



LIFE PATHWAY

unlock your INFINITE SHAKTI

The Mentor Speaks



On the pathway of Meditation, a person becomes positive and celestial
The Cosmic Energy - Prana Urja, unlocks all blockages inside the body. It converts the heavy energy within you into creative energy

- Dr. Archika Didi

Features

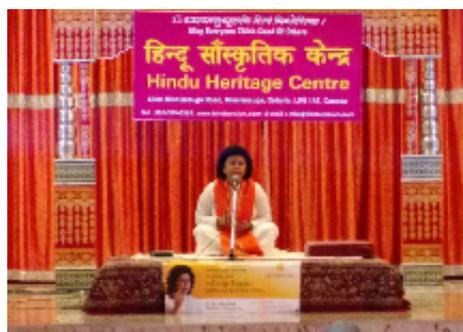
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Editorial

Talent, intelligence, potentials, commitment and focused efforts can't be measured by age, experience or status. These inborn yet groomed and cultured personality traits adorn a rising persona. Yes, I feel greatly honored and pleasure in introducing LIFE PATHWAY -THE INSPIRING CONCEPT OF LIFE BY DR ARCHIKA DIDI. Words have always been short to explain the energizing, dynamic, enterprising, inspiring yet peaceful, rhythmic and attractive persona of DR ARCHIKA DIDI. Dr. Archika Didi at such a young age has achieved enormous love, regards and devotion from thousands of people who have been following her vision of JOY FOR EVERY LIFE through LIFE PATHWAY. She has been accepted and embraced by eastern and western world equally which is significant when thousands attend her meditation sessions and intense workshops worldwide.

Life always gives us choices, it is our thinking, wisdom and intellect to follow the right and correct PATHWAY. LIFE PATHWAY an inspiring and dynamic vision of Dr. Archika Didi is transforming many lives like it's punch line "unlock the infinite shakti"! Every human being is powered and engulfed with immense

powers which can be directed, diverted and disciplined to infinite levels. Dr. Archika Didi with her captivating, engrossing and blissful techniques is leading many on this PATHWAY OF HAPPINESS, JOY, PEACE, RHYTHM AND BLISS. LIFE PATHWAY is showing thousands a true path of eternity, balance and introspection in their worldly and spiritual worlds.

We feel immense pleasure in bringing you our FIRST EDITION OF E-NEWSLETTER by LIFE PATHWAY which will surely transform all the fears, phobias, distress, dismay and unhappiness to eternal joy and peace. It will initiate to unlock the infinite sources of energy in every human being.

WELCOME TO THE LIFE PATHWAY OF INFINITE ENERGIES.....

Editor

Shashi Khanna



Be Alive



Dr.Archika : Meditation to energise
by Dr Archika Didi

Didi's Profile



Dr. Archika Didi in a very simple, noble and motivating voice prompts the individual to be alert about himself. The message is simple, Arise, Awake and Introspect, bodily, mentally, emotionally and spiritually. She prepares you to handle the dualities of life in a cool and calm way. Dr Archika Didi is an amalgam of divinity and serenity. The name Archika Didi, has a deep and divine connotation. The word Archika has its origin in the root (Dhatu) in Sanskrit 'Arch', meaning thereby to pray. Pray to whom, the divine, the absolute, Almighty, God. And she, who is deeply devoted to the Lord, who is lost in the meditational moods to realize the Absolute, is 'Archika'.

She enjoys the legacy of divinity from her father, a world-renowned saint, respected and held in high esteem by millions of his devotees throughout the world, His Holiness Shri Sudhanshuji Maharaj. With the object of ensuring the physical, mental, intellectual and spiritual growth of women in India, His Holiness established Shri Shakti Manch on 4 August, 2011 and assigned the leadership of this

organization to Dr. Archika Didi. She has implemented a wide range of programmes like holding meditation and yoga camps, organizing seminars, holding workshops, self-defense, beauty-parlor, computer and sewing training classes to awaken the women and generate self-confidence in them through Dr. Archika Foundation, started in 2013. She has managed all the programmes successfully and she by organising yoga and meditation sessions in USA, Canada, Australia, Hongkong, Singapore and many other countries, besides India, has established herself and is now recognized as one of the most competent Yoga-Gurus in the world. She has earned name and fame in India and abroad. She has captivating techniques of communication in Hindi as well as in English. Choice of words is very intelligent, which confirms her vast readings. The communication is clear, candid, soft, sweet, consistent and crystal, which directly goes to the heart of the listener, penetrates into the receptive cells of his memory and is ultimately drowned

