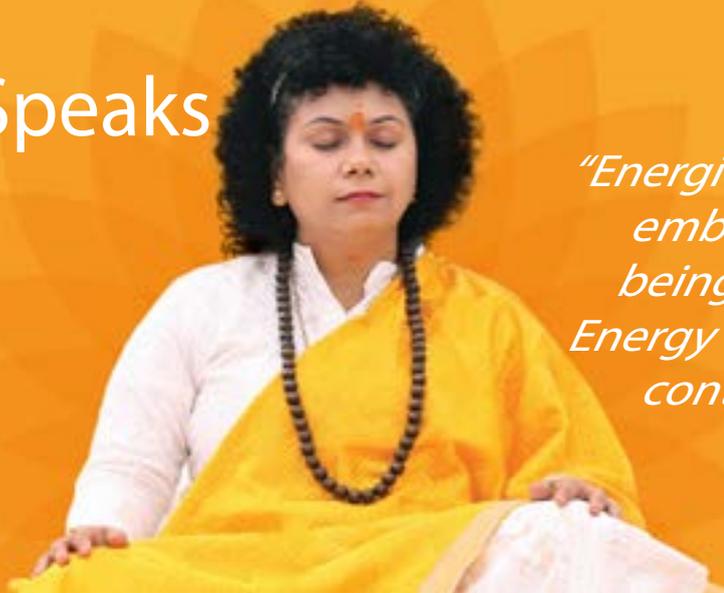




# LIFE PATHWAY

Unlock your Infinite Shakti

## The Mentor Speaks



*"Energies of Universe are embedded in your being. Awaken your Energy Chakras & be in a continuous trance"*

- Dr. Archika Didi

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'Nav-Ratras' of  
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**H**uman life and nature is evolving around numbers from 0-9. Whole life, natural phenomena ,systems and structures are created and contrived in numbers. Every number has a significance and a creation surrounding it. Number 7 and number 9 are eloquent in every mythology and line of thought.

Number 7 holds a significant relation in many phenomena of the nature. Seven colours in a rainbow and spectrum which is the base of numerous hues and shades . Seven days in a week and seven notes in music which can create infinite musical notes . Ursa Minor, the constellation having Pole star consists of seven salient stars. The seven circles an Indian bride and groom walks around the holy fire during marriage , contemplate seven vows to be followed by the couple.

Most relevant, seven chakras in human body, the seven sources of absolute and perpetual energy centres which when awakened can transform a being and the world around.

Number 9 another powerful number has many marvels associated to it. Firstly, nine planets forming our universe and associated nine zodiac signs ( Navgreh in Hindu Mythology) . The count of nine continents and nine primary jewels is evident. Importance of number 9 in Chinese, Christian and Islam is also distinct. 9 months of pregnancy is the ultimate truth in the human birth. The absolute number 9 reproduces itself when attached to any number, multiples of nine will produce number nine on addition (  $9 \times 2 = 18$ ,  $1 + 8 = 9$  ) . A number for completeness and eternity.

Hindu sect of thought has signified number 9 in variables. Nava Ras - The nine forms of reactions and emotions depicted by artists in various modes of art. Nav Varsh - The welcome of freshness, newness and substantial . Nav Vidha represents the form of devotion (bhakti ) for the Lord and Nav Randhras -nine centres from where the soul leaves body on death.

The most pertinent Nav Ratri , Nav Durga And Shri Ram Navmi. Navratri -nine sacred days to worship nine forms of Durga Shakti. Durga Shakti- the feminine form of utmost energy in the being which creates, nurtures and graces the human form of every being. Mother, the creator and rearing energy which grooms and fosters the human being.

Dr. Archika Didi a true symbol of the 'Shakti ' who creates and nurtures infinite energy in every soul. Her bliss encourages a commoner to realize and awaken the energy chakra of creation and transform their life. Dr. Archika Didi in her scientific yet divine way of meditation and celestial affinity has touched, moved and inspired thousands. Her paramount compassion has touched people to their core, transmitting a lightening synergy of metamorphosis in their human lives.

**Just as an epitome of the nine forms of ' Durga Shakti 'and vibrant hues energetic seven 'Chakras', so is our Dr.Archika Didi.**

***Let's vow to transform our lives and connect to many more at the transcendental path of life. Life Pathway with Dr.Archika Didi.***

**Shashi Khanna**

## Dr. Archika foundation organises blood donation camps

March 3 & 4, 2016  
New Delhi.

