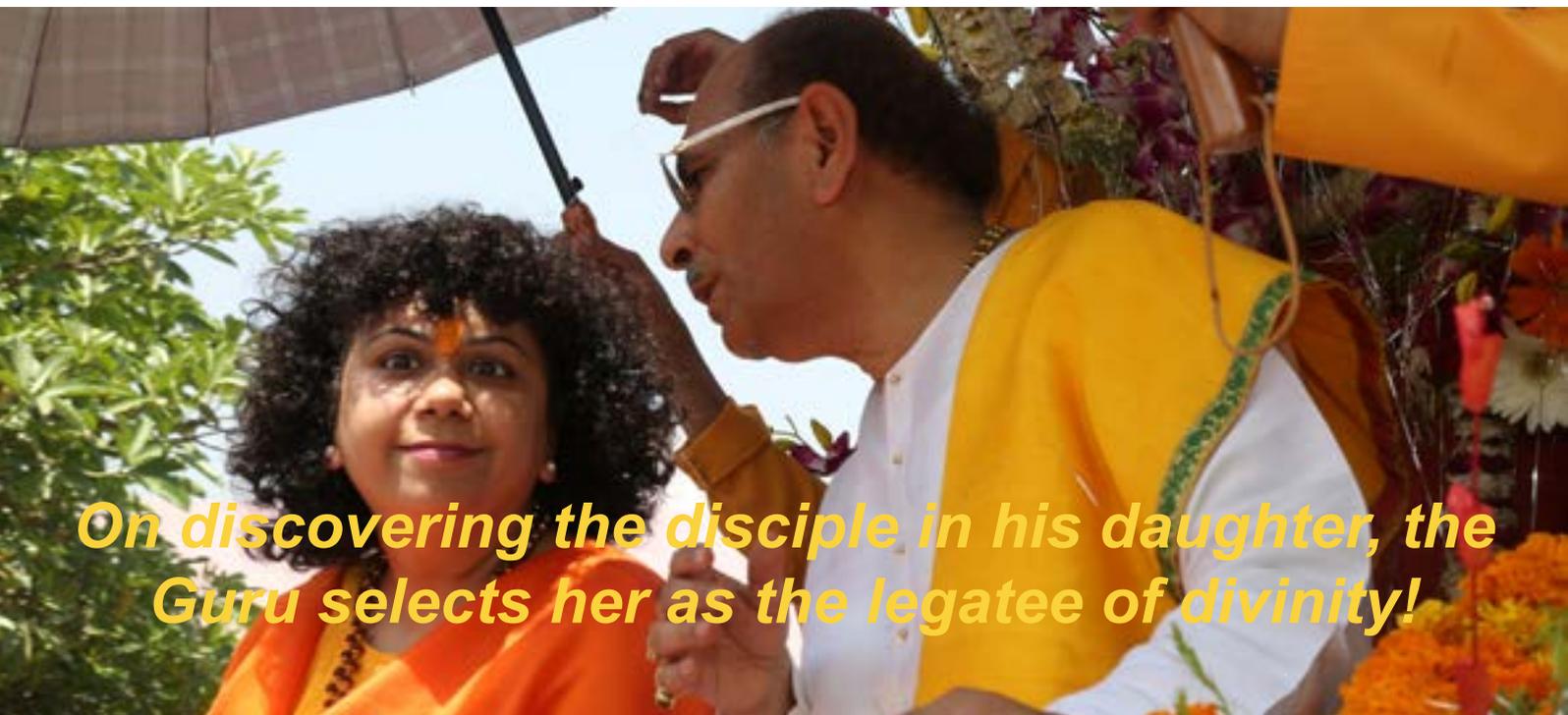




LIFE PATHWAY

Unlock your Infinite Shakti



Features

1. Editorial
2. News Diary
 - Ullas Parv
 - Meditation Camp at Noida
 - International Yoga Camp
4. Article
3. Upcoming Events

News Diary



DR. ARCHIKA DIDI
WISHES SADGURU
HIS HOLINESS
SUDHANSHUJI
MAHARAJ, A HAPPY
BIRTHDAY / ON
ULLAS PARV – 2016
Page - 3, 4 & 5



Dr. Archika Didi
inaugurates The
International Yoga
Camp at Anand Dham
Ashram, New Delhi
Page - 7



What is life? We seek the answer, many times within ourselves and from others. Sometimes human life is wasted away, in mere ignorance as a non-participant or it passes by as we search the true meaning of life to attain inner peace. We run on these two tracks in the beautifully challenging heterogeneous race of life.

