

Special Issue
June 2016



LIFE PATHWAY

A woman with dark, curly hair, wearing a white sari and a bindi, is shown from the chest up. She is holding a string of dark prayer beads in her hands. The background features a city skyline with a bridge over a river, and a large American flag is visible in the upper left corner.

2016 USA tour

Meditation and Spiritual Guru

Dr. Archika Didi

21st June to 4th July

THE EVENTFUL TOUR

2016

**CITY OF COLOSSAL NEOCLASSICAL 'STATUE OF LIBERTY'
LIBERATED IN FREEDOM OF TRANCE & MEDITATION!!**

*Dr. Archika Didi vibrates the Wall Street, Manhattan & New Jersey with
Peace, Harmony & Compassion!*

The 2016 USA TOUR of Dr. Archika Didi is complete with thrill, enthralling and mesmerising moments. Years ago Swami Vivekanand was welcomed in Chicago, USA. Now a young lady from 'The INDIA' comes with the most precious and valuable gifts from India. Peace, love, harmony and compassion bundled beautifully in form of Spiritual treasure from the East. Dr. Archika Didi, the blessed, dynamic gifted daughter of the world renowned saint His Holiness Sudhanshuji Maharaj who has achieved this mystical blessing through her hard efforts and bestowed on her by Sadguru and Father.

Dr. Didi was invited to the eastern coast of USA, The land of materialistic desires and dreams. New York and New Jersey, the town on the banks of Hudson River were all ready to welcome this young Yogi from India who in her modest and petite physical form beholds immense powers of transformation. Her divine touch is the touch of her Sadguru; her words are given meaning by her attained medical knowledge and depth by the blessings of her Sadguru Father His Holiness Sudhanshuji Maharaj.

The materialistic city of New York holding sky risers, world famous financial hub -Wall Street, the Broadway -the cultural and musical centre , the buzzing hustle at the Time square NY, the famous Manhattan view , Brooklyn, Queens and the memorial of World Trade Centre . All viewed by the statue of Liberty, standing mute and tall to see the clutches and claws of materialistic world holding all in its infatuation and various addictions may be terrorism, power and money.

Didi as affectionately called by all people in love with her, has her followers all over the world. In her still young age but utter mature and knowledgeable persona attracts all to her. A jam packed tour of 10 days where Dr. Didi was invited back to back at various organizations, centers ,congregations and temples for her Blissful Workshops and discourse.

Day Diary



24th June, 2016
Day 1

Dr. Archika Didi was invited to 'BHARTIYA VIDYA BHAWAN 'New York in the evening. Bhartiya Vidya Bhawan is the named centre for propagation and promotion of cultural values to the citizens of USA. A BLISSFUL LIVING MEDITATION WORKSHOP was organized, attended by many hundreds from Indian and American community.

Dr. Navin C. Mehta a renowned ENT specialist for late Michael Jackson attended the session and he admired the perfect blend of scientific and spiritual knowledge with which Dr. Archika Didi conducted the session. He said "The relaxation techniques taught by Dr. Didi are very easy, simple and effective. All the exercises can be performed quickly in today's utter busy life style. Her style of conducting sessions is very rejuvenating, peaceful emitting positive vibes". Dr. Navin C. Mehta spent some time with Dr. Archika Didi discussing the effect of meditation and medical science in combination on the cure and avoidance of ailments.

The two hour session concluded with peaceful spell and happiness spread to every heart. Time was the only constraint in this mesmerising experience of freedom.



**25th June 2016,
Day 2 (Morning)**

Dwarkadhish Temple, Parlin, NJ is the beautiful temple dedicated to Lord Krishna. Dr. Archika Didi was invited to conduct The Blissful Living Meditation workshop in the divine environment of the temple. Blessings from Lord Krishna further enhanced the serenity and bliss in the session.

Dr. Didi's blissful meditation session are well attended equally by Indian and American Population. People were waiting eagerly for her effective sessions since last year when Dr. Didi first visited Dwarkadhish Temple. The session at the temple was very effective when everybody felt transforming their tensions, fears and various aggressions into peace, love and harmony. Dr. Didi's radiant presence in the vicinity of the Krishna Temple blessed every one with an ulterior aura of supreme divinity and bliss. Speechless, wordless and thoughtless was the space created where Didi again rejuvenated every one with positive energy and peace.