- Blood donation -a paramount service
- It can save lives & bring smiles to families



**B**lood donation is a selfless service. It is a major concern of the society as donated blood is lifesaving. Blood in Blood Bank is scarce and there is a shortage of active blood donors to meet the ever increasing demand for blood. Concerned about the blood scarcity and the ever growing demand, the compassionate team of Dr. Archika Foundation, set up a two day blood donation camp in association with Pitampura Blood Bank at Lakshmi Bai College, Ashok Vihar and City Mall, Rohini on March 3 and 4 respectively. Both the camps went successful with a total turn up of 200 students from Lakshmi Bai and 150 people from Rohini. All the participants and partner organizers appreciated the contribution of Dr. Archika Foundation for the social cause.

## FESTIVAL OF COLOURS - HOLI CELEBRATION AT OMKARESHWAR MAHADEV TEMPLE

March 23, 2016

- His Holiness Sudhanshuji Maharaj blessed all at the Temple.
- Dr. Archika Didi played Holi with the devotees .



**HOLI** the festival of colours in spring season is yet another Indian festival which celebrates life. Festivals always bring freshness, zeal and vibrancy in our lives. Holi festival in India marks the celebration of spring season, when the nature spreads beauty of flowers in various colours, types and fragrance. Holi signifies that life is a celebration; it's a mixture of all hues. Situations and conditions vary for everyone but still celebrate and welcome all colours in life. The day is also celebrated as a symbol of forgiveness, when people forget all their worries, envy and altercations. They embrace each other by applying colours on each other.

On March 23, 2016, devotees gathered to seek the blessings of His Holiness Sudhanshuji Maharaj and Dr. Archika Didi. Omkareshwar Mahadev Temple was vibrant with presence of many devotees and the feel of festivity. Pujay Maharajshri blessed every one and guided them all to celebrate each day of life.

Dr. Archika Didi applied 'Gulal' ( dry red herbal colour ) to devotees. The whole atmosphere was joyous and full of happiness. Wishing Dr. Didi a 'Happy Holi', everyone sought her blessings. Dr. Didi lovingly welcomed greetings and prayed for well being of all her followers.

Holi program was joyously concluded by 'prasad' for all.

## DR. ARCHIKA DIDI PARTICIPATES IN MAHASHIVRATRI PARV

March 7, 2016, New Delhi



- Dr. Didi performed 1008 Parthiv Shivlinga Pujan
- Dr. Didi performed Mahayaga at Anand Dham Ashram
- Dr. Archika Didi accomplished Shiv Pujan Abhishek at Omkareshwar Mahadev Mandir

**M**ahashivratri is an auspicious occasion for Hindus. It is celebrated with devotion, righteousness and rituals in India. As per the Hindu belief, this day Lord Shiva and Ma Parvati were married. On this pious day in spring season, devotees worship and meditate to awaken their energies to be in communion with the ultimate source of infinite energy with Lord Shiva.

Dr. Archika Didi participated in the magnificent celebration of Mahashivratri at Anand Dham Ashram where Dr. Didi worshipped 1008 Parthiv Shivlinga and offered prayers and offerings to the holy fire ( Maha Yagya) . Huge crowd of devotees travelled distances to seek blessings from Dr. Didi and pay their veneration at Pashupatinath Temple at Anand Dham Ashram.

Dr. Archika Didi was welcomed by melodious beats of band of Gurukul students and devotees, with a shower of fragrant flowers. Everybody present was eager to seek her blessings. Dr. Didi first prayed at Pashupatinath Temple and then was escorted to the beautiful venue for 1008 Parthiv Shivlinga . The ritual ceremony of worshipping amidst enchanting of holy mantras and offerings to Lord Shiva was a mesmerizing experience which left everybody spellbound. The serene, pious and devotional atmosphere seeps in the thoughts, feelings and soul of a person connecting to the charisma of Lord Shiva.

After the 'Shivalinga puja' ; Dr. Archika Didi performed the MahaYagya (worshipping in the holy fire) . A huge holy fire (havan Kund) surrounded by many dignitaries in the holy affinity of His Holiness Sudhanshuji Maharaj and Dr. Archika Didi performed the 'yagya' .

