



LIFE PATHWAY

unlock your
INFINITE SHAKTI

The Mentor Speaks

*"Human Body is a boon conferred by Almighty.
Realize the amazing, absolute, infinite potentials
and be one with that cosmic energy"*

- Dr. Archika Didi

Features

1. Editorial
2. News Diary
 - New year programme at Anand Dham Ashram
 - Blissful Living Meditation at Omkareshwar Mahadev Mandir
 - Smiley workshop at Faridabad
 - Lohri & Makar Sankranti celebration
 - Dr. Archika Didi invited at Surat, Gujarat
 - Blissful Living Meditation at Moradabad
 - Basant Panchmi Celebration
 - Blissful Living Meditation at Dehradun
3. Article
4. Upcoming Events



News Diary

Dr. Archika Didi at New year celebration at Anand Dham Ashram

Page - 4



Blissful Living Meditation at Moradabad, UP

Main features - Sanjivini Kriya, healing technique & Chakra energising

Page - 8 to 10

Editorial



Life is unknown and a mystery. It has so much in store for all, so many possibilities immense avenues. Do not be stuck in your past, present or future. Move ahead, take your responsibility, be bold enough to acknowledge your flaws and your accomplishments. Appreciate your potentials but before that, recognise them and acknowledge them.

Your view about yourself will reflect in the way you live your life, the way you lead it and the way you treat others.

Life can't be defined in a single definition with its immense possibilities. How much you embrace your life or how much free you let it go will define it. But in any case important is 'you', you to yourself and you to others ! We normally feel life is our past experiences or our future desires. But life lives in our

present actions which will found our future.

Let's all gear up peacefully to give meaning to our lives. Let's acknowledge our potentials and our talents for ourselves. Let's recognise ourselves through the various techniques of Dr. Archika Didi guiding us through our lives and enormous prospects it holds.

Through LIFE PATHWAY.....lets all give ' pathway to our lives ' !

Shashi Khanna

Be Alive



New Year Blessings by Dr. Archika Didi
<https://www.youtube.com/watch?v=y9eP74a0Uc0>

News Diary

Dr. Archika Didi Participated In Yagna , Shobha Yatra & Maha Arti At Anand Dham Ashram on New year day

Anand Dham Ashram, New Delhi
January 1, 2016

- Many Devotees Seek Blessings From Dr. Didi
 - " Connect To God At Your Emotional Plane Of Consciousness "
- Dr. Didi



January 1, 2016 the new year's first day began with divinity and blessings from Dr. Archika Didi and His Holiness Sudhanshuji Maharaj for a huge crowd of devotees at Anand Dham Ashram. Dr. Archika Didi participated in yagna performed on the onset of the new year. Then Dr. Didi lead the shobha yatra along with her Guru and Father His Holiness Sudhanshuji Maharaj visiting all temples at the ashram and praying for the welfare of the society and mankind. It was a beautiful divine scene to watch all clad in yellow colour of divine prosperity singing and dancing with jubilation in the holy affinity to welcome 2016.



Dr. Archika Didi in her heart felt discourses said "when your heart is with God then it's pure and pious but when it is with the world then it is upset. Do live in this world but do not bring the world in yourself, when we bring world inside us then we loose our calm and our divinity. If we are connected to our God then we are happy". There are two planes at conscious level; one is the thoughtful plane which does all the analysis and finds logic for things. Another is emotional plane which is connected to our feelings and emotions. We have to connect to our God with our emotions and feelings of devotion. Akin a saint, who is always in connection with God and his affinity is pure, divine and pious. When your emotions are attached to God it becomes devotion. Dr. Didi very beautifully explained that water (H₂O) is made of two molecules of hydrogen and one molecule of oxygen which is connected with a bonding current which when passed creates water. Similarly, the presence of devotion and emotions is important to connect between a Guru and a disciple, then only spiritual current can pass through it. "Increase your devotion towards your Guru and his vision. Be with him always in your thoughts, live with his vision and his inspirations" as said by Dr. Didi in her divine discourses.

Dr. Didi also participated in the Maha arti at Sidhshikhar at Anand Dham Ashram, New Delhi. She concluded the day by distributing blankets to the poor and needy as blessings.