into the domain of Chitta, so as to enable the listener to revive the input and utilize the output whenever required again. What makes this meditation master unique is her all-encompassing knowledge in the fields necessary to make one mentally, physically, emotionally and spiritually healthy. Having thoroughly researched the Science of Inner Transformation, she is a highly accomplished meditator and scientist who has mastered Human Science, Yogic Science, Food Science, Alternative Medicines and Dentistry. The degrees of Doctorate in 'Alternative Medicines' and 'Yogic Sciences' are additional feathers in her cap of exemplary achievements at such a young age. With love and fresh insights into the timeless wisdom, she offers the ultimate truth in a simple manner. She rekindles that missing spark- the spark of awareness that makes us catch hold of the lost chord that brings us closer to ourselves. She is the youngest receiver of the PRESIDENT AWARD- DINKAR SAHITYA RATAN by the honorable President of India Shri. Pranab Mukharjee.

News Diary

North American Continent Energised With Peace, Trance And Bliss By **Dr. Archika Didi**

New Jersey, USA
26th August, 2015



On the loving invitation from people in America, Dr. Archika Didi visited New Jersey on August 26, 2015 to hold a meditation seminar at various locations. She was given a warm welcome by her followers. On the very day, there held a small question answer session with local neighbourhood group of Americans. They asked questions about how to keep mind stable, how to have a successful marriage, success in career and how to balance work and life. The group was very much impressed by her session and found it very informative. They all thought it was very simple to apply it to the daily routine. They were very satisfied with Dr. Archika Didi's responses and were pleased to meet such a mesmerizing personality.

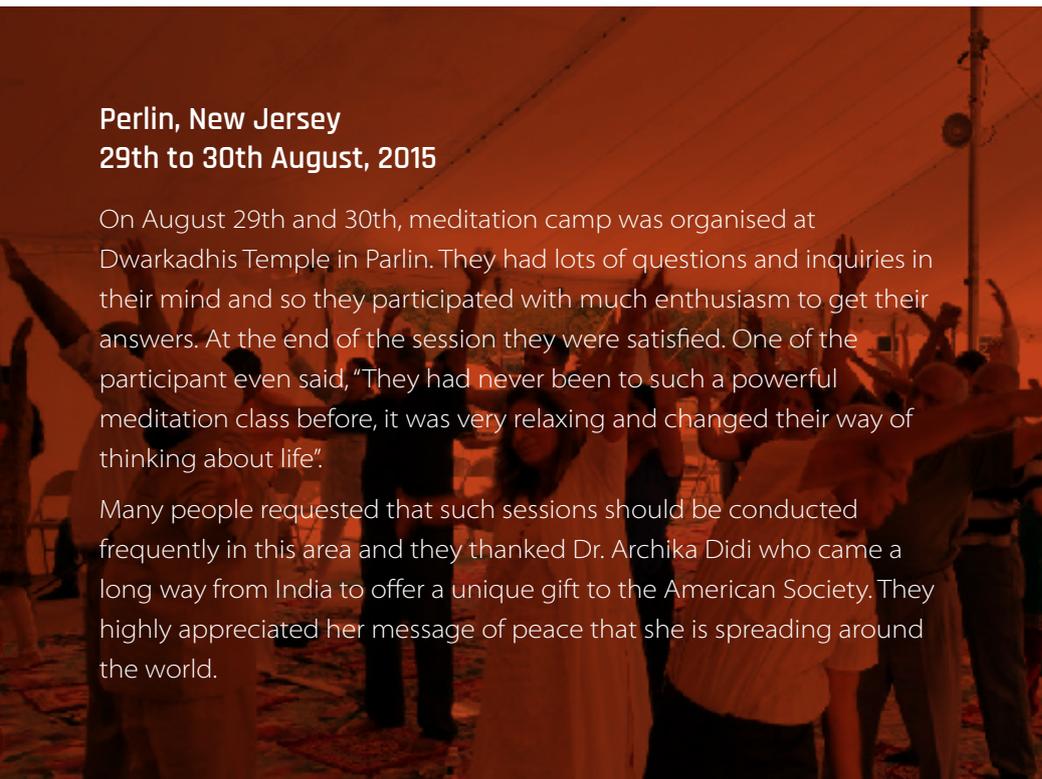
Topics for the program at New Jersey

- How to decompress and tune in with yourself.
- Guided and silent meditations.
- How to calm the stressed and overworked mind.
- Unlocking the infinite Shakti and experiencing the everlasting bliss.
- Introduction of Pranic foods in daily life style.

