



LIFE PATHWAY

Unlock your Infinite Shakti



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Two powers are the creator of this nature. Female and male energy creates the world. Participation of both energies in creating and nurturing life is significant. God Almighty also, always has the infinite Shakti with him. The forms may transform to Parvati, Lakshmi or Saraswati. They all form the substance in the male power. Ardhnareeshwar is one with Shiva who directs and transforms into Adi Shakti.

The power of woman is beauty, in the nature and the strength of creation. The beautiful combination of love -strength, compassion -determination, sacrifice - gallant, submissive -courageous, so is the women power.

Shri Shakti Parv, celebrated on 4th August every year is the honour and recognition to the 'WOMAN EMPOWERMENT 'The parv of 'Shakti, Sadhana, Samarpan and Dhyam'.

Birth of Dr. Archika Didi Celebrated as an Utsav of life, a celebration of 'Adi Shakti' in human form. The intense and mercurial energy of creation in every form is celebrated on this auspicious day.

Realise and recognise this LIFE FORMING, LIFE TRANSFORMING SYNERGY in yourself.....at LIFE PATHWAY with Dr. Archika Didi

Ms. Shashi Khanna

Be Alive - I



You tube:

Dr. Archika Didi | Shri Shakti Parv Message | August 2016

Link: <https://www.youtube.com/watch?v=NoWmNMADTE0>

“KAITHAL CITY OF HARYANA IN THE BLISSFUL TRANCE OF DR. ARCHIKA DIDI”



away all the commotion, reigniting a new spark in their lives. The session concluded leaving everyone in utter bliss and eager to the similar experience next day.

Next day was very remarkable when almost 20 channels and print media reached to interview Dr. Didi during a press conference. A huge group of journalist gathered to interview Dr. Didi and know her thoughts and vision about the spiritual path she has chosen. Series of questions were asked about life style, healthy eating habits and importance of meditation on the stressful life of modern day. Every question was answered with great ease convincing the present media. Every channel and media talked about the presence of a young star on the spiritual scenario, Dr Archika Didi who in her soft yet dynamic style portrayed an intelligent and compassionate petite ‘Yogini’.

July 16, 2016 had two sessions of meditation. Devotees were immersed in the showers of bliss by the holy divinity spread by Dr. Didi in her captivating words and charisma. Emotions of love, gratitude and compassion flowed from many eyes.

The last day was full of positive energy imbibed powerfully in every one. Dr. Archika Didi blessed everyone with ‘Shakti Paath’ (initiating the flow of divine energy). An utter silence and serenity prevailed in the concluding session when everyone felt free from any tangles, shedding away all fears and diminishing of any dismay and distress. Heads bowed in gratitude and speechless emotions rolled down the faces. Every one thanked Dr. Didi with glistening eyes and smiling lips.

Dr. Didi was honoured with a memento of remembrance by the management of Kaithal Mandal. Dr. Archika Didi’s aura spreads peaceful trance with her meditation sessions. So, was the experience at Kaithal, everyone bid her a grateful goodbye wishing for her return soon.

A three day Blissful Living Meditation was organised at Satyalok Ashram, Kaithal, Haryana. Dr. Archika Didi was welcomed by a huge crowd of devotees and the office bearers of the Ashram with lot of excitement and zeal. The Blissful Meditation Program started by the lighting of the lamp done by the gracious hands of Dr. Archika Didi on the evening of July 15, 2016. Before the session, with the divine blessings of Maharajshri, Dr. Didi announced the official launch of Yugrishi products in Haryana. The innumerable masses cheered excitedly and welcomed this wellness venture by VJM.

The discourse and meditation session started with the positive vibes and divine energy transmitted from Dr. Didi. Every one could feel the presence of the Almighty through each word spoken by Didi. The subtle yet effective technique of meditation taught by Dr. Didi is having significant affect on people. Masses have transformed their lives ascending on the spiritual journey.

The three and half hours’ session left everyone mesmerised, fulfilling the spiritual quest. Dr. Archika Didi’s peaceful and ecstatic meditation touches everyone to their core and sways





**“Guru is the radiance of Moon, a life touched by Guru is complete with Wisdom, Peace & Joy”
Dr Archika Didi**

July 17-19, 2016

* **“All thoughts towards God is Meditation”.**

* **“Today's life is full of commotion & stress”. -Dr. Didi**

Guru Purnima is the day to celebrate your new birth in the affinity of your Sadguru. It is the day to recognise and realise the blessings of a Guru, a day of gratitude and love. Every year Guru Purnima is celebrated with devotion and commitment by the devotees and blessings from the Sadguru.

This year too Guru Purnima celebrated at Swarn Jyanti Park, Rohini witnessed a huge number of devotees gathered to show gratitude to their Sadguru and seek his infinite blessings. Dr. Archika Didi, the daughter and first disciple of His Holiness Sudhanshuji Maharaj addressed a huge crowd with her divine meditation session.