The evening of Mahashivratri is still more astonishing when Lord Shiva in the form of 'ShivLinga ' is worshipped through out the night . Dr. Archika Didi performed the evening ritual at Omkareshwar Mahadev Temple, situated at West Delhi which is an awakening and a blissful place of worship, where all prayers are heard and wishes are fulfilled. Midst the mantra enchanting of Lord Shiva's praise and prayers, 'RudraAbhishek' was performed. This is to please the Lord and seek his blessings for the fortune and complete prosperity of human life. Dr. Didi was accompanied by a huge crowd of devotees who worshipped along with her.



## THREE DAY CHAKRA MEDITATION CAMP AT ANAND DHAM ASHRAM, NEW DELHI



March 25, 26 & 27 2016



- Devotees from all over India attended Solace camp
- Immense benefits from Chakra Meditation
- Daily worship at Sidhshikhar & temples at Anand Dham Ashram
- His Holiness Sudhanshuji Maharaj blessed the devotees at the camp, on final day

**A**nand Dham Ashram situated at North West Delhi, is a spiritual destination for many seekers for past 25 years. The Ashram is situated in a beautiful, serene, green and pollution free atmosphere. The Ashram hosts a number of social welfare associations like Charitable hospital, Old age home, Gurukul, a Naturopathy and Ayurveda centre with international standards. Anand Dham Ashram is an awakening place with many temples, Sidhshikhar, Meditation and Yoga halls.

A three day Chakra Meditation Camp was organised by Life Pathway, blissfully conducted by Dr. Archika Didi. Dr. Archika Didi a renowned name in Yoga And Meditation has transformed many lives world wide. Dr. Didi's easy yet very effective techniques of meditation has awakened the latent potentials in many lives and thus energising their creativity and balancing in them.

Devotees of all age groups, from all over India sought her divine affinity during the Chakra Meditation Camp. Whole camp was segregated in three sessions of intense schedule for each day. Every day starting with Yoga amidst the calm and fresh morning breeze groomed all for the divine day ahead. Dr. Archika Didi medically guided about yoga exercises along with the dietary habits for a balanced life. All the guidance was given by keeping in mind the hectic and stressful life style people are living these days.

Next session started with different types of Pranayam and explaining the importance of each Pranayam, related to different parts of the body. Then the detailed guidance about seven Chakras in the body, related colours and the potentials awakened on the enlightening of that Chakra were explained. Dr. Archika Didi in her celestial and convincing words took in the trance, practicing deep meditation on every Chakra. Concentration on every Chakra was highlighted with Mantras for that particular chakra. Whole atmosphere was charged with intense divine energy which slowly swayed everyone to a state of vacuum, an important state in Meditation. Energy centres at Muladhar, Swadhishtan and Agya Chakra vibrated with Mantra enchanting while meditation. It seemed like the divine aura of Dr. Archika Didi touched and moved everybody spiritually and emotionally in



“CONNECT TO THE POWERS OF UNIVERSE WITH CHAKRA MEDITATION“

-Dr. Archika Didi





the highly charged Godly atmosphere of Anand Dham Ashram. Dr. Archika Didi in her holy address said "Life is like a river, let it flow freely, observing every emotion every feeling. Sit peacefully on your asans and be immersed in the divine aura, let it seep into your souls. Energies of whole universe are embedded in this being, in the energy centres. Let us all awaken these energies and rise it to meet with our crown chakra". Dr. Didi further said "Accumulate all the power of being which is scattered to the outside world, direct them inside and focus on your internal eternal being. "Dr. Archika Didi beautifully described

in her words" Feel that whole world is immersed in love, showers of peace and harmony are blessed on all. Be joyous and in sync with the rhythm of celestial music of nature . Let your soul dance in the blissful trance."

Every day in the evening ,the ' Charan Paduka Pujan ' (the impression of Holy Sadguru's feet worship) was a magnificent moment when all participants worshipped the Sadguru led by Dr. Archika Didi. On the final day, His Holiness Sudhanshuji Maharaj blessed all devotees who had attained so much from this camp of Solace, peace and awakening. All participated in the evening artis at Sidhshikhar and other temples in the Ashram premises. Bonfire was also organised on the second day late evening. All danced in bliss and joy in the affinity of Dr. Archika Didi and shared their cultures from different regions of India.