Perlin, New Jersey 29th to 30th August, 2015

On August 29th and 30th, meditation camp was organised at Dwarkadhis Temple in Parlin. They had lots of questions and inquiries in their mind and so they participated with much enthusiasm to get their answers. At the end of the session they were satisfied. One of the participant even said, "They had never been to such a powerful meditation class before, it was very relaxing and changed their way of thinking about life".

Many people requested that such sessions should be conducted frequently in this area and they thanked Dr. Archika Didi who came a long way from India to offer a unique gift to the American Society. They highly appreciated her message of peace that she is spreading around the world.



Mahwah, New Jersey
30th August, 2015

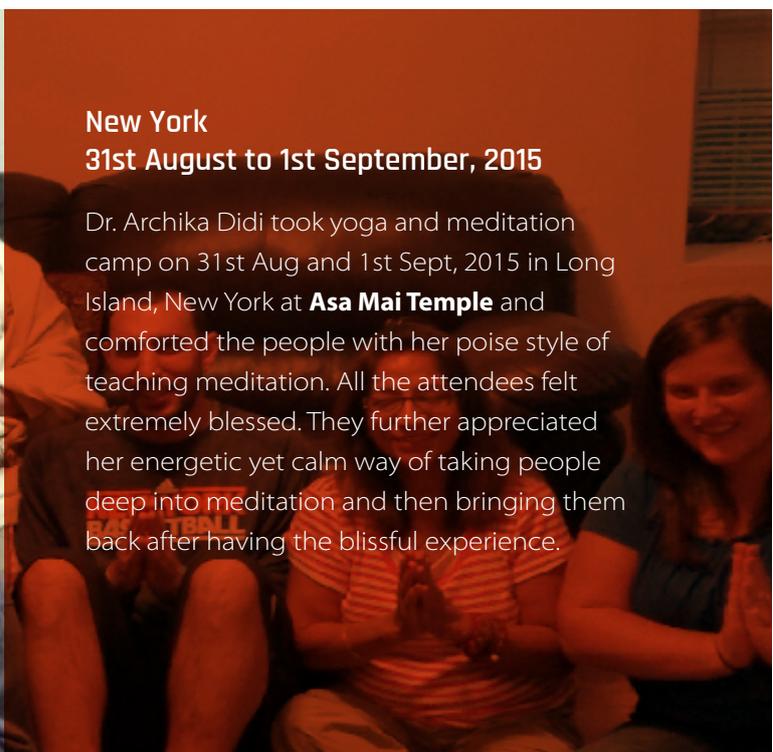
Hindu Samaj Mandir, Mahwa. NJ the biggest and most magnificent temple in Bergen county and Rockland county area invited Dr. Archika Didi for her LIFE PATHWAY, meditation sessions on 30 August 2015, evening.

Dr. Archika Didi was welcomed with great respect, love and devotion by the highly educated, elite and professional society of NJ. Dr Archika Didi was welcomed with great honour. Her knowledge, technique, way to conduct meditation sessions was amazing and most liked and loved by all participants. The spark of fresh air which she brought with her swayed all to divinity and into immense peace. Her energetic way of conducting the meditation sessions yet with utmost maturity, skill and thorough knowledge of her subject kept all mesmerized in her divine aura. The program concluded with gratitude and grateful farewell to Dr. Archika Didi. All present appreciated the social work projects run under the guidance of Dr. Archika Didi in India. Her way to motivate youngsters and guide young and old equally towards a happy and balanced life was very much talked about in the American Community.



New York
31st August to 1st September, 2015

Dr. Archika Didi took yoga and meditation camp on 31st Aug and 1st Sept, 2015 in Long Island, New York at **Asa Mai Temple** and comforted the people with her poise style of teaching meditation. All the attendees felt extremely blessed. They further appreciated her energetic yet calm way of taking people deep into meditation and then bringing them back after having the blissful experience.