News Diary

Dr. Archika Didi sways devotees to trance and peace in West Delhi

**January 2 & 3, 2016,
Omkareshwar Mahadev Mandir,
West Delhi**

- “Be in the presence of vibrations of OM”
- “We can understand the divine messages from the universe”
- “Be alert & aware of your potentials” - Dr. Didi



The New Year started with divine blessings from Dr. Archika Didi for her followers. On January 2, 2016 blissful living meditation was organised at Omkareshwar Mahadev Mandir, Mansarovar Garden. Dr. Didi said in her celestial tone that “you are in your control by meditation. Calmness is important and a relaxed body and mind is essential. Joy and happiness is an energizer for your body and soul”. Dr. Didi guided few and easy relaxation techniques. Dr. Didi further said “let the name of God be immersed in you and his love in your heart and soul”.

Enchanting of ‘OM’ mantra was scientifically explained and everybody immersed in the deep rhythmic vibrations of the ‘OM’ enchanting. “Throw away all the negative energies and welcome all the positive energies from the universe. Pious emotions are very important to build confidence and high self esteem” as guided by Dr. Didi. These are few of the guidelines which Dr. Didi told in her session of meditation at Omkareshwar Mahadev mandir at Mansarovar garden, New Delhi.

The two day session ended with lot of appreciation and gratitude for Dr. Archika Didi who is an epitome of knowledge for all the age groups. People are attracted towards her for her divine wisdom, scientific knowledge and her blissful aura which radiates energy to all.



News Diary

Dr. Archika Didi invited to
Surat, Gujarat

Surat, Gujarat
January 10, 2016

• " We can understand
the purpose of life
through Meditation " -
Dr. Archika Didi



Vishwa Jagriti Mission, Surat invited Dr. Archika Didi on January 10, 2016. Dr. Didi took a morning as well as an evening session with a huge crowd. She pronounced that meditation was to find happiness, peace and rhythm in life. "A person is completely immersed in that blissful feeling and goes beyond the boundaries of the body". Dr. Didi further said, "to be introspective about self and one's life. One understands one's aim of life and the goal of human birth. When the meditation moves in the right direction, the life is attached unto the holy feet of Sadguru and God Almighty. Being in the holy affinity of your Sadguru you can empower your life. Divine powers of a Guru can divert all the negative energies to positivity. In the holy affinity the knowledge becomes wisdom".

Later in the evening Dr. Didi explained about the various states of the emotions and a person's mind.

Dr. Didi in her address reiterated to make a discipline and a system in the life regarding one's praying, eating, work and exercise routine for a fruitful life. She blessed all participants, with her techniques of blissful meditation.

Dr. Didi also visited the Bal Ashram at Surat and spent time with the children of Ashram.

'SMILEY' Workshop
with children at Gyan
Deep Vidyalaya

Faridabad, Haryana
January 12, 2016



Volunteers of Dr. Archika Foundation took a workshop for 'Welcome of the new year, 2016' at Gyan Deep Vidyalaya, Faridabad. The innovative workshop named 'SMILEY' motivated children to take New Year resolution of spreading happiness and smile to all. The workshop conducted by six volunteers of the foundation introduced motivational stories, fun activities, mind games and some interesting exercises with approx. 500 children from the school. The workshop started with chanting of 'Om' and Gayatri Mantra. A colourful presentation was also shown to the children. Participation of the children was worth remembering. With smile and laughter on every face, every child enjoyed the workshop and participated with great zeal. 'SMILEY' workshop ended with distributing yellow smiley faces to children and biscuits to all participants.

News Diary

Lohri & Makar Sankranti celebration by Dr. Archika Foundation

Omkareshwar Mahadev Mandir, New Delhi
January 13 & 14, 2016



- **Dr. Didi wished everyone with peace, prosperity and happiness.**
- **The atmosphere was vibrant and energised by the loud beats of the dhol and harmonious beats.**
- **“Every one should offer their anger , distress and dismay to the holy fire” - Dr. Didi**