On the last day everybody was blessed individually and given certificates of participation and photographs by Dr. Didi. Blessings from the Sadguru, His Holiness Sudhanshuji Maharaj charmed the final day. All were mesmerised in the holy aura of divine charisma of Maharajshri and Dr. Archika Didi. Announcement and bookings for the next session on ' Kundalini Jagran ' on 13, 14 & 15 August 2016 was done.

The successful Chakra Meditation Camp concluded with lot of zeal, energy and creativity along with utmost peace, solace and joy for all the devotees present.



- Dr. Didi told about the nine forms of Shakti along with awakening of Kundalini Shakti .
- “ If our focus is towards self, then we can awaken our energies “-Dr.Archika Didi



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## NAVRATRA SADHANA & SATSANG AT OMKARESHWAR MAHADEV MANDIR

April, 8 to 13 2016

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**N**avratras the nine sacred days of worship of Goddess Durga are celebrated with fervour and festivity by Hindu community all over the world. All the nine days are dedicated to each distinct avatar of the Goddess. The prominent story associated with Navratri is the battle that took place between Goddess Durga and demon Mahishasura, who represents ego to be empowered by our love, compassion, beauty, creation and grace. Dr. Archika Didi in divine nine days of Sadhana and Satsang guided a huge crowd towards empowering lives. Navratra Satsang started with chanting of a mantra and worship of the Sadguru. Dr. Didi in her address said “If we indulge in self focus, then we are graced by God Almighty towards empowering our lives. Human beings have always been attracted by designation, power and respect. But power in the worldly situations bring a lot of stress and tension, entangling a person in a vicious circle. All our senses are awakened towards the external world but if we nurture and divert senses towards our internal world then a blissful journey begins which takes us to ultimate solace.”

Dr. Archika Didi was dressed beautifully in yellow and hues of red, adorning the divine premises of Omkareshwar Mahadev Mandir. Whole Mandir was lit with bright colour lights and fragrance of flowers.

A huge crowd of devotees gathered to seek Dr. Didi’s blessings and guidance for Shakti Sadhana. Dr. Didi in her celestial voice and powerful technique of Meditation counselled all.

Dr. Archika Didi said “Through meditation we can connect to our soul and attract the powers of universe towards ourselves. Meditation harmonies our mind, body and soul. We become our own masters. She further said that “The holy days of Navratras can enhance our divinity and pious energy. We attract all holiness, positivity and divinity towards ourselves. Goddess Durga bestows her blessings in various forms to elevate our beauty, divinity, creativity, fearlessness, love, compassion, determination and total well being”. Dr. Didi further said “ While praying to Goddess Durga, who is a mother to all, concentrate on your Muladhar Chakra (The Root Chakra) where the enormous energy lies latent. During Meditation, this energy is awakened and elevated towards Sahastrara Chakra (The Crown Chakra), the ultimate abode for Divine wisdom (Lord Shiva) . Enlightenment is the blissful state when Durga Shakti meets the Shiv Shakti at Sahastra Chakra and a new supreme being is transformed within the human being.” Dr. Didi further explained “ On the way when this energy escalates upwards, it affects the Swadhishtan chakra (The Sacral Chakra) enhancing creativity, then vibrates the Manipur Chakra (The Solar Plexus Chakra) diminishing our negativity and fears blessing with courage. Next energy moves to Anahat Chakra (The heart Chakra) which fills the being with utmost compassion, love and generosity. Then the energy elevates

to Vishudhi Chakra (The throat Chakra) endowing the devotee with utmost power of word, language and music. Awakening of Agya Chakra ( The Third Eye Chakra) will bestow power of insight, wisdom and superlative divine thinking.”

Dr. Archika Didi then said that when this lightening serpentine energy reaches the Sahastra Chakra (The Crown Chakra), a divine phenomenon occurs, when all the superlative, mystical powers and secrets are bestowed on the devotee and He becomes in communion with the Supreme power - God Almighty. The magnamious universe blesses this enlightened soul, which engulfs and embraces all souls to him.

On the concluding, Dr. Didi said “ Sadhana during Navratras can transform a person. Try to awaken this being, transcendental energy and transform your life with newness and energy of Goddess Durga in nine forms.” She further said “ Lord Krishna in Gita said to have a balanced and a scheduled life which is Yog. So, follow a balanced schedule making your life yogic.” Everyday Prasad was distributed after the arti. The Navratra Sadhana and Satsang program concluded with Dr.Archika Didi’s blessings and good wishes for all. A successful celebration ended on 13th April amidst great festivity and divinity.