Dr. Didi was thanked heartily by the overwhelmed devotees who were blessed by Didi's warm and generous touch of compassion. The flow of knowledge and teachings for life had every one in awe for Dr. Didi who at such a young age has mastered this mature art of touching and transforming lives.



**25th June 2016,
Day 2 (Evening)**

In the same evening Dr Archika Didi was invited at the Sai Datta Peetham, Oak Tree Road South Plainfield, New Jersey, USA to transmit her Bliss at Blissful Living Meditation Workshop. Didi was welcomed with a shawl as honour by the temple authorities. Dr. Didi also took the blessings of Sai Baba present in the astral form in this divine abode.

A huge crowd of devotees awaited to honour and welcome her. The session started very blissfully with various yoga exercises, Pranayam for healing and stress release then slowly guiding devotees towards meditation. The group prayers and mass meditation is always very effective and if it's in the temple environment then the vibes and the positive vibrations are much elevated. Dr. Didi's easy yet effective style of workshops has realized many people of their true self. Her sessions as said by many "have guided them to introspect and self monitor as a person on the journey of life". "The positive energy which is enhanced in their bodies through guided meditation by Dr. Didi has inspired them in many ways and they are a changed person -truly happy, contented and grateful" shared by many during her blissful Meditation Sessions.



26th June 2016,
Day 3 (Morning)

The Sunday morning at NJ, Dwarkadish Temple held a captivating and enthralling atmosphere when Dr. Archika Didi continued with her Blissful Living Meditation session here. A huge crowd awaited her at the temple who had been touched and moved by her divine presence and meditation techniques. The session again began by the introduction of some warm up yoga exercises with Dr. Didi's guidance about each pose, its affect and impact on health. The effect and practice of various Pranayam on the body and health was told by Didi who with her scientific knowledge, explained all in simple words. The easy technique of 'Quick Relaxation Techniques' was embraced by all for in this hectic day schedule people always want instant results with quick insight for meditation and yoga experience. Dr. Archika Didi in her blessed yet comfortable ways guides everyone to deep trance, shedding away all worries, dismay and unhappiness. Groups of devotees were initiated (**DIKSHA**) on the path of enlightenment and guided on their journey of self realization and self actualization by Dr. Didi's lovingly guidance. This was special session as people were initiated (**DIKSHA**) to follow the spiritual path.



26th June 2016,
Day 3 (Evening)

The evening session at Sai Datta Peetham Temple at NJ continued with the blissful atmosphere under Dr. Archika Didi's guidance. Her knowledge and relaxation techniques enhanced the serenity in every life. The effective stress relieving sessions guided by Dr Didi were a big success with huge crowd of people from all the walks of life in the western world of USA. Dr. Archika Didi's guidance for stress free, joyous life is a like a fresh breeze in the materialistic, competitive world of the west. Her guidance on the pious path of God can only bring peace and love in the life. This was felt and welcomed by devotees at NJ.

DR. ARCHIKA DIDI INVITED AT ASAMAI TEMPLE FOR BLISSFUL MEDITATION



28th June 2016,
Day 4

A spontaneous plan at Asamai Temple, Long Island, New York was much appreciated when a huge crowd was thrilled to attend Dr. Archika Didi's Yoga and Meditation session.

A quick yoga and meditation session was enjoyed by the participants who were much elated to attend Dr. Didi's easy and useful techniques for life. The session was accepted and appreciated by all who attended. Everyone thanked Dr. Archika Didi for her guidance and sessions which were so relaxing and made everyone stress free from their worries.





1st July 2016,
Day 5

DAWN & DUSK OF LIFE BEHOLD THE MEDITATION ECSTASY! **Dr. Archika Didi captivates American community at Lotus Yoga Studio & Silver crescent retirement community**

The morning of July 1, 2016, the aura at Lotus Yoga Studio, Kansas City, filled every one present with a new synergy. Dr. Archika Didi's Blissful Living Meditation session from 10 am -12 noon, where she was invited to address yoga and health enthusiasts. Dr. Didi was welcomed with great regard and respect to the American community who have been following yoga and meditation practices at the studio. Dr. Didi's presence flowed a wave of divinity transmitted from the roots of Yoga -India. Every one present was with her throughout the session, following her words and easy techniques of yoga practice.