The onset of the harvest season is welcomed with the holy fire of Lohri in Northern India and Pongal in South India. Dr. Archika Foundation celebrated the festival of Lohri with zeal and exuberance. The Foundation celebrated Lohri at the head office of Dr. Archika foundation at Omkareshwar Mahadev Mandir, Mansarovar Garden, New Delhi. All the volunteers and a huge group of guests dressed in the bright vibrant colours of Punjabi dress gathered at the premises to seek the blessings of Dr. Archika Didi and offer to the holy fire of Lohri. Dr. Didi beautifully dressed in the white and vibrant blue colour sat on the stage addressing and blessing all in her celestial voice. She wished everyone peace, prosperity and happiness. Dr. Didi further said that every one should offer their anger, distress and dismay to the holy fire. “We should all begin our new year with happiness, zeal and radiance alike the bright yellow colour of the holy fire”. Dr. Didi also asked everybody to embrace the positivity in their lives and celebrate their lives like dancing on the tunes of the ‘dhol’. The atmosphere was vibrant and energised by the loud beats of the

dhol and everybody participated in the harmonious steps of dance on the beats. As Dr. Didi had said to embrace the positivity of life, everybody present seemed to sway in the bhangra beats, spreading happiness and joy around.

Then, they all gathered around a huge holy fire which was initiated by His Holiness Sudhanshuji Maharaj and Dr. Archika Didi. Popcorn, peanuts and sweets were offered to the holy fire, praying for the health and prosperity of all. Everybody took a ‘Parikrama’ of the holy fire (Lohri) praying with gratitude to the Lord. Whole atmosphere once again zealed with beautiful sounds of the punjabi folk songs.

All were blessed by the divine words and blessings from Dr. Archika Didi and His Holiness Sudhanshuji Maharaj.

January 14, 2016

Makar sankranti was celebrated at the Omkareshwar Mahadev Mandir. In the morning, a Yagya was organised by Dr. Archika Foundation and all the staff and volunteers participated in the Sankranti puja. In the evening a Bhajan Sandhya was organised which was attended by many followers of Maharajshri and Dr. Archika



Didi. Famous bhajan singers from Vishwa Jagriti Mission were invited. Whole atmosphere ran in a celestial and divine touch when melodious bhajan in the praise of the Lord and Sadguru were sung in the huge premises of the Mandir. Many important dignitaries were invited on the occasion by Dr. Archika Foundation. Dr. Didi addressed a huge audience, guiding about the importance of peace, harmony and love. Dr. Didi prayed for well being of all and for the prosperity and peace of the mankind.

Dr. Archika Didi immersed the brass city of India, Moradabad, U.P. in Blissful Meditation

Moradabad, U.P.
January 15 to 17, 2016



- **2 day Blissful Meditation session at Divey Lok Ashram, Moradabad**
- **Dr. Didi addresses thousands of students through satellite.**
- **Dr. Didi addresses a Press Conference at Moradabad Ashram**
- **Sanjivini Kriya , healing technique & chakra energising main features of the Blissful Meditation session**

January 15 to 17, 2016 witnessed some beautiful moments at Blissful Meditation Session organised by Divey Lok Ashram, Moradabad ,UP the brass city of India. Dr. Archika Didi was invited for this blissful experience by the Moradabad Mandal. Dr. Didi arrived with her volunteers to Divy Lok Ashram on January 15, 2016 . First day of the tour visit was for visiting and guiding about the progress of the Ashram and the welfare services conducted there.

Dr. Didi visited ' Gaushala 'which had many cows and calves. She fed the calves and it was felt as if they too were eagerly waiting for her visit and her loving touch. Then she visited the Ram Ganga ghats, the beautiful banks of the river and took a stroll near mustard fields along the banks discussing the progress of the Ashram. Then Dr. Didi was escorted to a huge yagyashala where a yagya was performed for her auspicious welcome to the Ashram.

In the afternoon a Press conference was organised at the Ashram. Reporters from Citi cable, S S News, Amar Ujjala and



Dainik Jagran were present to take bytes for their channels and news papers. Informative questions were asked about Meditation. Dr. Archika Didi very wisely answered all questions stating "the key to this golden treasure which is hidden inside us is with us only. We have to search very calmly and with discipline for this golden key". Curious questions answered with utmost knowledge and skill made this press conference a huge success. Next day press reporters proclaimed the arrival of a spiritual icon, Dr Archika Didi for the welfare of the society and whole mankind. There was a group photoshoot with Dr. Didi as a momento for this day.