## VISHWA JAGRITI MISSION ANNOUNCES DR.ARCHIKA DIDI AS THE INTERNATIONAL YOUTH ICON AT ANNUAL CONFERENCE HELD IN KANPUR

April 15 to 17, 2016

- Vishwa Jagriti Mission Relays it's foundation on Ram Navmi during its silver jubilee year.
- His Holines Sudhanshuji Maharaj bestows Dr. Archika Didi with International youth Icon for VJM
- Dr. Archika Didi honoured as the President of International Youth Wing of VJM
- Dr. Archika Didi guides for empowering body, mind and soul

A breeze of fresh air, a new radiance, a novel star sparkled at the Vishwa Jagriti Mission, a social, spiritual and cultural organisation under the aegis of His Holiness Sudhanshuji Maharaj, when Dr. Archika Didi, daughter and the competent, deserving first disciple of Pujay Maharajshri was bestowed as an International Youth Icon at the annual conference of VJM. Sidhham Ashram at Kanpur hosted the annual conference of volunteers, office bearers and Management which was attended by approx 1000 people. The conference conducted under the guidance of His Holiness Sudhanshuji Maharaj and eminence of Dr. Archika Didi, witnessed laying of a strong future pathway for VJM during its silver jubilee year.

April 15, 2016, the inaugural day, Dr. Archika Didi was invited for lamp lighting with Pujay Maharajshri and other office bearers of the Management. In her address, Dr. Didi said "Alike a huge universe, where all planets are revolving around a Sun. His Holiness Sudhanshuji Maharaj is the majestic Sun of the magnanimous Vishwa Jagriti Mission. Sadguru's guidance and directions are always supreme for all in the organisation. In this 25th year of VJM, I congratulate every volunteer and official of Vishwa Jagriti Mission for their contribution in this journey, of this world renowned organisation, VJM. I further seek my Sadguru's blessings to follow his divine path of compassion, love and generosity". Dr. Didi's mesmerising words

flowed a new energy, positivity and passion amongst all present.

Every day in the morning the program started with Dr. Archika Didi's dynamic Yoga, pranayam and Meditation session. All participants were benefited by Dr. Didi's scientific based spiritual knowledge and vibrant meditation techniques. Dr. Didi addressed in her sweet yet firm voice guiding all for total empowerment of mind, body and soul.

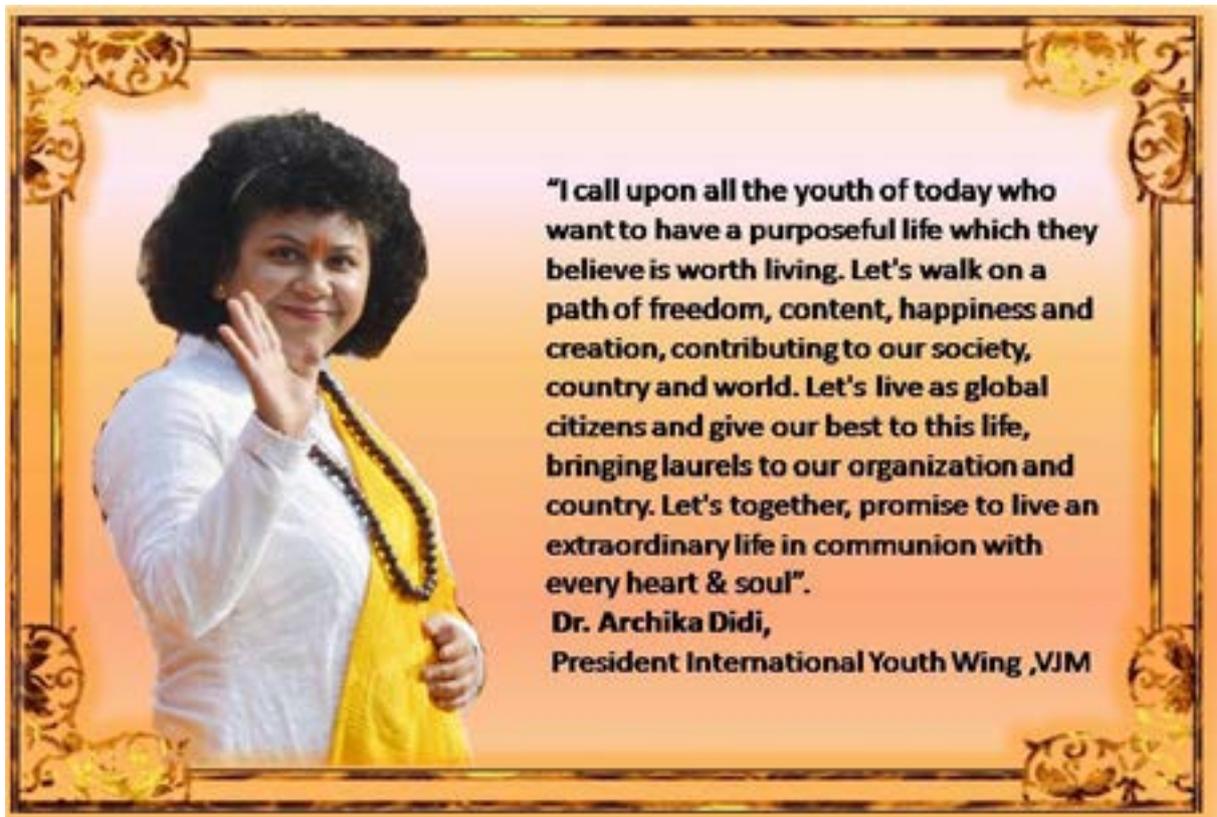
Dr. Archika Didi was invited to give her modern yet mature suggestions for the welfare of the organisation. April 17, 2016, Ram Navmi, again a foundation was laid for beginning of a new Era for Vishwa Jagriti Mission, when history repeated itself after 25 years. His Holiness Sudhanshuji Maharaj laid the foundation of VJM,



