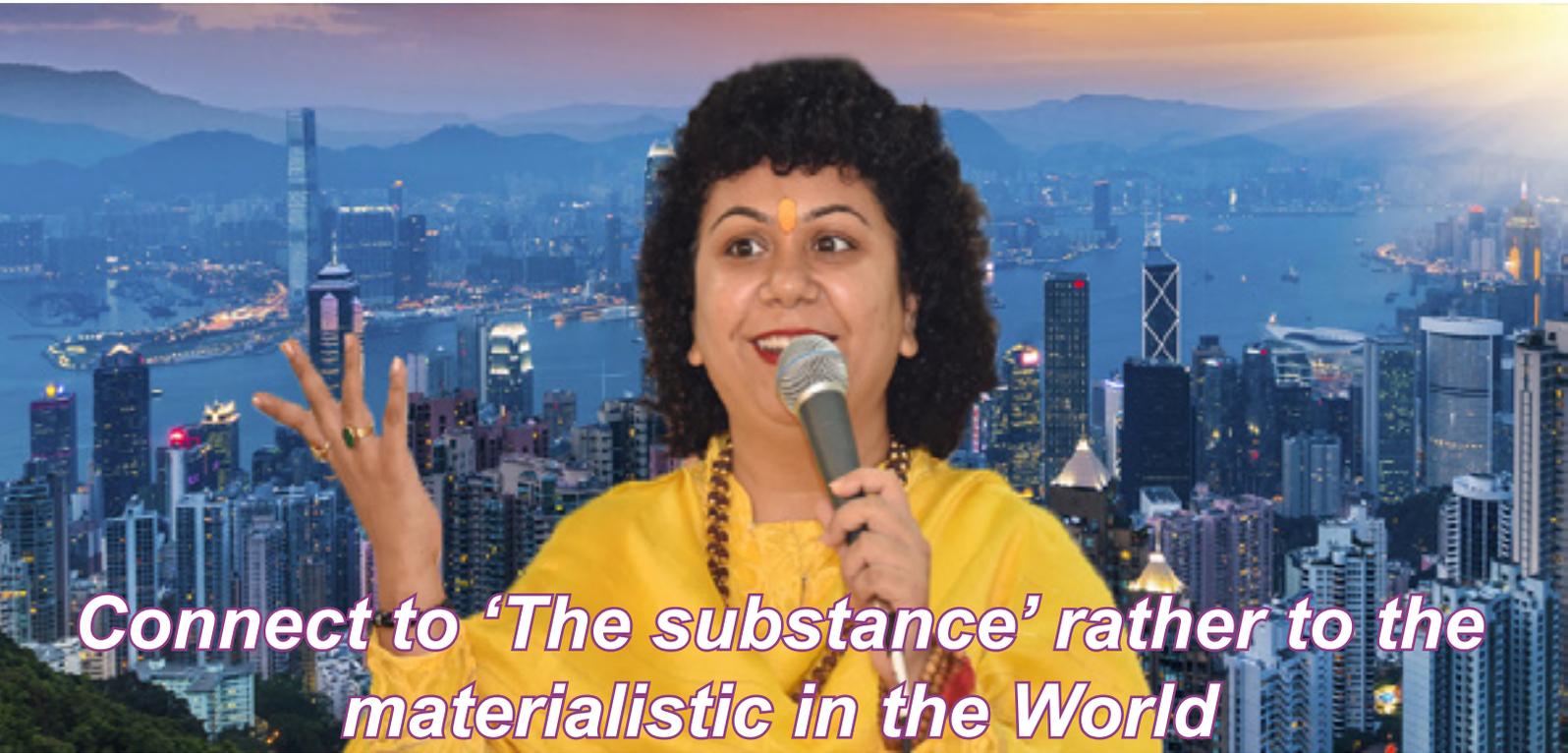




LIFE PATHWAY



Connect to 'The substance' rather to the materialistic in the World

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Change is the beauty of life. One season to another brings slow transformation in the environment. Summers receding slowly in autumn and proceeding for winters. Every season brings beauty with its arrival. So is life. Every stage every moment every situation brings with it related promises and changes. Life if viewed on a canvas has beautiful hues of colours spread on it. The mellow of the variety of colours showing on life canvas show cases a beautiful painting, where embossed of elated moments and engraved of the slow ones are depicted. But a total amalgam of all heaves and elation show an inspiring combination of colourful life. Your views vision thoughts and wisdom guides you towards a positive outlook towards your life. Transformation is within yourself and how you alter your listening and people's listening about you. The transformation and transmission of your inner self is realisation and awakening which is catalysed by Meditation. Through meditation you become aware of the changes and accept the sliding life towards positivity. You enjoy every change as an observer yet fully immersed in its bliss.