“Today’s world is full of stress, commotion and chaos. This makes people loose their balance and thoughts become unstable. Various kinds of thoughts come to your mind; some may dishearten you while some may elevate you. Be an observer to your thoughts, do not get involved in them or entangled in them.” This was said by Dr. Archika Didi to a huge gathering of devotees who were present for the morning meditation sessions. Dr. Didi further said “Divert the flow of your thoughts towards God that is meditation. Connect yourself to the energy of universe and empower yourself with the energy of creator.”

The meditation sessions were energised by the celestial music of ‘ Shiva Dhwani ‘. Thousands of people like unending ocean danced in trance to Shiv Dhwani. Faces lit up with divinity, arms open to embrace the Lord with feet tapping in rhythm and bodies swaying in trance was indeed a captivating sight. The bliss showered by Didi engulfed all in a pure aura of an indiminishing love for the lord.

Dr .Didi further told some methods to extend the happiness to others and how to seek and embrace that joy inside our souls.

She further guided for the methods of prayer and how are prayers heard. Dr. Didi saying words in praise of Sadguru said “A Guru is the reflection of God. He is the divine song of Lord. A Guru is in the consciousness of a disciple, connected to his soul and thoughts. A Guru far or near, always guides a disciple towards virtue and path of righteousness”. Beautifully versed Dr Didi said “A Guru recognises our potentials and possibilities. He encourages us to bloom our potentials and guides us towards our ultimate growth. A Guru can only take us to our ultimate goal of life”.

Dr. Didi’s enlightening words were applauded and praised by all. A huge crowd had a divine opportunity to seek the blessings of an efficient disciple and a holy Sadguru.

- 'Happy Birthday Dr. Archika Didi' -thousands wish Dr Didi on 4th August 2016
- A scintillating show at Shri Shakti Parv
- Ex -DG, Elite Beauty therapist, Asmita theatre director /actor, Deputy Mayor awarded for their contributions to society.
- Pujya Maharajshri & Guru Ma blesses a huge crowd.

August 4, 2016



SHRI SHAKTI PARV

CELEBRATION OF LOVE COMPASSION POWER SACRIFICE & BEAUTY



4th August, an auspicious day when a beautiful generous soul was born to carry forward the divine legacy. Dr. Archika Didi born on this day to His Holiness Sudhanshuji Maharaj and Guruma Richa Sudhanshu was an extra ordinary phenomenon for the empowerment & awakening of the society.

This day celebrated as SHRI SHAKTI PARV past five years. It is a day of celebrating Woman hood, a day to commemorate the significant Adi Shakti in form of beauty, power and sacrifice. An exquisite program kept everybody spell bound and yet thrilled to keep their hands clapping and feet tapping. The magnificent show dedicated to Yoga & Dhyan as the inspiring art for living. Dr. Archika Didi welcomed at the ashram by a synchronised band of Gurukul students. Midst showers of rose petals by thousands of ardent followers, enchanting of Mantras by students Dr. Didi beaming in yellow graceful attire arrived as a 'yogini, tapaswini radiant with blissful energy.

Didi went for the Puranahuti at the Yagyashala and Puranahuti at the shivalaya where Mahaabhishek was held for her health and well being. Thousands of devotees followed Dr. Didi reciting in tone good wishes for her. Dr. Archika Didi arrived at the venue, the satsang hall at Anand Dham Ashram where she was welcomed by 'shankh Dhvani' and mantra enchanting by Maharishi Vedvyas Gurukul Vidyapeeth students.





The program started by **Ganesh Vandana** , recited beautifully by Gurukul students followed by **Musical Yoga** performance by students of Titiksha Public School. All were amazed to see the difficult poses performed by children with such an ease. Huge round of applause followed every yoga pose.

Dr. Archika Didi sitting on a beautifully flower decorated platform was wished by a huge crowd of people who waited in long queue to wish her. Arrival of Pujya Maharajshri and Guruma further enhanced the zeal in the atmosphere. All present wanted to seek their blessings and have darshan of ' The Divine Family.



Next program on the schedule, the foot tapping **Bhangra** performance by students from Gyandeeep Vidyalaya, Faridabad enthralled everybody. Beats of bhangra music and vibrant dance brought everybody on the floor. The atmosphere zealed up high, right in the beginning of the program. Emotions ran uncontrolled and a group of people danced to the beats of bhangra, jubilant in devotion of Sadguru and Dr. Didi's love.

A small glimpse of five year worthy and pride journey of Shri Shakti Manch was announced by E-Publication head of Dr. Archika Foundation, Ms Shashi Khanna stating about the prominent and significant contribution of SSM in self defence, self reliant, charitable, yoga and meditation and women empowerment programs.