In the evening Dr.Didi was invited to inaugurate an electronic showroom and visit a handicrafts factory where many devotees had gathered to seek her blessings and have a divine glimpse of the holy legacy of their Sadguru ,His Holiness Sudhanshuji Maharaj. Later in the evening Dr. Didi visited

the Shiva Temple and worshipped her 'Ishta Dev' Lord Shiva. A bhajan Sandhya was organised in her welcome.

January 16, 2016, saw a huge crowd of people from all the age groups. Both men and women gathered at the venue of the meditation session, Divey Lok Ashram to participate in the meditation session to be conducted by Dr. Archika Didi.

Dr.Didi arrived at the venue beautifully dressed in white and yellow. She seemed like the radiance of the sun blessed with the 'charm' and fragrance of flowers. Dr.Didi was welcomed by the dignitaries and volunteers of the Moradabad Mandal. After the lamp lighting and welcome Dr. Didi approached the stage which was beautifully adorned by Sadguru's huge Picture and the yellow backdrop of the Life Pathway. The program started with Ganesh Vandana and some warm up exercises by the smart and energetic volunteers of Life Pathway. The day started with some easy exercises for neck, arms

and hands. Some breathing and laughing excersices cheered and warmed up the cold morning atmosphere.

This session was specially given for the ' Sanjivini Kriya ' the self healing technique with energising the chakras in the body. Dr. Didi with a scientific logic, explained this method. Dr. Didi said "whole universe is made of atoms which has neutron, protons and electrons in it , identifying with the positive, negative and neutral energy in each atom. Similarly these atoms are an integral part of our body. We have to motivate and encourage the positive energies in our body. We all have to connect that energy to the immense powers spread in the universe. We have to welcome those powers, that divine energy in ourselves". Then was the mesmerised moment when all were taught to awaken that divine energy in the cup of their hands and take those hands to all the parts of the body starting from the head, forehead, eyes, ears to the lower parts of the body ending with feet. With Didi's

Celestial voice explaining this method in scientific way, it seemed as if the whole atmosphere energised, glowed with radiance



and silver sparks which engulfed everybody present in the divine aura of energy from the universe. There was a small break after this session. Every body seemed to be immersed in the peaceful divine rhythm of silence. It seemed that the divine energy from universe was working for each of the participants and all transformation was being held quietly in this blissful atmosphere. The second session of the meditation camp had a total energetic and vibrant effect on all. Dr. Didi in a methodical way took all in the trance of the 'Om Namo Shivay' chanting. The vibrant atmosphere zealed up with clapping, dancing and vibrating the mind, body and soul in harmony with the Shiv dhvani. After this divine exercise all were asked to sit down quietly and realize the transformed being, to be aware of the peaceful changes in the body and mind and be conscious of the connectivity of the soul to ourselves and to our God. These were real blissful moments of divinity.

After this session in the late afternoon another historic moment was created when Dr. Archika Didi was invited at an educational institute which had 32 centres connected through satellite. It was a memorable day when Dr. Didi addressed thousands of students sitting in these 32 centres across India through the satellite



and lectured them about their responsibilities towards their lives and society. It was indeed a historic moment when they all took her blessings even sitting at far away places.

January 17, 2016 was the last day of this blissful tour. The morning session again started with warm up exercises by the volunteers which had knee rotation, some standing and stretching exercises. Dr. Didi reached the venue bringing with her the divine powers of radiating colour and fragrance of soft saffron. Dr. Didi was again welcomed by the management and volunteers of the mandal. Didi approached the stage after offering her prayers unto the silver 'paduka' of her divine father and her sadguru His Holiness Sudhanshuji Maharaj. Everyone was eagerly waiting for her arrival. After the welcome the energising session of chakra meditation started. Dr. Didi gave a detailed description of the importance of chakras (the energy centres) in our body. Dr. Didi further explained the emotions and feelings attached to each chakra and how to energise those. With her medical knowledge Dr. Didi explained how we can overcome our fears, phobias by strengthening our Naval chakra, how our creativity is enhanced by controlling and regulating our muladhar and swadhishtan chakra. Dr. Didi further explained to energise our feelings of love at

our heart chakra which will have abundance of love spread all over the mankind inform of generosity. Slowly Dr. Didi took all to the third eye meditation, to open all the doors of wisdom and bring in the knowledge of universe and then explaining the importance and 'Sahasrar Chakra' which is the ultimate destination in the yogic life.