*We invite you to realise the transforming path within yourself and be an immersed observer to its beauty..... at LIFE PATHWAY with **Dr Archika Didi!*** **Ms. Shashi Khanna**

Be Alive - I



You Tube:

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

“Elevate yourself from the physical form to the astral form and slide into your vacuum, that is what meditation is”-Dr Archika Didi



Dr. Archika Didi a known name in the spiritual world is touching and inspiring many lives through her innovative, scientific yet easy techniques of meditation. A famous group of Industrialist, philanthropists, wellness and social activist, R.D.N.C Mittal foundation, invited Dr. Archika Didi to Alwar on 4th September for a half day session of Yoga and meditation.

An amazing session commenced at 7.30 AM and went on till 10.30 AM after half an hour break, the session continued from 11.00 AM to 2.00 PM. Many known names from different social groups, health and yoga groups supported in organizing this grand program at an auditorium in Alwar. Program started with the lightening of lamp by Dr. Archika Didi, and members of Mittal foundation and dignitaries present on the occasion. Dr. Didi guided a huge number of participants with various techniques of meditation which are easy, quick and scientifically proven for instant effect. Dr. Didi in her very skillful way, taught about the affect of meditation on various physical and mental diseases along with the benefits of Kundalini and chakra meditation.

First session was dedicated to settle everyone down and to make them comfortable with their environment. Various ways to shed away stress and tension were taught which were practiced in the morning session before break. A vacuum was created in every mind and every one freed from their clouds of tension.

After the break, Dr. Archika Didi very systematically and slowly swayed everyone in the depths of peace and poise. With all the cluster of dismay and sadness cleared and broken in the first session, everyone was excited, joyful and relieved from their distress. Soon Dr. Didi swept everyone in deep trance, accelerating their energies and positivity. Every participant experienced a burst of eternal energy and felt connected to the cosmic energy.

The atmosphere was filled with peace, positive power and purity which were further enhanced by the energy initiation of every devotee. A successful program concluded with a new synergy, positivity and creativity flowing in a charged atmosphere. This program was a part of the 'Swachh Alwar -Swasthya Alwar ' campaign initiated by citizens of Alwar. Dr. Didi was thanked and honored by the trustees and the program organizers.



Dr. ARCHIKA DIDI IMMERSSES ALL IN THE DIVINE TRANCE AT DEHRADUN

World known Yoga & Meditation Guru, Dr Archika Didi is reaching thousand hearts and souls through her divine meditation. Nupur Foundation at Dehradun invited Dr.Didi for blissful meditation sessions. The beautiful city of Dehradun at the foot hills of Utrakhand range is a serene appropriate place for meditation. Three Meditation sessions organised at Parade ground immersed all in the depth of meditation.

A huge crowd of devotees awaited eagerly for Dr.Didi who arrived clad in her signature colour Yellow, radiant by the divine aura which she has attained through her devotion and blessings of her Sadguru father.

Dr.Didi said “ Life is like Kurkshetra where one side is positivity of Pandavas and other is the negative side of Kauravas. We have to skillfully connect to Pandavas and also to divine powers of Lord Krishna to win on this battle field”. Didi further said “Our connectivity to Lord will guide us to the rightful path of our life. We have to awaken our energies through meditation. Starting from Agyachakra to the Muladhar and then from Muladhar chakra to the Agya Chakra touching and awakeing all chakra on this astral divine path”.

Third session was for the awakening of kundalini Shakti. Dr.Didi guided towards various energy centres in the body and how to awaken energies for an empowered life.

The program concluded by thanking Dr.Archika Didi for her blessings and guidance. Dr.Didi blessed the members of the Dehradun Mandal for organising this successful program. All bid loving farewell to Dr.Archika Didi with a request to revisit for this awareness.





