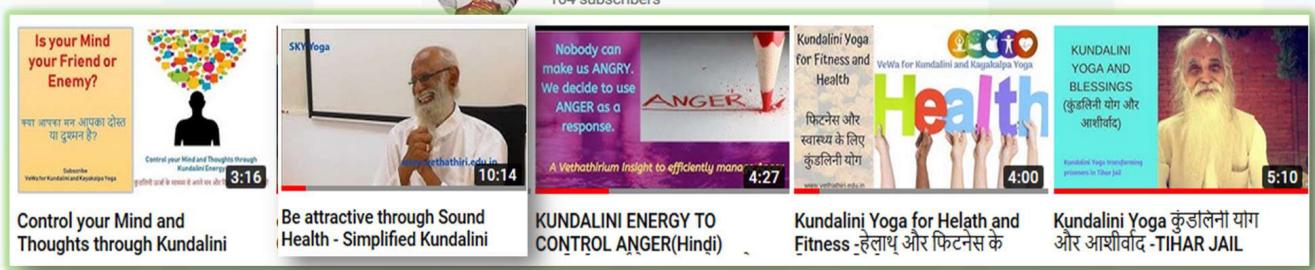
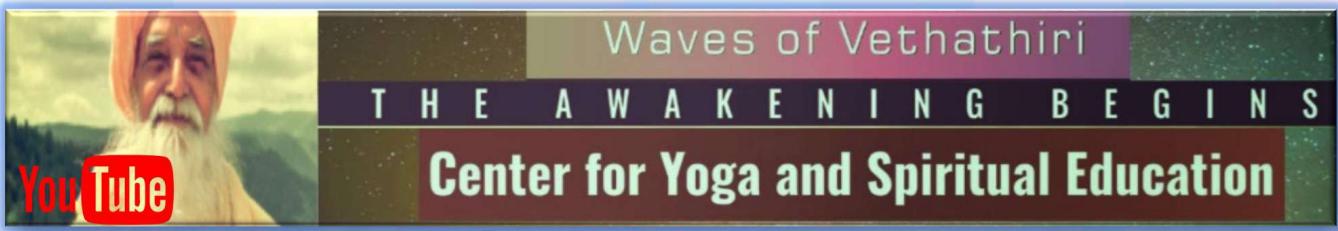
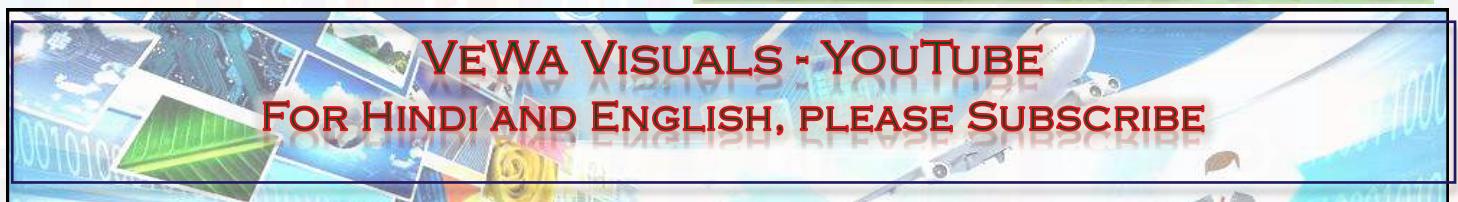
If you want to organize Live discussions with OSFC Directorate team either through SKYPE, HANGOUT, WHATSAPP OR any other Media platform, please write to us @ wcsc.vewa@vethathiri.ac.in or WhatsApp us @ +91 9487061370



Weekly Session with Chicago



**VEWA VISUALS - YOUTUBE
FOR HINDI AND ENGLISH, PLEASE SUBSCRIBE**



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



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VeWa SPECIAL EDITION—COMING SOON....