Ohio
4th - 7th September, 2015

Dr. Archika Didi took yoga and meditation camps on 4th & 5th September, 2015 at Miami Valley, Yunitayan and on 6th & 7th September, 2015 at Cincinnati, Ohio, where she taught how one can attain internal peace, relax themselves and maintain healthy body and environment. She said that, "God in the form of light exists in every living creature, one should connect himself to that ultimate truth and start exhibiting internal peace and calmness. This state of cutting yourself from outer world and connection to the Supreme Power can be achieved through yoga and meditation".

She further said, in the present world where everyone is in a rat race to earn a position in materialistic world, one is losing his health and peace of mind. But one should always remember that health is the most important wealth and that one should always live a disciplined life. A group of young American girls came to meet Dr. Archika Didi and enjoyed a quality time with her. The girls felt amazingly blessed and filled with positive energy. They were rejuvenated after having a small informal query session with her.

A large number of Indian residents and Americans attended the camp headed by Dr. Archika Didi and experienced new heights of peace and poise.





Chicago 9th to 14th September, 2015

Vishwa Jagriti Mission North America was honored to organize several programs conducted by world renowned meditation and motivation master Dr. Archika Didi, who is the founder of Life Pathway. Program started from Hari Om Temple on Sept. 9th where a group of ladies who meet for monthly satsang, invited Didi for meditation. Didi conducted a guided meditation for 20 minutes after telling them what meditation is and why is it important. Everyone loved it, some were speechless and expressed their gratitude. They requested Didi to visit again.

On sept.10th, a visit was scheduled to go to the Theosophical Society in America where she was warmly greeted by John Ciancioso, the event director. He was delighted to meet Didi and gave her the tour of their organization. Didi also got the chance to meet Tim Boyd, the president of the organization who was very interested to have Didi's programs at their place in the future.

Sept. 11th was a historic and extremely significant day indeed. Dr. Archika Didi spoke on the same platform, same place, same stage as

Swami Vivekananda addressed his famous speech in The Art Museum of Chicago exactly 122 years ago and became world famous. It was an extremely proud moment and highlight of Didi's trip. Didi spoke on "Vedantic Values in Hinduism" which was very well received by the entire audience. Elite people like Dr. Margret Rose who is a TM teacher and doctorate in World Peace were participants in Dr. Archika Didi's session. They all appreciated and joyously welcomed the meditation techniques of Didi.

Sept. 12th, there were two meditation sessions, one in the morning at White Eagle Clubhouse and the other one at the Schaumburg Library in the evening. Sept. 13th, meditation workshop was organized in the midst of amazing nature, at the Morton Arboretum. These three meditation sessions were enjoyed and liked by all who attended. Dr. Archika Didi imparted a lot of wisdom and guided everyone on how to absorb the energy from the Universe. Different breathing techniques were shown and explained. Some fun filled activities were also included to improve memory, stay focused and calm. Some American

people who attended the workshops were fascinated by Didi's simple yet significant techniques, her way of teaching it and her poised voice. Who would ever think that training our attention to mindfulness can be so simple, so powerful and fun too. People were awe struck to say the least and some call her "angel". They requested her to come back soon.

Sept. 13th was celebration of Hindi Divas in the evening and Didi was the chief guest and received a warm welcome from huge Hindi crowd where she briefly spoke on the importance of Hindi in our scriptures. Everyone was spellbound with her command on Hindi language too. Medical and IT professionals were part of the huge audience.

Sept. 14th, Didi was invited by Ms. Santosh Kumar who is a CEO of Metropolitan Asian Family Services in Chicago. Didi was welcomed at their center by Ms. Santosh Kumar and other officials. Didi gave a mesmerizing discourse in Hindi and left everyone spellbound.

In Few words, city of Chicago was blessed to have this blissful opportunity and guidance from Dr. Archika Didi.

THOUSANDS LEARN THE BLISSFULL PATHWAY THROUGH LIFE PATHWAY SESSIONS

Toronto, Canada
15th to 23rd September, 2015

Dr. Archika Didi, a world renowned meditation and yoga Guru, was in The Greater Toronto Area in September and conducted numerous Life Pathway Meditation Workshops across the area. The World Awakening Mission of Canada (WAM) led by Mr. Romesh Dhir; with blessings of Sadguru Sudhanshuji Maharaj hosted the workshops and was honored to have Didi here in the lovely fall weather.