Dr. Archika Didi's aura filled with compassion, zeal and childlike ignorance attracts all to her. Her knowledge and command with words and enunciation is well received and accepted by all present in her sessions. The young yoga followers were struck in awe by her easy, simple and effective techniques of Pranayam and Yoga. The art of meditation explained in her celestial, effortless yet emphatic ways is transmitting vigour in lives.

After skilfully conducted sessions participants were given exposure to many activities for spreading harmony, understanding and an authentic integrity amongst the group. This promoted lot of trust and compassion in the audience. After the session everyone was very eager to personally meet Didi and share their life with her.

The pleasing session concluded with gratitude and thanks for Dr. Archika Didi.



The evening of 1st July, 2016 held another memorable moments for all when Dr. Archika Didi was invited at SILVER CREST RETIREMENT COMMUNITY at Kansas City . The senior citizens in the dusk of their lives, relived with joy and fervour after attending Dr. Archika Didi's Blissful Meditation Session conducted late afternoon on 1st July at their retirement home.

The aged with their experience of life and with many kinds of challenges at their dusk of life face many limitations. Loneliness and physical restrictions make them vulnerable to dismay, distress and anxiety in life. Their nostalgic memories can be a positive pursuit or a disheartening occupancy.

Dr. Archika Didi's Blissful meditation sessions persuade a person of any age from the disillusioned world of ordinary to an empowering balanced world of reality. Here too, the empowering yet pertaining sessions full of benevolence, joy and tender touch were fulfilling in their objective of transmitting and transformation.

The easy and quick exercises taught by Dr. Didi were gracefully accepted and practised by all 'silver 'citizens. It was a delight to see people in their wheel chairs with trembling and wrinkled hands performing the exercises guided by a young petite woman from India who was spreading all affection, care and love to them.

Dr. Didi was bestowed with blessings and words of praise from the enlivened and gratified aged of the retirement community.

The day ended with extreme pride and satisfaction, for the rising sun touched the vibrant youth of the land of materialistic dreams and the hiding sun saw the affect of the disillusioned dreams, bringing and guiding them both on the same path of balance, bliss and harmony. So, is the generous efforts of Dr. Archika Didi to guide and convoy people on the peaceful path of spirituality at any age.



2nd July 2016,
Day 6

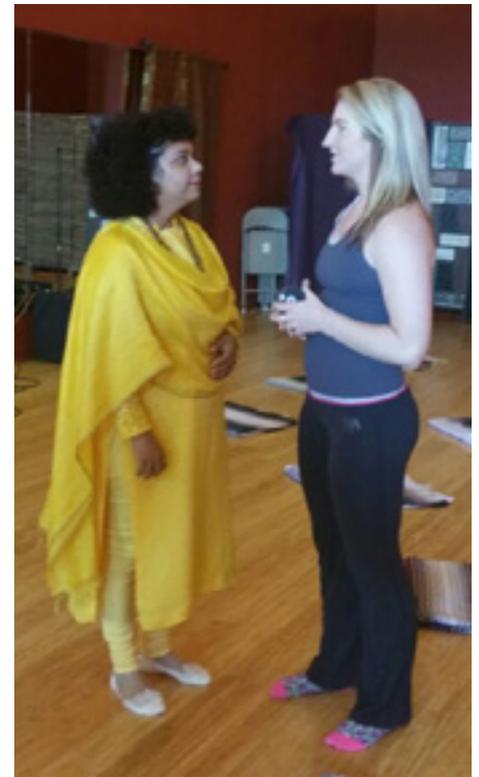
2nd Day yoga retreat at Kansas City

The morning of 2nd July 2016 rose again to the dew freshness initiated further by the Yoga and Meditation session by the World famous Yoga and motivational Master from India, Dr. Archika Sudhanshu lovingly known as Dr. Didi. The Lotus Yoga Studio has been contributing to the awareness of Yoga in the west, where many people from international community come to seek the art of healthy living through Yoga.