- ⊕ Return of the reign of Peace from 1975 to 21st Century? A Visionary's plan taking the first step to reality.
- ⊕ UNO to be the World Government, the Vision of a One-man army !
- ⊕ Aliyar to New York, Geneva, mapping the route to Peace.
- ⊕ Vethathiri Maharishi's Blue Print for World Peace at UNO, how ?
- ⊕ Be a part of one of the best NGOs across the world, when ?
- ⊕ Are you all ready to be a part of this journey – The Missionary's path?
- ⊕ When and What happened



- # Meet at the Bliss Land, Aliyar to bring the Universe in You
- # Merge with the energies of Maharishi which touched His physical presence on Earth, 14th Aug
- # Surrender your Challenges / Experiences / Plans / Ideas at HIS feet
- # Imbibe the spirit of World Citizenship
- # Gathering, to bring your energetic services to its vibrant peak
- # Return Home with abundant joy
- # WCSC President and other Senior Professors will join us



Coming Soon



VeWa Blossom

MIDDLE EAST

Sharjah Ladies Center
Muwaileh, Sharjah



SKY YOGA FOR
CHILDREN
MUHAINSNA Center

GREEN COMMUNITY@DIP
Kayakalpa Yoga



Bahrain SKY
Center
Kayakalpa
Course for
Youths
&
Weekly
Group
Meditation
Sessions



Kingdom of Saudi Arabia
Riyadh



Kayakalpa Yoga
Course

Qatar - Weekly Special Couple Meditation Session



Kuwait Fahaheel Center
Regular Class

Donation for
Yoga College
Kuwait
Abassiya
Center



VeWa Blossom

MALAYSIA



Rawang & Brickfields Members in Silence



Tanjong Rambutan & Kulwang Center- Foundation Course



VeWa Blossom

UNITED KINGDOM



U S A



Introspection Course



North Carolina
Introspection
Level - 1



Atlanta SKY Center





VeWa Blossom

CANADA



Session with Senior Citizen Group -1



Session with Senior Citizen Group - 2



Kayakalpa Course

SINGAPORE



Singapore SKY Center – Kayakalpa Course



INDIA - DELHI



Delhi SKY Center - Foundation Course



Yoga for Youth Empowerment – Kayakalpa Session



VeWa Blossom

Celebrations at Seremban SKY Centre Malaysia

(Swamiji's Waves spreading in the land of Malay)

Vethathiri SKY Manavalakalai, Malaysia, celebrated its second anniversary with grandeur and magnificence. Jubilations went on **4th and 5th May.**

Among the Dignitaries invited to adorn the celebrations were Senior Professors: Dr. K. Perumal, Uzhavan Thangavelu, Balachandran and Jayanthi from India. The function was widely attended from all strata of Malaysia, Representatives from the Government of Malaysia, Representatives from Schools where SKY system is being taught and office bearers among others.

Planets, Universe and the Ancient Siddhas bejewelled the Function hall decorations.

Several Special programs were organised to commemorate this auspicious occasion.

The programs included Convocation Program for those who completed the SKY Certificate Program; Special addresses by Senior Professors and representatives of Government and NGOs, Debates, Dance and Song programs based on Maharishi's works.

The Centre's exemplary work in **10 schools** was cognised by the Government of Malaysia.



Grants were announced by **Government of Malaysia** to take up programs in more Schools. Over the last two years, the SKY Centre in Malaysia through focussed efforts and unwavering dedication has done and continues to serve the people residing in Malaysia through SKY.

Conducting Classes, group mediation Sessions (**twice a day and six days a week**), reaching out to various **schools** for classes are some of the regular programs conducted. About 500 people have undergone various programs and about **35 persons Visited Aliyar to take part in the Brahma Gnanam course.**

As the World community Service Centre of our beloved Swamiji, let us join together to **congratulate the Malaysian Meditation Centre and bless them to continue our Gurus Service to all corners of Malay Region.**



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

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