15th of September was an auspicious and beautiful day for all the devotees of Sadguru Sudhanshuji Maharaj as they warmly welcomed Didi to Toronto. The group of devotees arranged for a reception and had a small session with Dr. Archika Didi where they expressed their utter joy of having her in Canada. In the evening Didi visited the Gauri Shankar Temple of Brampton where the devotees have the monthly satsang. She also gave a brief discourse and the temple was overflowing with people trying to get a glimpse of Didi. Many were delighted to see her as they wanted to experience her meditation again after the lovely tour of 2014.

On The 16th of September Dr. Archika Didi was welcomed to Toronto by Honorable Akhilesh

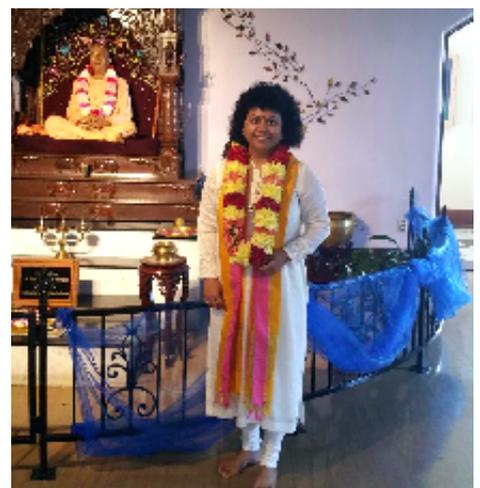
Mishra, the Consul General of India to Canada. He said that Canada has the largest Indian community outside India and appreciated Didi's efforts to reach out to them and share with them the rich heritage of India. They enjoyed talking about their common rich traditional culture of Uttar Pradesh. Didi presented Akhilesh ji with "The Philosophy Revealed", a rare treasure reflecting the 60 glorious years of our Sadguru and also invited him to Ananddham Ashram the next time he visits India.

Later on Dr. Archika Didi was invited to the ISKCON Temple of Toronto. She was welcomed by the Temple director, Prabhu Bhaktimarg Swami with a lovely fragrant flower garland blessed by Krishna. She enjoyed a nutritious vegan lunch at the temple and spent the rest of the afternoon on a scenic cruise on Lake Ontario with magnificent views of the Toronto skyline.

The evening of September 17 at The Ram Mandir was really blissful as Respected Didi taught 'Pranav Meditation'. She beautifully explained that Aum being the cosmic sound and the inherent vibration in all God's creation is the one we must learn to resonate with. People from different origins –

Guyanese, Canadian, Indian... all enjoyed as they experienced the bliss.

The Hindu Heritage Center, Mississauga invited Didi for a Three Day Meditation Workshop starting September 18th 2015. They were excited to have her again this year and people attended in big numbers. The meditation bonanza included topics like Healthy Body Healthy Mind; Stronger connection to nature & inner self and Mastering Creative Visualization. Didi said that we all possess the 'power of healing' and taught this in a beautiful way. Many people tried it and shared their positive experiences on the last day. "Meditation is the gateway to Godhead and one must meditate regularly for at least five minutes in order to unlock their true potential and dormant powers" said Didi. On the second day there was a question answer session where Didi addressed questions of meditators. Amongst the attendees was the Chief Coordinator of Patanjali Yogpeeth of Canada Ms. Uma ji and her team members. Uma ji complimented Didi and honored her for her immense contribution to improving the quality of life of people across the world and sharing



her knowledge with a scientific perspective making meditation a lot more simple yet powerful. Complimentary CDs of Didi's original meditation music were handed out to all attendees on the third day and everyone expressed their sincere thanks to Respected Didi for her valuable time and precious knowledge. Didi announced her initiative to take meditation to every household across the world as meditation is the only means of unlocking man's true potential or hidden powers. She said that meditation is the call of the day and that we must meditate every day.

On Saturday evening Didi was invited to the Brahmurishi Mission of Canada, Kitchener founded by the renowned Brahmurishi Shri Vishvatma Bawra Ji Maharaj. The presiding lady priests at the Temple, Swami Chaitanya Jyoti ji and Swami Haripriya ji were extremely delighted to see Didi. They welcomed her with love and Swami Jyoti ji prepared special vegetarian treats herself for Didi. Didi invited them to the Shakti Parv in 2016 and shared with them the vision of forming a congress of women who have dedicated their lives to spirituality and service of God. Didi addressed the assembled gathering that our inner demand is to achieve eternal happiness and that happiness is the result of inner peace. This inner peace can only be realized through meditation. Over a hundred people enjoyed the unique powerful yet peaceful evening of meditation with Dr. Archika Didi and



left with smiles on their faces and promised to follow her advice on meditating daily for atleast 5 minutes.