An awakened soul will cherish every cross road, each moment and every feeling; recognising all incidents as purposed occurrences by the will of Almighty, not losing their calm on this adventurous path – human life. Like a seedling, sprouting from the soil, has to bear and face all adversities of nature, similarly every human also has to face the same hardships in life. To get stuck in those emotional tornadoes, is not to be awakened in the name of God, for when awakened, rules of human society and emotions do not apply and affect. The awakened extraordinary soul lives amid the ordinary beings, facing the same challenges yet being calm inside and not affected by the turmoil outside. These chosen souls have a calling, to guide us, mere ordinary beings, on the path of spiritual enlightenment, to be given the strength to face the adversities and challenges thrown at us, to be at peace inside and out.

Dr. Archika Didi, is one such soul, graced in a beautifully groomed human form, by the blessings of her Sadguru, her father His Holiness Sudhanshuji Maharaj. She guides the masses on the path of enlightenment, revealing the secrets of life and unlocking inner potentials, which with one lives obliviously. It is not only her legacy but her hard work which makes her seek out to lost souls and help them get across the vast ocean of life to reach the shore of enlightenment.

Let's all seek the blissful blessing of our Sadguru, conferred through Dr. Archika Didi who is guiding thousands worldwide on the extraordinary path of life at ...LIFE PATHWAY.

Shashi Khanna

Ullas Parv Celebration

May 1 & 2, 2016
New Delhi.

DR. ARCHIKA DIDI
WISHES SADGURU
HIS HOLINESS
SUDHANSHUJI MAHARAJ
A HAPPY BIRTHDAY ON
ULLAS PARV – 2016



- World Wide 'WEB CELEBRATION' of Ullas Parv
- Dr. Archika Didi performs 'Pad Pujan' & participates in 'Holy Procession' at Anand Dham Ashram.
- "A Master can transform a disciple. A mentor can guide a disciple towards spiritual & personal progress." – Dr. Archika Didi

ULLAS PARV celebrated on 2nd May, every year, is a day of jubilation and gratitude. Gratitude to God Almighty for the gracious perennial blessing to the mankind as Sadguru His Holiness Sudhanshuji Maharaj and jubilant celebration to signify this occasion of Ullas Parv. Celebrations start days before the auspicious date which is marked by Yagya, Pujan and regular enchanting for long life of Holy Sadguru.

Web Celebration of the Ullas Parv, every year is a significant event in the series of celebrations. 1st May 2016, in the early hours of the day, when sun rose in this part of the world while dusk in Western world, a scintillating program was organised at Omkareshwar Mahadev Mandir starting at 6.30 am. Similar, grand programs full of excitement were organised at various locations world wide. Recording of the programs from Dubai, Jakarta, Hongkong, Canada, Bangkok and Singapore were co-ordinated by Chicago team of VJM and relayed to India. The program telecast through ustream was watched by millions of devotees of Maharajshri world wide. A beautiful cultural program from India and Chicago was witnessed by Maharajshri and Dr. Archika Didi along with live participation and telecast, all over the world.

Dr. Archika Didi in her divine address, wished every one at the Ullas Parv, congratulating the devotees. Dr. Didi said, "A Sadguru brings spring to life when all the flowers bloom in full swing bringing all vibrant and beatitude in lives of devotees." Dr. Didi explained the significance of utter devotion and surrender unto the feet of holy Sadguru by a beautiful story about Bocauzu, a famous Martial art champion of Japan. Bocauzu was handicapped from his left hand but had determined will to learn Martial Art from his master. His master asked him to practice one technique for many years. Bocauzu, surrendered to the wish of his Master and practised it rigourously while other students kept learning more techniques.

After five years during a competition, Bocauzu won through all the rounds and reached to the finals, where he was declared winner amongst the Academy. Everyone was surprised to witness this. The master then said that left hand had to be pulled to win in the final round and Bocauzu did not have left hand.

Dr. Didi's beautiful story kept all mesmerised and they applauded with devotion for the inspiring message of surrender Dr. Archika Didi narrated.

A beautiful program by children from Devdoot Child Welfare Project, was staged. Devotees all over the globe rejoiced the program and were blissful by seeking divine words from His Holiness Sudhanshuji Maharaj and Dr. Archika Didi. A cake ceremony at Chicago kept all excited while singing the birthday song for Maharajshri. The program concluded with prasad for all present to witness the Web Celebration of Ullas Parv.