25 years back on Ram Navmi in March 1991 and again on this day on Ram Navmi after 25 years, an invigorated foundation was laid for VJM, when Pujay Maharajshri bestowed Dr. Archika Didi with International Youth Icon, honouring her as the President International Youth Wing VJM. It is the beginning of a new Era to mark many more significant milestones on this spiritual, social and cultural journey . Vishwa Jagriti Mission with a youth Icon as Dr. Didi will witness yet more prominent and extravagant achievements which will adorn the Indian Spiritual history.

Amidst an unending applause, Dr. Archika Didi was blessed by His Holiness and wished by all.

This historical day concluded with groups from each state having a group photograph with Pujay Maharajshri and Dr. Archika Didi. All participants were blessed and three days' annual conference was concluded with Arti and Bhandara for all.



## News Diary

“HANUMAN JI IS THE  
SYMBOL OF UTTER  
DEVOTION & INFINITE  
STRENGTH”-

Dr. Archika Didi

April 22, 2016

- Hanuman Jayanti celebrated at Omkareshwar Mahadev Mandir by Dr. Archika Foundation



“ Surrender yourself unto the feet of God and be committed on the path of truth. Our life and this universe is the blessing of God Almighty. Cosmic energy is the base and source for creation of the universe. Our lives are regulated and lead by the undefined, infinite cosmic energies. We worship this cosmic energy in the form of Shiva, Shakti, Ram and Hanuman ”-Dr. Archika Didi addressed a huge audience on Hanuman Jayanti. Dr. Didi further gave example from Hanuman Ji’s life saying “Hanuman ji, the symbol of ultimate devotion and strength focused all his energies towards Lord Ram. He could fight against all evils and demons and could reach Lanka in search of Ma Sita. So, we too must concentrate our energies towards our goals of life. Our focus can only give us positive results. Surrender to the will of God Almighty and lead a peaceful and joyous life .”

Program on Hanuman Jayanti was started by musical reciting of SunderKand Path and bhajan Sandhaya. After the discourse by Dr. Archika Didi, Arti and Bhandara followed, for all devotees present at Omkareshwar Mahadev Mandir, New Delhi.



## Be Alive



You tube: Dr.Archika Didi - Science behind kundlini and chakra meditation by Dr Archika Didi

Link: <https://www.youtube.com/watch?v=xBLKtE6xLn0>

## DR.ARCHIKA DIDI INVITED TO UJJAINI SHAKTI PEETH, KASHIPUR, UTTRAKHAND

April 25 & 26, 2016

- 2 Days Meditation & Discourse camp at Kashipur
- Thousands seeked Dr. Didi's blessings at Ma Bala Sundri Temple, Chetti Mela
- Dr. Archika Didi addressed a press conference
- "Meditation promotes complete personality development and awakening of the energy centres in the body". - Dr. Didi



**W**orld renowned Meditation and Motivational Master, Dr. Archika Didi was invited by the management of Ujjaini Shakti Peeth at Kashipur in Uttarakhand state.