This followed by a classical **Kathak (Adhikar)** performance by Ms Rachana Yadav, the famous Kathak Guru who stated that her fight for woman hood is through her dance form with her 'Ghungroos'. A touching performance on 'MEERA' as her journey for her rights 'Adhikar' captivated a huge audience.

After every program dignitaries from various fields and people from VJM came up to wish Dr. Archika Didi and show their support for her vision and cause for society.

This followed by a very cute yet vibrant performance by 'Nandini' the budding yoga star who with her young dynamic team staged yoga with rhythmic movements. An amazing **fusion of yoga** kept everybody smiling and applauding the young budding stars.



Then the vivacious electrifying performance by 'The Asmita theatre' charged the atmosphere further. A 'Nukkad Natak' called '**Ajivika**' depicted the importance of education and self reliance for girls, also showing the misconceptions and social taboos associated with women in society. A very loud yet touching performance moved every one present. Dr. Archika foundation was applauded to bring this form of art to give the social message for woman empowerment.





Dr. Archika foundation has initiated various self reliant programs for women. A **sewing and tailoring centre** run at Onkareshwar Mahadev Mandir has trained many women in these years. Sewing machines were given to deserving candidates on Shri Shakti Parv. This is a regular feature every year on this auspicious occasion.

A **fusion band** production from Titiksha Public School had all cheering with excitement. Performance of the synchronised music from varied instruments was marvelous.

Documentary dedicated to the life and spiritual journey of Dr. Archika Didi was the highlight of this mesmerising event, Shri Shakti Parv.

Then came the highlight of the Parv, when women from varied fields were **honoured** by His Holiness Sudhanshuji Maharaj, Guruma and Dr. Archika Didi. This year honours went to Ms. Vimla Mehra, Ex DG, Tihar Jail and first lady special commissioner of Police. Ms. Asmeen Munjal, the famous beauty and wellness therapist and a woman entrepreneur. Ms. Shilpi Marwah, famous theatre actor and assistant director at Asmita theatre. Also in the list was Ms. Shashi Prabha Solanki, deputy Mayor and area councilor. Also, present on the occasion were Ms. V Sarita, the first DTC lady driver and Ms. Sarita the pink Meru cab driver who were honoured last year. All the guest of honours thoroughly enjoyed the show and wished Dr. Archika Didi personally. They were delighted to be a part of such different and blissful experience. All the honoured guests showed their inclination to join hands in the social programs carried by the organisation.





In the end the birthday girl 'Dr. Didi' in her sweet and convincing words addressed a huge audience with her blissful discourse.

Pujya Maharajshri blessed all the participants and appreciated the program. He encouraged all to be a support in the cause of women empowerment in the society.

Program was telecast by Disha channel and DD news. Whole program was anchored by two beautiful hosts Ms. Shalini and Ms. Akanksha on behalf of Dr. Archika Foundation. A sumptuous lunch concluded the divine birthday celebration with.. **'A promise to celebrate womanhood every day in form of respect, love and dignity to women in our families and society'.**





70th INDEPENDENCE DAY CELEBRATED BY DR. ARCHIKA FOUNDATION

Independence Day is celebrated with great patriotic emotions every year. This year International Youth Wing presided by Dr. Archika Didi hosted a blood donation camp at Karuna Sindhu Hospital in the premises of Anand Dham Ashram. International Youth Wing has extended many new horizons with Dr. Archika Didi's guidance and leadership.

A blood donation camp inaugurated by His Holiness Sudhanshuji Maharaj and Dr. Archika Didi was attended by many devotees with lot of zeal. Good number of units of blood was donated by the devotees of Pujya Maharajshri and Dr.Didi.

National tricolour was hoisted by Dr. Archika Didi who in radiant yellow sari beamed smiling to all. Students of Maharishi Vedvyas Gurukul VidyaPeeth sang the national anthem in presence to Dr. Didi and Gurukul board .Midst beats of drums and patriotic feelings national flag was hoisted by Dr.Didi. Rose petals showered on all blessed with divinity and pride for our country.

Dr. Archika Didi addressed students for their role in building the future of India. Dr. Didi spent some time with students encouraging them and motivating them towards a visionary future. Then Dr. Archika Didi distributed sweets and goodies to students of Gurukul.



Dr. ARCHIKA DIDI PERFORMS SHIV PUJAN ON SAWAN SHIVRATRI AT ONKARESHWAR MAHADEV MANDIR

The Lord of compassion, Yog and Dhyana, Lord Shiva is worshipped in the 'Shravan month ' during July -August. Special puja and fasts are observed during this auspicious month. Shivratri, the night of Shiva Worship is considered the holy night when puja is performed at Shivalayas. Dr. Archika Didi performed shiv puja at Onkareshwar Mahadev Mandir with complete rituals and devotion.