The delightful salutation of Ullas Parv May 2, every year, is a pious event in lives of every devotee of Pujya Maharajshri. Since morning thousands of devotees gathered at Anand Dham Ashram to seek the blessings of their Sadguru and wish him a happy birthday. A holy procession was organised from the entrance of Anand Dham Ashram which proceeded through all temples and different units of VJM. Pujya Maharajshri and Dr. Archika Didi adorned on a decorated and festooned chariot was a blissful sight. Everyone present showered flowers on them and chanted mantras. Students of Gurukul played rhythmically in a synchronised band. Every body danced in the procession and vibrantly seeked blessings from Maharajshri and Dr. Archika Didi. The afternoon celebration, in the satsang hall, began with Dr. Archika Didi, performing the 'Pad Pujan' with students from Maharishi VedVyas Gurukul VidyaPeeth. Students of Gyandeeep Vidyalaya, Faridabad performed a vibrant dance, wishing Maharajshri. A play staged by Gurukul students and Titiksha Public School, was applauded by all.

Dr. Archika Didi explained the significance of a Sadguru in one's life. Also, how only selected ones can understand the teachings of a Sadguru and spread it to many others. Dr. Didi quoted a moving example where a Guru gave seeds to three disciples and how each one according to his wisdom kept them. Only one disciple sowed them in ground and got a beautiful flower garden while one sold it and it remained the same and yet other one kept it in the cupboard which decayed. Explaining this Dr. Archika Didi told that what we learn from our Sadguru depends on our intelligence and how it makes a difference in our lives depends on our thinking.





The evening of 2nd May 2016 was another day to be remembered in the history of VJM. A beautiful huge stage in the premises of Pashupati Nath Temple with Golden Nandi was an unusual back drop for this festive blissful evening . Pujya Maharajshri with Guru Ma and Dr. Archika Didi graced the stage. The divine aura beamed in the serene yet jubilant atmosphere. It seemed like Lord Shiva with His family is blessing His incarnation – His Holiness Sudhanshuji Maharaj and the divine family.

Dr. Archika Didi was welcomed by dynamic members of International Youth Wing after the welcome of her Sadguru, her divine father .

The discourse of the evening started by Dr. Didi was welcomed by a huge gathering of devotees with unending applause. Dr. Archika Didi guided through another inspiring story where she said if a person is in the affinity of his Sadguru, is in his refuge and guidance, he is a devotee with positive aura which is very pious and radiant with an attractive persona . When that person is lost in worldly desires and emotions of lust, anger, greed and selfishness, his aura is negative and personality unattractive .

Dr. Archika Didi concluded by saying to have complete faith in your Sadguru and seek his blessings is an embodiment of the divine spiritual powers.



Meditation Camp at Noida

May 7 & 8 2016

- Dr. Archika Didi guides for meditation & Divine Discourse at Greater Noida.
- "Introspect and find your true self".
- "Smile brings happiness to you and others." – Dr. Archika Didi



"SEARCH FOR PEACE INSIDE YOURSELF" – Dr. Archika Didi

A meditation camp and discourse program was organised at Agyeshwar Shiv Mandir, Greater Noida on May 7 & 8, 2016.

Dr. Archika Didi was invited to guide people out of their stressful lives with her innovative and scientific techniques of Meditation. The divine program started with yoga, which Dr. Didi monitored, guiding all towards the overall health. Meditation session started by various Pranayam which is a catalyst in meditation and balancing of thoughts. Meditation is done to enhance concentration and focus of mind. Chanting of Om and vibrations of musically sung Om was used for the meditation session which was much appreciated by all participants. The peaceful aura which flowed all along the session was very energetic and yet calming.

Dr. Archika Didi in her celestial voice explained – "To search for your peace and solace inside yourself. We all are children of the God but in all the worldly desires we have lost the meaning of our human lives. We are only aware of our physical form and in this we are ignorant about ourselves. Meditation can lead us to an awakening about ourselves."

Dr. Didi further said, "Have patience in challenges and sorrows of life. Be the master of your heart and do not let heart and desires master you. Be aware of your strengths and weakness too."

Dr. Archika Didi said, "From ages saints and Philanthropic have said that desires, lust and infatuation are the reasons for sorrow and grief in a human life. A person who has controlled and diverted his desires, knows the art of living happily and a balanced life. On the path of meditation, one can surely attain the peaceful state of mind and a happy life."

Dr. Archika Didi worshiped in the Agyeshwar Temple. This grand program was organised by the support of Mrs. Rajni Bishnoi from Yuva Kranti Dal. The program concluded with prasad for all the devotees.