On the first day, Dr. Archika Didi worshipped at Bala Sundari Temple with all the rituals and pure devotion. Dr. Didi's immense faith and devotion in the grace of Goddess is bestowing all bliss to her.

Dr. Archika Didi addressed a press conference, participated by many press reporters of leading National Newspapers. On being asked, about meditation and spirituality, Dr. Didi answered beautifully; as to what meditation is "It is a state of realization of a person's self, recognizing the grace and power of The Almighty in self. For year's saints and yogis, worshipped and meditated to realize the power of Goddess in them and awaken their devotion to be immersed in the divine bliss". To another question asked to Dr. Archika Didi "what has she gained from her consistent meditation practice?", she answered skillfully, saying "Meditation is not about gaining, it never was, it is about losing. Losing your desires, anxiety, anger, sadness & negativity".

Dr. Archika Didi in her divine address said "For the complete persona to bloom, to recognize our potentials and talents to the fullest, to awaken the creative and spiritual energy, Meditation is required. All the stress, dismay and sadness can be shed away with meditation".

A huge audience felt a new flow of synergy in them, all were enlivened by the easy, simple yet effective techniques of Meditation guided by Dr. Archika Didi. A fresh wave of zeal and enthusiasm was seen on everyone's smiling face.

The Management thanked Dr. Archika Didi for bestowing her immense grace and precious knowledge on each individual present at the Kashipur's meditation session.



### Meditation & Discourse

May 7 & 8, 2016  
Agayeshwar Mandir, Greater  
Noida



### Chakra Meditation

June 17 to 19, 2016  
Anand Dham Ashram New,  
Delhi.



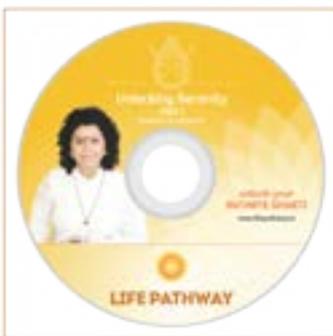
### Kundalini Maha Dhyam

August 13 to 15, 2016  
Anand Dham Ashram New,  
Delhi.

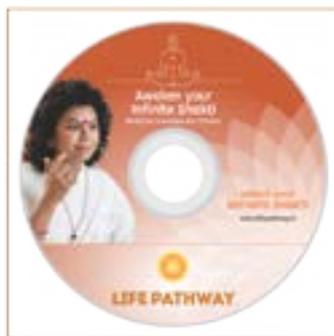
## Meditation Sessions in USA

DATE & DAY	TIME	VENUE
25.06.2016 Saturday	10 AM – 12 noon	Dwakadhish Temple, 717 Washington Road Parlin NJ – 8859
	4 PM – 6 PM	Sai Data Peethan cultural centre 902 Oak Tree Road, Suite 100 South Plainfield NJ 07080
26.06.2016 Sunday	10 AM – 12 noon	Dwakadhish Temple, 717 Washington Road Parlin NJ – 08859
	4 PM – 6 PM	Sai Data Peethan cultural centre 902 Oak Tree Road, Suite 100 South Plainfield NJ 07080
01.07.2016 Friday	10 AM – 12 noon	Kansas City
02.07.2016 Saturday	10 AM – 12 noon	Kansas City
03.07.2016 Sunday	10 AM – 12 noon	Hindu Temple 1310 Arbor street, Omaha. NE 68144

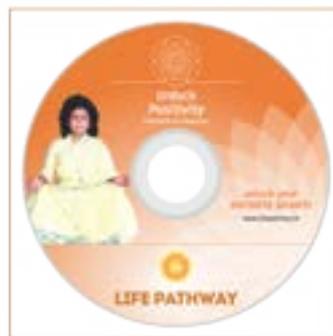
### Holy Merchandise



Unlocking Serenity  
Part 1 & 2



Awaken your Infinite  
Shakti



Unlock Positivity



Om Meditation  
Part 1

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