The last day of the session also had an important technique of 'how to heal people'. People were asked to sit in groups facing each other. Then with welcome of energy from universe and prayers to be connected to God each person was asked to give energy to other person's chakra. This technique taught the welfare of each other before self and extension of generosity for the society; then blowing away all the negative energies to be in the sync with nature and beauty of the divine universe.

The last part of the Blissful session was very emotional, when Didi went to all the participants and blessed them with divine energy. This three day Blissful tour will always be remembered by all who attended the wonderful transforming sessions. The divine presence and the energising aura of Dr. Archika Didi left an everlasting affection all at Moradabad Ashram who were longing for more of her divine affinity.

News Diary

Basant Panchmi celebrated at Dr. Archika Foundation

Omkarshwar Mahadev Mandir, February 12, 2016

- Dr. Archika Didi Worships Goddess Saraswati on Basant Panchmi
- Spring season welcomed by Yagya, Pujan & Satsang
- "Bring the blooming of flowers & fragrance in your lives" - Dr. Archika Didi



Basant Panchami is celebrated in India in February to welcome spring season. It is also associated with worshipping of Goddess Saraswati who is considered to bless for studies, creativity, skills and all talents. Dr. Archika Didi on February 12, 2016 welcomed spring by worshipping Goddess Saraswati at Omkarshwar Mahadev Mandir in New Delhi. Every body dressed in different tones of yellow welcomed Dr. Didi with beautiful flowers. Dr. Didi performed Yagya midst enchanting of Vedic Mantras and then Pujan of Goddess Saraswati. During the worship books and pens were kept to seek the blessings from Goddess Saraswati. Dr. Didi unveiled the eyes of the idol of Goddess Saraswati, which signifies to unveiling our ignorance and opening our eyes and vision to the beauty and positivity in life. Dr. Archika Didi in her divine words guided everybody to welcome beauty and bliss to their lives. She further said "change your internal self alike the environment changes on the onset of spring. Similarly bring the beauty of nature inside yourself and groom your various talents and creative potentials." Dr. Didi guided everybody to chant Gayatri Mahamantra, atleast 21 times a day as it awakens our intelligence and creativity. The beautiful festival of yellow colours ended with distribution of yellow sweet rice as prasad to all present.



Dr. Archika Didi invited to Bhagwad Saptah Gyan Yagya,

Greater Noida, UP February 16, 2016

- Dr. Didi invited to the Puranahuti day at Bhagwad Saptah Gyan Yagya.
- Dr. Archika Didi addressed thousands on the pious occasion.

blessed a huge crowd. In her holy words she said to follow the path of virtue, balanced karma and compassion. Dr. Didi further said "follow the example of Lord Krishna and live a life of integrity, righteousness and joy in any circumstances. Practice your determination and strong will during challenges and odd situations."

Dr. Archika Didi was invited to the Puranahuti Yagya of Bhagwad Saptah held at Greater Noida in U.P. Thousands of devotees gathered to seek her blessings and listen to her inspiring words. Dr. Didi participated in the holy yagna and

Dr. Archika Didi was honoured with a shawl and every body was gratified with her divine presence.

News Diary

DR.ARCHIKA DIDI CONDUCTS BLISSFUL LIVING MEDITATION

DEHRADUN
February 13 & 14, 2016

- 2 days Blissful living Meditation at Inter-college, Dehradun
- Dr.Archika Didi addresses press conference
- "Strong will & Meditation can change a life & society too"
- "Meditation is not restricted for any caste, colour, religion or creed"-Dr.Archika Didi



February 13 and 14, 2016 saw the city of Dehradun immersed in divinity and bliss. Dr. Archika Didi was invited by Dehradun Mandal of Vishwa Jagriti Mission to bless devotees with Blissful Living Meditation. Weather also welcomed Dr. Didi and showered rains as blessing.



Dr.Didi was invited at a press conference where she answered to queries. She said "10 minutes of meditation can change a life. Meditation is essential for peace of mind . One can recognise one's potentials and talents through Dhyana."