BLISS OF MEDITATION FLOWS IN THE SKY RISER CITY OF HONGKONG!



The business hub of the east, Hongkong was showcased a unique experience of bliss by the world renowned Yoga and Meditation Master Dr.Archika Sudhanshuji. Dr.Archika Didi as fondly called by her huge followers world wide was welcomed at the airport by the President of Hongkong chapter Mrs & Mr.Tolani. Mrs.Deepa Tolani excited with happiness garlanded Dr.Didi and welcomed her along with her huge team of volunteers.

Dr.Archika Didi has followers of varied caste, colour and creed. Her divine aura has attracted people of all age groups and any community or nationality to her. Her acceptance from east to west is as phenomenal as a rising Sun on spiritual skies. Dr. Archika Didi's command over her unique style of teaching meditation has thousands practicing this life skill art who were new to the field. The materialistic business hub of Hongkong is chaos, confusion, confrontation and callous concealed by the worldly mask of painted faces and superficial smiles. Dr.Archika Didi touched every soul to the core so that the reality appears, recognised and transformed.





Her meditation broke the artificial glass screen and reached to the depth of the turmoiled ocean. The calm ocean had many ripples and ferocious tides inside. Dr.Archika Didi's inspiring blissful technique reached to that turmoil, calmed it and guided every one to emerge as a new being.

In the three sessions people from various walks of life were overwhelmed by this life metamorphosis skill guided by Dr.Archika Didi. The flow of positive energy was intense and creativity to its inception.

The hall of The Sadhu Vaswani Centre was engulfed with a positive aura and spiritual awakening blessed by the presence Dr.Didi.

Concluding session was very delightful, emotional and gratifying when every one fresh with new energy, rejuvenated with 'che' embolden spirit of life. The atmosphere was thrilled with new excitement yet swathe in peace and poised in a spiritual equilibrium necessary for a complete life.

After guiding the fiddle to calmness Dr. Archika Didi was seen off with gratitude and earnest request to visit again every year.



Dr. Archika Foundation

EVENTS



Teacher's Day Celebration

Volunteers and team of Dr. Archika Foundation celebrated teachers day on the evening of 4th September, 2016 at Onkareshwar Mahadev Mandir, Mansarovar Garden, New Delhi.

Volunteers and participants of Kids Yoga group gathered in the evening and displayed their various talents at the talent hunt program which was organised by the foundation. The atmosphere turned very enthusiastic and everyone participated with full zeal in the celebration. Interactive activities and games were conducted for the kids along with yoga quiz for children. The evening went was full of zeal and learning with social engagement. Teachers day celebration was concluded by Nandini and all the other participants showing their gratitude and thanks to Dr. Archika Didi. Finally, some delicious refreshments ended the celebration

Nutritious Cookery Workshop

Volunteers of Dr. Archika Foundation organised nutritious cooking workshop on September 28, 2016 at Onkareshwar Mahadev Mandir. Cookery workshop was conducted by Mrs Megha and Mrs Poonam Diwan for the ladies who attend the vocational training classes. Healthy food like 'oats corn chart' and Misal Pav were taught.

The nutrition of each recipe was told to the attendant of the workshop who all appreciated this initiative by Dr. Archika Foundation.



Bhandara

September 29, 2016 Dr Archika Foundation organised Bhandara for the poor. This was organised during the 'Shradh' days. The thought of feeding the needy and poor with hot meals was very pious. Every body donates to Pandits during Shradh days but feeding and donating to the poor and needy is very auspicious and generous.

These kind of generous activities have been done by Dr Archika Foundation from time to time .

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—

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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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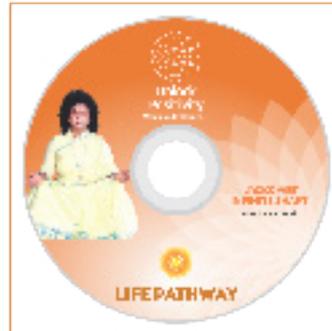
Holy Merchandise



Unlocking Serenity
Part - 1 & 2



Awaken your Infinite
Shakti



Unlock Positivity



Om Meditation

Editorial Team

Chief Editor - **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-drdrd>
-  Twitter <https://twitter.com/drarchikadidi>
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