The sounds of mantra enchanting and prayers echoed in the temple premises. Beautifully decorated and ornamented Lord Shiva had a huge crowd of devotees who were blessed by the presence of Pujya Maharajshri and Dr. Didi. Ganga jal brought from Haridwar by 'kaanwar ' was offered on Shivalaya by Maharajshri and Dr. Didi.

Shivratri puja concluded by distribution of Prasad to all.



DR. ARCHIKA FOUNDATION CELEBRATED RAKHI WITH THE PRESIDENT OF INDIA AT RASHTRAPATI BHAVAN

August 18, 2016

A rare moment of pride occurred to Dr. Archika Foundation when volunteers of foundation and students of Gyandeeep Vidyalaya, Faridabad were invited to Darbar hall of President House for Rakhi Celebration. Four students and two volunteers of Dr. Archika Foundation were invited to tie Rakhi to His Excellency, President of India- Sh. Pranab Mukherjee. The group gleaming with pride and honour reached the President house at 10AM on 18th August 2016. Walking through the lush green lawns of Mugul gardens, the group was welcomed at Darbar Hall by the elegant and smart presidential estate security. Smiling in welcome and with graceful movements everybody was seated in the hall and waited for the President to arrive.

On the arrival of the President every one stood in excitement and each present group was approached towards the President on their turn.

Dr. Archika Foundation team included Nandini, the budding Yoga star of foundation who is trained and groomed by Dr. Didi, three girls from Gyandeeep Vidyalaya, Faridabad and Mrs. Priti Mittal. They tied rakhi to the President and wished him good health on behalf of Dr. Archika Foundation. Mrs. Priti told about the social services and the welfare programs conducted by the foundation. Also she told about the achievements by Dr. Didi who at such a young age has made remarkable contributions towards the society. Nandini told proudly to the President about her yoga passion and her yoga classes. President smiled with affection when Nandini told that she is a yoga star.

After these memorable moments team was lead for snacks and visit to the museum at President House through the lawns of Mughal garden.



**BRAHMA
KUMARIS
TIE RAKHI
TO
Dr. DIDI**



Another auspicious celebration on rakhi was when two members of Brahma Kumari organisation came to tie Rakhi to Dr. Archika Didi. They came with lot of good wishes from their organisation and rakhi as a token of love and respect. It is a gesture of extension of ties of love between two organisations to transform society from the evils and stress. They presented a picture of Lakshmi & Ganesh ji and Dr. Didi also gifted them the idol of Maa Parvati in meditation pose.

Both the spiritual leaders discussed about the ways to transform society through spirituality and meditation. It was indeed an occasion to remember for both organisations.

Dr. Archika Foundation also celebrated Rakhi with staff and management of **Karuna Sindhu Hospital** situated in the premises of Anand Dham Ashram. Volunteers of Dr. Archika Foundation tied rakhi to doctors and staff, wishing them good health and good wishes. Raksha Bandhan was also celebrated at the vocational and Yoga centre run by Dr. Archika Foundation at **Onkareshwar Mahadev Mandir**, Mansarovar Garden.



**May Lord Krishana brings
sweetness of Makhan
-Mishri and Melody of
celestial flute to you lives.
Dr. Didi**

Upcoming Events

Blissful Living Meditation



September 4, 2016
Time 7:30am to 2:30pm
Jain Auditorium Adinath
Public School Alwar, Rajasthan



September 10 & 11, 2016
Time 3:00pm to 7:00pm
Parade Ground, Race course
Dehradun, Uttarakhand.

Be Alive - II



You tube:
Dr Archika Didi | Shri Shakti Parv | 4 August 2016 | Doordarshan
Link: <https://www.youtube.com/watch?v=DQ09OdTgGnw>

Holy Merchandise



Unlocking Serenity
Part - I & II



Awaken your Infinite
Shakti



Unlock Positivity



Om Meditation

Editorial Team

Chief Editor - **Ms. Shashi Khanna**
Assistant Writer - **Mrs. Priti Mittal**
Designed- **Mrs. Madhur Thakur**

Branch Office

Flat no - 233, Suryodaya Apartments, Sector - 12, Pocket-8,
Opp. Radisson Blu Hotel, Dwarka, New Delhi - 110078, India
Contact : 011- 40469460, 011-33037272, 011-33037273

Contact

E: info@lifepathway.in
W : www.lifepathwaymeditation.com

- Dr. Archika Didi <https://www.facebook.com/DrArchikaDidi>
- LIFE PATHWAY <https://www.facebook.com/lifepathway>
- Speaking Tree <http://www.speakingtree.in/archika-drdi>
- Twitter <https://twitter.com/archikadrdr>
- Instagram <https://instagram.com/drarchikadidi>