Dr. Archika Didi inaugurates The International Yoga Camp at Anand Dham Ashram, New Delhi

21, May 2016

- May 21, 2016 the Purnima day celebrated as the inauguration of the one month Yoga Camp.
- Dr. Archika didi along with the chief guests lighted the inaugural lamp.
- Dr. Archika didi explained the benefits of yoga.



Yoga International Day celebrated on 21 June is a yoga revolution world wide initiated by the honourable Prime Minister of India, Sh. Narendra Modi. The Ministry of AYUSH now organises yoga camps for one month starting 21st May to 21st June at various locations in India supported by NGOs and organisations. May 21, 2016 the Purnima day celebrated at Anand Dham Ashram, New Delhi, as the inauguration of the one month duration Yoga Camp with the guidelines by the Ayush Ministry. Dr. Archika Didi along with the Director of AYUSH Ministry, Dr. Ishwar Acharya Ji, Deputy Mayor Smt. Shashi Prabha Solanki and Dr. S.N Pandey, Director at Yugrishi Arogya Dham, lighted the inaugural lamp. Dr. Archika Didi told about the benefits of yoga and how each exercise affects various body parts,

organs and glands. She further told how yoga tones up the muscles and enhances the blood circulation. Purpose and benefits of Pranayam was told along with focus exercises and some techniques of meditation was conducted.

**“ASTTO MA
SADGAMYE
TAMSO MA
JYOTIRGAMYE
MRTYORMA
AMRITMGAMYE”**

Dr. Archika Didi said, "There are immense possibilities in a human being. The human body is a gift of God but we can't utilise all the powers of our mind. Hormones are very important to regulate proper functioning of the body." Dr. Archika Didi introduced people to Ashtang Yog by Maharishi Patanjali which has eight parts – Yum, Niyam,

Asan, Pranayam, Pratyahar, Dharna, Dhyan and Samadhi. Giving details about each part, Dr. Didi shifted to Pranayam and then to Dhyan. A successful start of International Yoga Camp began on Purnima day. Similar Yoga camps are held by VJM Mandals at various locations worldwide.



⋮ Cosmic Energy and Meditation ⋮

Before the creation of the universe, our world, all of the things were one. Truth, power, energies, soul, consciousness, everything was one. God wished to spread all around, as soon as He wished upon it, an energy arose within Him - Cosmic Energy. This energy immediately started to spread in all four directions. With the spread of this energy, everything we see today, slowly started to get formed, the whole of universe started to form. The same energy created all the biotic and abiotic substances. Cosmic Energy is the energy which works within our bodies. All the actions in our bodies are due to this energy, if it weren't for the Cosmic Energy, we couldn't have been alive.

Energy spread around the whole universe, is the energy which lies dormant in us for ever since. We are only able to utilise merely 10% of this energy, the rest 90% is stored within us and we are not able to utilise it at all. According to Yogis, if one wishes to awaken this energy and absorb it further from the universe to awaken the dormant yogic energies, the only way is to walk on the path of meditation. The energies and powers have been granted to us by The Almighty, the possibility of utilisation of these dormant energies, to awaken them one needs to meditate. Only through meditation these dormant energies will shake up and begin to awaken. If these energies of a person awaken, then the hidden talents start to show up. Brain starts to develop and when the person meditates, the consciousness and the power of being reaches to those dormant corners of the brain awakening the energies.

To awaken the yogic energy and enhance your sense of being, to create the Cosmic Energy within and to develop your brain, one needs to follow the path of meditation.

Be Alive

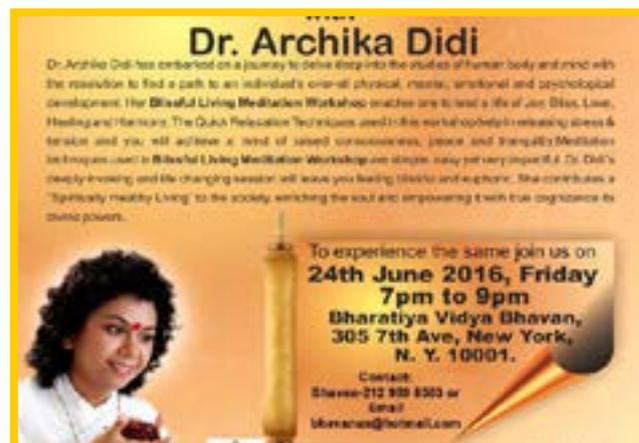


You tube: Who we are in reality | Dr. Archika Didi | Greater Noida | May 2016
Link: <https://www.youtube.com/watch?v=l8u02fUbdFw>

