



LIFE PATHWAY



*Meditation keeps one's soul & mind
bound together*

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News Diary

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Blank mind yet chaotic and cluttered, wanting to break free from within, to explore from the inside rather than the outside; many experience these feelings yet fail to find a way out. When the soul is troubled and mind is distressed, turn to meditation in order to turn the knob in your mind from clogged to free flow. Meditation is not an exercise; it is an experience, an experience of the state of mind. While meditating one opens the eyes towards inside and closes on the outside and sees the treasure within. One gets to explore the vast ocean within to dive in and experience the beauty of the coral reefs lying deep within. Each being is gifted in their own special ways and no two beings can ever be the same. Through meditation, one can easily clear up the cobwebs and get a clearer view past stress, anxiety, anger and frustration; one can see the clear horizon to see who they really are.

Be Alive - I



You Tube:

Spirituality to achieve success, happiness and peace | Kashipur
Link: <https://www.youtube.com/watch?v=-xAcXSizCME>

“The greatest gift for the elderly is your time” – Dr. Archika Didi



The day of 2nd October started with a bang of enthusiasm and energy. Starting the celebrations from 11 AM, Anand Dham Ashram welcomed His Holiness Sudhanshuji Maharaj and Dr. Archika Didi. Lighting of the lamp by Maharajshri and Dr. Didi declared the commencement of the event. The students from Faridabad graced the event by performing various dance forms followed with a power packed play, on the lines of honoring the nation and remembering the freedom fighters. Students from Gurukul, purified the arena with their powerful chanting of mantras.

Among the thousands of devotees present, there were many who have excelled in the field of radio, education and arts. The guest of honors were honored and congratulated for their excellence in their respective fields. Towards the end a new Yugrishi Ayurvedic product was launched by the name of “Badam Kesari” beneficial for sharpening the brain and betterment of eyesight. The program concluded with divine words of Maharajshri and humble words of Dr. Didi, both emphasizing on the importance of our parents and elderly in our lives.





Shri Ganesh Laxmi Mahayagya

13 & 16 October 2016



The true yagya is to burn rage and revenge in the fire of knowledge

Shree Ganesh Lakshmi Maha Yagya, the divine event held at Anand Dham Ashram started from 13th October and the holiness continued to spread till 16th October. Each day brought a new energy to the holy aura, calling out to thousands far and near. From Hongkong to Dubai members of Vishwa Jagriti Mission along with devotees of His Holiness Sudhanshuji Maharaj and Dr. Archika Didi came to participate in the Maha Yagya. Each new day began with energetic pooja ceremony from 8 AM to 10 AM, the event was graced by the presence of the holy family with Maharajshri, Guru Maa and Dr. Didi. As everybody proceeded to participate in the Maha Yagya, continuing up to 1 PM. Maharajshri imparted divine speech after the Yagya, post which devotees dispersed for lunch, only to gather later in the evening for a meditation session with Maharajshri and Dr. Didi. After the blissful meditation session, devotees departed for their respective homes with a few devotees to reside at the Ashram for the next day's Yagya.

During the event, three new products were launched for the product range of Yugrishi. The divinity continued till 16th October and the same routine followed, every participant was gifted the divine "Shree Yantra".

On 16th October, the Maha Yagya reached its final day, and the final Yagya ceremony concluded with Maharajshri giving the "poorna Ahuti", marking the end of Maha Yagya for the year.



Diwali Pujan and Celebration



September 28 & 30, 2016

“Spreading divinity, warmth and joy on the auspicious occasion of Deepawali”.



Dr. Archika Didi distributed gifts and sweets to the people working at Karuna Sindhu Hospital after performing Ganesh Laxmi Pooja. The committee members of the hospital were also present on this occasion at Karuna Sindhu Hospital



In the divine presence of Pujya Maharaj Shri and Dr. Archika Didi, a number of people performed Ganesh Laxmi Pooja. Maharjshri and Dr. Didi blessed everyone present at the venue followed by a signing off speech which was full of life lessons at Onkareshwar Mahadev Mandir

Dhyan Sadhana Shivir at Parmarth Niketan, Rishikesh



“Meditation is a path which cuts through our miseries and leads us to a peaceful place”.

Arriving at Rishikesh Parmarth Niketan, situated at the banks of the holy river Ganga, on 11th November, 2016, His Holiness Sudhanshuji Maharaj and Dr. Archika Didi were greeted by over 800 devotees, with the divine vibrations flowing and spreading all over the place. Hosting sessions of meditation early in the morning and evening, from 8 am to 12 noon and 3-5 pm; at the Ganga banks, amidst the pleasant breeze blowing and the gushing of the river water left everyone in a calm that was inexpressible in words. Dr. Didi conducted the divine meditation sessions of Omkar meditation, Om chanting, Shiv meditation and the energetic cosmic dance. Each soul was rejoiced and could feel rejuvenated; the highlight of the three day camp at Rishikesh was of the experience of “Mangal Milan”, where each one present, greeted one another’s soul and recognize them as souls instead of their outer body and name.

With the setting sun of each day, the whole of Rishikesh’s Parmarth Niketan was spell bound in the grand aarti performed in the premises and the Shri Yagya conducted, swept the whole arena in a wave of holy divinity and positivity, for health, wealth and prosperity.