Dr. Archika Didi's second day session was welcomed by all of every age group. Various innovative exercises and forms of easy relaxation techniques taught by Dr. Didi are very popular all over. Didi in her practical and easy style which is very suitable in today's world of 'instant' results is very effective and accepted.

The second day at Lotus Yoga Studio had many different forms of exercises and various postures in yoga. Dr. Didi guided every one with meditation techniques which were easy to understand and practise giving quick results. The stressed and hustle life of west needs a calm posed guidance and a smooth drift in life. Through her innovative techniques Didi is giving a coma, a soft pause so that people can gasp, think fresh enlivening their lives with novel energy. Her demonstration in the spiritual world surely infuses a thought to the participants who re wind and rethink about their path and systems in life.

Sessions at Lotus Yoga Studio was very inspiring and rejuvenating for all participants who were very grateful to Dr. Didi for her guidance towards a new path of life. Everybody thanked Dr. Archika Didi and invited her to visit again soon.



A BON VOYAGE HOME -US bids a loving farewell to Dr. Archika Didi

3rd July 2016 the last day of the memorable USA tour 2016 of Dr.Archika Didi saw many mesmerising moments which will be cherished always by people. Dr.Didi was invited to Hindu temple at Omaha, Nebraska for an early afternoon session.

The atmosphere at the Hindu Temple added to the divinity of Dr.Archika Didi who is spreading the message of love, compassion, generosity and empowered living through the spirituality. The chosen ones are initiated on this path which transforms many lives who comes in touch with them.

The last session of 2016 USA tour was at the temple, seemed the God Almighty blessed Didi for her contributions in this tour and also 'welcome blessings' for the forthcoming invitations in the name of God. The session started with simple exercises and pranayam, slowly adding to the blissful meditation. All the participants were guided for the healthy way of life style and empowered living. The meditation sessions immersed every one in bliss and relaxed all from their stress and smoothed their crushed and aching souls. All the worries and stress was busted away replaced by utter joy and happiness. The sadness in the heart was overtaken by zeal and vibrant energy. Every one had beaming smile on their faces. Dr. Archika Didi blessed every one with 'shaktipath' (initiated with divine energy from the lord and Sadguru). Tears of emotions and thankfulness flowed down many cheeks.

A prayer of gratitude and gratefulness in every heart and a note of thank on every lip. Every eye gleamed with radiance and sparkled with emotion while saying good bye to Dr.Didi. All gathered around her to have her affinity before leaving USA and seek her blessings till next visit.

The extended family of Life Pathway at USA bid Dr.Didi adieu and Bon voyage till her next visit.



Global Diaspora interacts with Dr. Archika Didi

SPIRITUALITY EXTENDS HANDS TO THE WORLD

The USA 2016 TOUR for Dr. Archika Didi had many significant moments when many elite citizens, philanthropists, medical practitioners and people of all age groups from the American society met Dr. Archika Didi. Many things for the welfare of the society and empowering of the mankind were discussed at various levels.

Dr. Navin C. Mehta, a member of Bhartiya Vidya Bhawan and a diplomat on American Board of Otolaryngology attended the session and met Dr. Didi after the program.



Mrs Sangeet Sharma sales and marketing executive of Indian Radio Station (easy96.com) interviewing Dr. Didi



Meeting with Ms. Gayatri, the marketing head of TV Asia.



Mr. H. R. Shah, Chairman and CEO of TV Asia. an entrepreneur and a philanthropist, met Dr. Archika Didi at the world famous institute of Indian culture, education, music and art Bhartiya Vidya Bhawan (USA).



Swami Vigyanand Ji and Dr. Archika Didi shared their thoughts for the welfare of the society and its upliftment at Asamai Temple

Mr. Sunil Hali, the Chairman of Cine Maya Media Group Inc. corporation, NY, Publisher of Divya Bhaskar (North America Edition) and Marketing partner of Radio Zindagi (leading South Asian 24x7 Radio), interacting with Dr. Archika Didi



Dr. Archika Didi blessing Dr. Sanjay Singh, M. D. FAAN, Professor and Chairman of Department of Neurology, Creighton University School of Medicine at Hindu Temple, at Omaha, Nebraska



Dr. Archika Didi in Discussion with the Manager at Silvercrest Deer Creek, Retirement Community, Kansas City, USA

Cherished Moments



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