Dr.Archika Didi further said " yog sadhana can change society and bring love, compassion and patience. Meditation is not restricted for any particular caste, religion, colour or creed. It is a blessing of Almighty which must be practised by everybody for the wellbeing of one self and society." Two day of Blissful living Meditation was attended by thousands of devotees from Dehradun and near cities. Dr.Didi guided to awaken energy for self welfare and welfare of the society. She said " a pious life begins when a disciple is initiated by a Sadguru. His guidance and motivation leads to a life of bliss."



On the final day Dr.Didi guided to awaken Shiv Shakti with meditation. Dr. Archika Didi said " do not be resentful as it will effect your aura and internal being. Connect to yourself and connect to your God. Practice Meditation in the early hours of dawn to attract positive energies from universe." Dr.Archika Didi blessed every one on their 'Agya Chakra'. Cabinet Minister Sh.Dinesh Aggarwal was present on the last day . He appreciated the contributions of His Holiness Sudhanshuji Maharaj,Dr.Archika Didi and Vishwa Jagriti Mission towards the welfare and empowering of the society. .

Article

Chakras -the energy sources in the body

What are Chakras?

The entirety of the body is a reflection of our beliefs, thoughts, emotions, attitudes and aptitudes. It is the physical manifestation of our inner beliefs about who we are. The chakra centres are like energetic centres within the mental, emotional, physical energy fields we usually identify as 'me'. Each chakra centre relate to a different area of our lives. The health of a chakra is governed by our beliefs about ourselves in the particular area of life that the chakra is related to.

What do Chakras look like?

The colours of the chakras are the exact same colours and in the same order as the colours of a rainbow, from red at the base to violet / white light at the crown. Our bodies are walking rainbows! If you hold a crystal up to the sunlight it displays a beautiful vibrant rainbow. This can give you an idea of what a healthy, happy chakra system looks like.

Seven main Chakra centres

There are many other chakra centres within the whole of our spiritual / mental / emotional / physical being, in regards to chakra meditation. But the seven main ones are the most associated with our being, with each one related to a specific aspect of our lives. There are many different perspectives on what each chakra relates to and different variations within each individual.

The **Root Chakra**, the 1st chakra

(Muladhara Chakra) is at the base of the spine and red in colour. It is linked to our connection and loyalty to our 'tribe', family and fellow human beings, our connection with the manifestation of physical earth, physical foundation, survival instincts, pleasure / pain and sexuality.

The Sacral Chakra

The 2nd chakra (swadhishtan chakra) is located just below the Navel. Resonates in orange colour, it is linked to our inner child, creativity, innocence, vulnerability and spontaneity.

The **Solar Plexus** (Manipur Chakra), which is the 3rd Chakra goes from just below the heart down to the navel. Yellow in colour, it is linked to our internalised parent, self esteem, reaction to criticism, personal power, ego and our self concept.

The **Heart Chakra**, (Anahata Chakra), the 4th chakra is in the centre of the chest. It displays green and pink colour. It is linked to love (as a union of spiritual and human love), compassion, generosity, confidence, trust, acceptance and inspiration.

The **Throat Chakra** (Vishuddhi Chakra), is the 5th chakra at the base of the throat and is blue in colour. It is linked to expressing and being our truth, being responsible to our needs and actions, surrendering our will to the Divine, trusting source, decision making, personal authority and manifesting creative impulses.

The **Brow Chakra** or The Third Eye (Agya Chakra) is the 6th chakra, is in the centre of the forehead. It resonates with indigo colour and is linked to inner vision, unity perspectives, divine understanding,