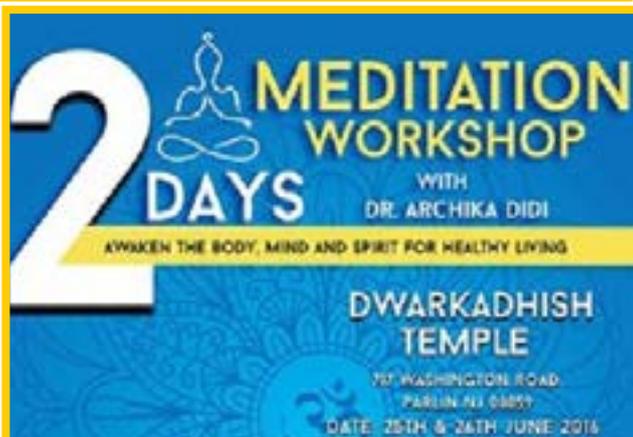
Upcoming Events



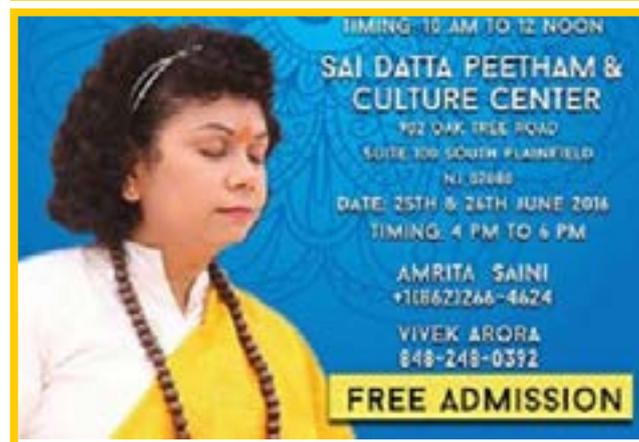
CHAKRA DHYAN SADHNA
BY DR. ARCHIKA DIDI
DATE: 17TH, 18TH & 19TH JUNE 2016
VENUE
ANAND DHAM ASHRAM, NANGLOI, NAJAFGARH ROAD
BAKKARWALA MARG, DELHI
FOR REGISTRATION CONTACT:
011-33037272, 011-33037273



Dr. Archika Didi
Dr. Archika Didi has embarked on a journey to delve deep into the studies of human body and mind with the intention to find a path to an individual's overall physical, mental, emotional and psychological development. Her **Blissful Living Meditation Workshop** practices are to lead a life of Joy, Bliss, Love, Healing and Harmony. The Quick Relaxation Techniques used in this workshop help in releasing stress & tension and you will achieve a state of relaxed consciousness, peace and tranquility. Meditation techniques used in **Blissful Living Meditation Workshop** are simple, easy, practical & effective. Dr. Didi's deeply knowing and life-changing session will leave you feeling blissful and euphoric. She contributes a "typically healthy Living" to the society, enriching the soul and empowering it with true cognitive & divine powers.
To experience the same join us on
24th June 2016, Friday
7pm to 9pm
Bharatiya Vidya Bhavan,
305 7th Ave, New York,
N. Y. 10001.
Contact:
Shreya-212 959 8500 or
Email:
blissness@lifestream.com



2 **MEDITATION WORKSHOP**
WITH DR. ARCHIKA DIDI
AWAKEN THE BODY, MIND AND SPIRIT FOR HEALTHY LIVING
DWARKADHISH TEMPLE
717 WASHINGTON ROAD
PARLIN NJ 08859
DATE: 25TH & 26TH JUNE 2016



Sai Datta Peetham & Culture Center
902 OAK TREE ROAD
SUITE 100, SOUTH PLAINFIELD
NJ 07080
DATE: 25TH & 26TH JUNE 2016
TIMING: 4 PM TO 6 PM
AMRITA SAINI
+108627266-4624
VIVEK ARORA
848-248-0392
FREE ADMISSION

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	Lotus Yoga Studio, Kansas City
	2:30 PM - 4:30 PM	Silver Crest retirement Community, Kansas City
02.07.2016 Saturday	10 AM – 12 noon	Lotus Yoga Studio, Kansas City
03.07.2016 Sunday	11 AM – 12:30 PM	Hindu Temple 1310 Arbor street, Omaha, NE 68144

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