Dr. Archika Foundation

CHARITABLE ACTIVITIES

“The true wealth is the good you do in this world”.



A) On October 22 the auspicious occasion of Ahoi Ashtami, the volunteers of Dr. Archika Foundation distributed food among orphans and underprivileged children.

B) On October 31 the occasion of Govardhan Pooja, the volunteers of Dr. Archika Foundation distributed Annakut Prasad to the underprivileged. A balanced meal of puri, sabzi and rice with kadi was distributed.

C) On November 12, the auspicious occasion of ‘Tulsi Vivaah’ in the holy month of kartik, the volunteers of Dr. Archika Foundation distributed food to underprivileged people. Around 200 people were served hot, delicious food. They were happy to have good food.



Nutritious Cookery Workshop

Our health makes us who we are

The volunteers of Dr. Archika Foundation conducted a workshop on nutritious delicious cookery on October 24 for women who were a part of the vocational training courses. As they come from an underprivileged sector of the society, they were in dire need to learn about nutritious food and healthy living. With the lecture, they were also taught about cleanliness and hygiene which is to be maintained during cooking. The workshop ended with a happy atmosphere and a promise of conducting such sessions in future as well.



Kids Yoga

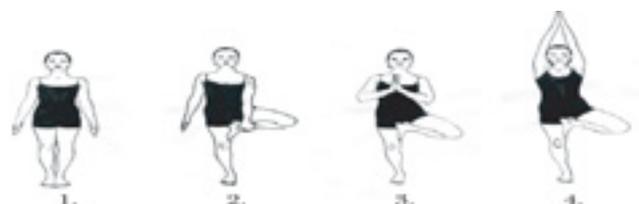
The most precious jewels of parents are their healthy children.

On October 23, Nandini, the nine year old yoga expert of Dr. Archika Foundation, conducted a yoga workshop for children to create awareness of among the society. She taught them yoga poses which were specifically beneficial during the growth years. She also told them various stories and enacted them through various yoga poses.

14th November, celebrated as children's day in India, Dr. Archika Foundation organized a yoga workshop and yoga celebration for children at Onkareshwar Mahadev Mandir, Mansarovar Garden, Delhi. Many yoga games were carried out to enhance the fun. The kids performed yoga poses on music, yogic dance and played yoga quiz. Children enjoyed each and every activity and participated with full zeal to be later rewarded with prizes. The celebration was concluded with refreshments for everyone and a thanking note.



Vrksasana - Tree Pose



Shri Shakti Widow Welfare Scheme

“The best exercise for the heart is reaching down and lifting people up”



On 30th October the most important wing of Dr. Archika Foundation, Shri Shakti Manch initiated its new project by the name 'Shri Shakti Widow Welfare Scheme'. In order to help the widows economically and socially, they were given monthly grocery and books for their children. The monthly grocery helps them throughout the month and frees them from the burden of earning bread and butter. The motive of the foundation is to show that widows do not symbolize weakness in fact they are the symbol of power, strength and courage. Therefore a little support by the society gives wings to their spirit. The scheme was initiated on the auspicious day of Deepawali with 16 widows who received their share by Dr. Didi in the divine presence of Maharaj Shri.



On 30th November Shri Shakti Manch added one more measure in their charitable deed through its project Shri Shakti Widow Welfare Scheme. Where they provide support to the widows by providing them with monthly grocery. The scheme was started with 16 widows but it has gone up to 21 widows who are being taken care of by the foundation. This time it was of extra help to them because of the money crisis going on in the country. Therefore they were filled with joy and gratitude. They left with a smile on their faces.

Upcoming Events

Dynamic Kundalini Meditation
To Explore your Infinite Self

16th to 18th Dec 2016
Anand Dham Ashram
Nangloi Najafgarh Road, Bakkarwala Marg New Delhi-110041
Registration@ 011-40469460, 011-33037272, 7291986657, 9560797359

यदि आप आनंदधाम आश्रम में रुद्रागिषेक करवाना चाहते हैं तो इन नम्बरों पर संपर्क करें—

07291986657, 09560797359,
08470020333, 011-33037272

यदि आप डॉ. अर्चिका दीदी के धावन सान्निध्य में कैलाश मानसरोवर यात्रा 2017 पर जाना चाहते हैं तो रजिस्ट्रेशन करवाने हेतु शीघ्र ही इन नम्बरों पर संपर्क करें—

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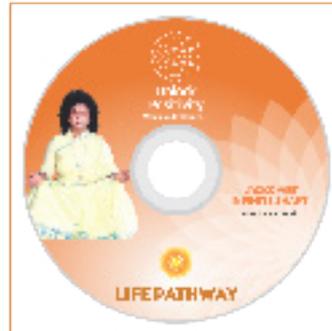
Holy Merchandise



Unlocking Serenity
Part - 1 & 2



Awaken your Infinite
Shakti



Unlock Positivity



Om Meditation

Editorial Team

Chief Editor - **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-dr-di>

Twitter <https://twitter.com/drarchikadidi>

Instagram <https://instagram.com/drarchikadidi>