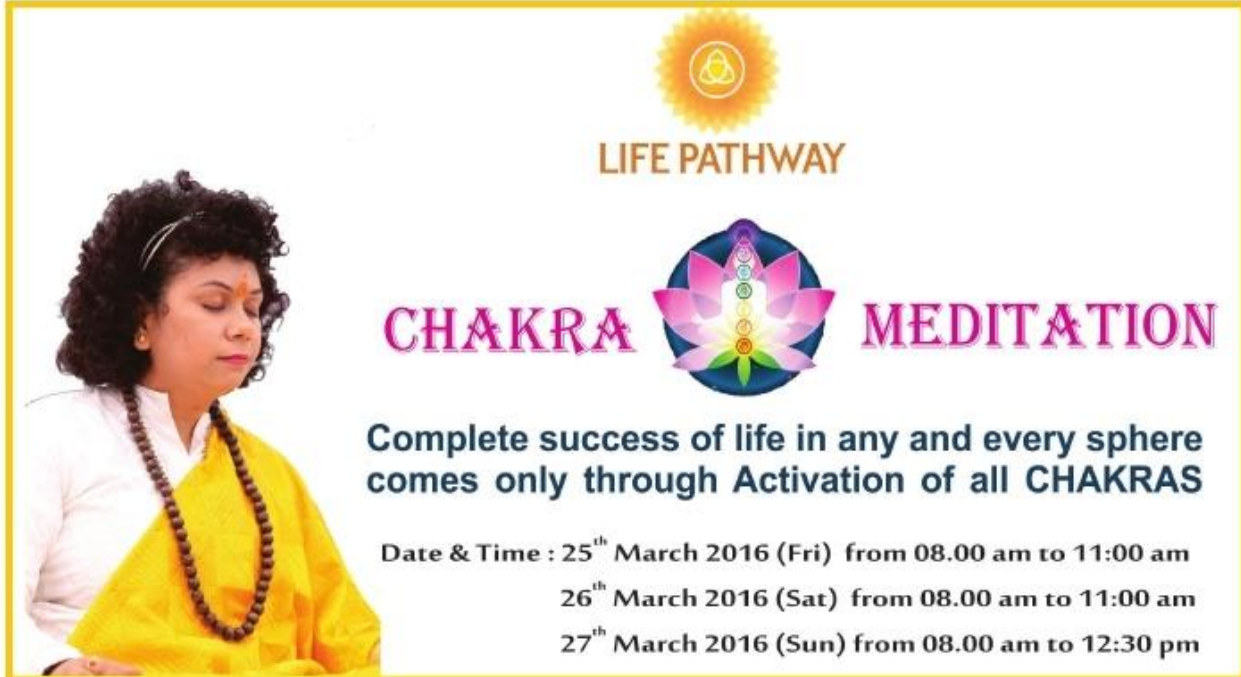
discernment, wisdom, intuition and intelligence.

The **Crown Chakra** (Sahasrara chakra) is the 7th chakra is at the very top of the head. It appears with color violet and pure white light. It is linked to our awareness of communion with source, Integration of the whole, living in the present, meaning, devotion, inspiration and conscious alignment with pure awareness.

Chakra Meditation -a catalyst in healing

We are upset when our occurrence, usually present below our conscious awareness, is reflected outside due to a trigger in the outer circumstances. All the organs and cells in the areas of the body related to the chakras would be affected.

In Chakra meditation, by embracing whatever arises in awareness that we call 'upset' the trauma within a chakra is gradually released, allowing it to spin and work in synchronisation with the other chakras as a team. This will facilitate inner harmony and balance. Once our energy field is aligned with wellbeing in this way, healing begins organically. Once we turn towards our inner conflicts rather than away from them, our innate intelligence takes care of the mind, emotions and the body. By chakra meditation we can energize our chakras and it works for strengthening of a particular chakra. The regular session of energising each chakra can heal any or all the problems related to the chakras at the physical, mental and emotional levels of a human being.



LIFE PATHWAY

CHAKRA MEDITATION

Complete success of life in any and every sphere comes only through Activation of all CHAKRAS

Date & Time : 25th March 2016 (Fri) from 08.00 am to 11:00 am
 26th March 2016 (Sat) from 08.00 am to 11:00 am
 27th March 2016 (Sun) from 08.00 am to 12:30 pm

Venue : Anand Dham Ashram, Bakkarwala Marg, Nangloi - Najafgarh Road, New Delhi-110041.
 Contact : 01125165176, 09868155501

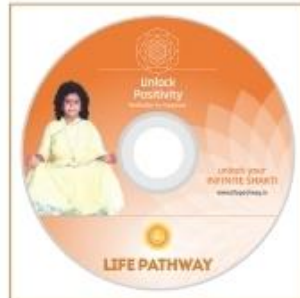
Holy Merchandise



Unlocking Serenity
Part - I & II



Awaken your Infinite
Shakti



Unlock Positivity



Om Meditation

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