The final Life Pathway meditation workshop at the Niagara Hindu Samaj in Niagara was very special as Didi was in her most blissful and captivating state of bliss. She stressed that one must learn to unlock the powers hidden within and only meditation can make this possible. A miraculous incident was the highlight of the evening and left Didi amazed too. A Thai lady who has been meditating by watching Didi's videos on YouTube was invited to the temple by a friend of hers. She was unaware that the lady teaching meditation would turn out to be her Youtube teacher. The lady said "Dr. Archika Didi can I touch you and feel you to make sure that it is really you in front of me here today". She and her teenage daughter then enjoyed

a photo session with Didi and were so thankful for everything.

Being on the final leg of the tour, the evening was a retreat at the Niagara Falls with a relaxing walk and shower in the mist of the falls. Didi loved the spectacular lighting of the fall and everyone seemed to enjoy the special moments of relaxation after a week of hard work.

Didi spent some valuable time with the young teenagers the next day and seemed to be one of them. Watching them together was so amazing because Didi seemed to be in a jolly and relaxing fun filled mood spreading happiness and bliss all around. The day of departure had to come but was unwelcome and sadly everyone bid Didi farewell until next time. The young and old alike expressed their sincere thanks to Didi and requested to visit Toronto again.



AT THE WHITE LOTUS, GUESTS SWAYED TO TRANCE BY DR. ARCHIKA DIDI....

New Delhi, India
2nd October, 2015

Dr Archika Didi now a very popular name in India and in the western world held a joyous celebration and meditation session for a group of visitors from Australia. The White Lotus, a naturopathy and Ayurveda health and wellness unit of Anand Dham Ashram had a group of people from Australia for the health packages.

Meditation and yoga were an essential part in their treatment. Dr. Archika Didi held meditation sessions for the group. They all were very peaceful and rhythmic by the "Shiv Dhyan". Everybody swayed into the trance and had a blissful dance on "Shiv Dhvani". Dr Archika Didi's enlivening technique and graceful guidance captivated all.

Dr Archika Didi's love, concern and passion for spreading happiness, bliss and joy to every heart made the atmosphere celestial. Everybody in the group thanked Dr. Archika Didi and greeted her with lot of devotion. This memorable evening concluded with folk dance of Rajasthan and adorning each guest with bright colourful turbans.

All the guests thanked Dr Archika Didi and the management of The White Lotus. They wanted to come again for the energizing and wonderful experience.



Upcoming Events



Ganesh Lakshmi Maha Yagya

28th Oct to 1st November, 2015
Anand Dham Ashram, New Delhi



Blissful Living Meditation

7th and 8th November, 2015
7:00 am to 9:00 am
Faridabad, Haryana



Blissful Living Meditation

21st and 22nd November, 2015
8:00 am to 10:00 am
Rohini, New Delhi



Yoga Meditation Camp

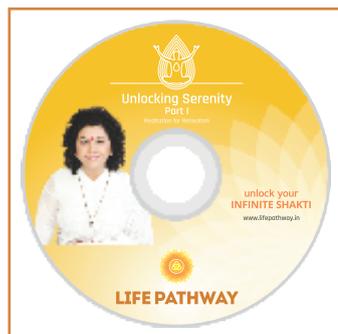
28th to 1st December, 2015
Parmarth Niketan, Rishikesh



Yoga Meditation Camp

12th and 13th December, 2015
Jaipur, Rajasthan

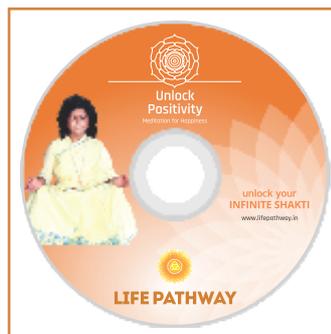
Holy Merchandise



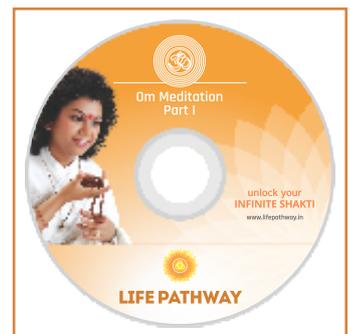
Unlocking Serenity Part - I & II



Awaken your Infinite Shakti



Unlock Positivity



Om Meditation

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