



# ANAHITA

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Monthly Newsletter from **MaitriBodh**

Inspiring messages by Guiding Light Dadashreeji

“

*Love is all we have, the only way that each can help the other. The moment you have in your heart this extraordinary feeling called love and feel the depth, the delight, the ecstasy of it, you will discover that for you the world is transformed.”*

On 'Grace Day' - 25<sup>th</sup> Dec' 13

*Let the wave of service reach out to all...even the most isolated & neglected corners of our Mother Earth. Let there be only true experience of love & peace within not mere learned teachings from books or intellectual understanding and talks. I strongly believe that it is only through service, that this world would unite. And it can happen when the service is rated higher than religion, destructive selfish purposes or say even existence of God too.*

*No complications, No teachings, No techniques, just serve society. That's all! Blessings !*

On 'Day of Selfless Service' -  
27<sup>th</sup> Dec' 13

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## Master's Path of Love & Peace Mumbai - 1<sup>st</sup> Dec' 13

This grand event was held in Grant Medical College gymkhana hall, at Marine Drive, Mumbai, with around **120 participants**, not only from Mumbai, but also other areas, such as Chennai, Lucknow, Delhi and Goa. Our Mitra Ajeet Saxenaji from Chennai started the program giving a beautiful talk with amazing examples of basics of spirituality, where society stands now, how we have gone wrong and importance of a Guide/Master/Guru. The most amazing part was that he had called in guests from his other spiritual associations such as *Sanatandharma* & the *Brahmakumaris*, which was a site to be cherished as they felicitated Dadashreeji, commemorating unity of various spiritual institutes.

Dadashreeji graced and conducted the rest of the program, starting with how HE will make the spiritual path itself simple to reach the Truth, our basic problems, how to manage desires, our samskaras and karmas. He explained beautifully the spiritual triangle consisting of *satyakarma* (right action), *swagyan* (knowledge of self) and *sambandh* (connecting with the divine), which made understanding of spiritual knowledge really simple.

A question-answer session at the end left the audience wanting for more and the event concluded with a dhyana session, conducted by Maitreyi Sulata and Mitra Parna. Most people had amazing experiences with a dawn of peace and a huge positive feedback, with many participants now waiting for the next similar event.



### Maitri Session - Delhi 15<sup>th</sup> December 2013

Maitri Session was conducted by Maitreyi Akanksha. The session started with a brief introduction of Mahavatar Babaji and Dadashreeji. The importance of being connected to achieve Love and Peace was explained. The realization that it is the "Fear" that separates us from the source and it is only the Guru who can help us connect with the source, was shared too.

The main teachings of the session were on Quality "*Susamvaad*", which all of us need to inculcate. The meaning of this was further explained in detail - how "*Samvaad*" is the cause of joy and pain too.

Meditation was done for twenty minutes followed by **OM chanting** guided by Mitra Chetan. The meaning of Guru Mantras were explained before chanting. The participants shared that they experienced a real "**peace within**".





MaitriBodh Parivaar celebrated 25<sup>th</sup> December as The Grace Day...

At Mumbai with Children of Brilliant Angel's High School, Sion

YGPT & MatriBodh Parivaar received a wonderful opportunity to spend GRACE DAY, along with Christmas with children from Brilliant Angel's High School. The sevaks spent a joyful time with the children by singing, learning and of course eating cakes / chocolates, as well distributing gifts to all. YGPT also shared with the children the importance of being thankful to mother Earth, to help mother Earth grow more greener and not to pollute her, and also importance of a teacher/ guide in one's life. It was most amazing to see how children learnt these things so quickly and actually imbibed them immediately - a lesson for most of us adults to learn from.

Delhi Centre had organized a visit to Jeevashram Foundation, Rajokri Village, Delhi.

Jeevashram is a non-profit organization which shelters abandoned and injured animals and owes its continued existence to its donors. Maintenance and up gradation of the facilities depends on the funds collected through donations. Their recurring expenses include feeding of sheltered animals, medicines and running free animal health programs. There are Dogs, Cats, Rabbits, Pigeons, a small Gaushala consisting of abandoned and injured Cows, Buffalos, Calves and a small stable housing injured Mules, Donkeys and lame horses.

Maitribodh Parivaar collected around 250 kgs animal feed to donate to Jeevashram. Mitras, Maitreys and devotees spent time at the Ashram loving, cuddling and feeding animals. We all received unconditional love in return. It was a day spent spreading and receiving love.



**Valedictory address by Guiding Light Dadashreeji, in Hyderabad**  
14-15 Dec'13, @ CMSE (Continued Medico-Spiritual Education),

7th Annual conference, by the World United Doctors' & Healers' Association (TWUDHA), in Gandhi Medical College.

This was after 2 days of discussion by doctors and healers from India and abroad on how to truly integrate and institutionalize conventional and unconventional health practices.

This was one of the most astounding addresses given by **Dadashreeji**, completely different than ever heard before by a follower. Dadashreeji touched the hearts of the people bringing an instantaneous calm by HIS very presence. He glorified this platform of doctors & healers coming together, an initiative taken by the president of this conference Dr. Yugandhar. He expounded on the basic understanding of human limitations and how one needs to work towards changing direction of thoughts to a positive awakening and treatment of the root cause, which is removal of the 'I'. Breaking out of one's own inner hindrances and the 'I', to be able to stretch out to help and accommodate others and eventually all humanity is the KEY.

An amazing 'prayer session' with the help of Maitreyi Sulata & Mitra Parna concluded the session. The effect was obvious, as one of the speakers there, who is an international renowned western singer Estha Divine, fell to prostrate at our Master's feet and performed live, a mesmerizing site. Hail to our Master Dadashreeji to be able to bring in this peace and unity and giving a direction to all present there.





# Day of Selfless Service : 27<sup>th</sup> December

## Janamotsav of our beloved Dadashreeji

The day for MaitriBodh Parivaar started for all with enthusiasm and joy as all greeted and wished each other and our beloved Master through a spate of messages on our online groups. The Love and Joy conveyed through the messages was palpable and all felt complete oneness as we read each others messages and feelings for Dada. Our internal celebration with Guruji was a profound experience of experiencing complete oneness with Dadashreeji.

Dadashreeji's birthday was our birthday it was the birth of unconditional, all encompassing love for humanity and for all of existence, within each one of us. Further, we received Dadashreeji's message conveying that if at all one value should be upheld to transform the world that should be of 'Selfless Service' . ( Dadashreeji's words on the front page ).

With HIS words in our heart, each one of us did whatever we could do in our capacity .. In thought, word and deed .. To serve another.

**At Delhi,** during afternoon Maitreyi Mala and Maitreyi Salila organised seva for school going slum children. Reading and writing material was distributed among these children. Further, all met at the Delhi centre in the evening for Joyous occasion. The celebrations in the evening started with prayers and internal offerings to the Master followed by chanting Dadashreeji's Mantra, with the sankalp that may Mother Earth and all beings inhabiting it be enveloped and embraced by Dadashreeji's energy of pure love and peace.

As suited to all birthday celebrations, Delhi parivaar cut Dadashreeji's birthday cake and then partook the toothsome goodies offered to Dadashreeji as prasadam.

**At Mumbai,** seva was provided at **AcWorth Leprosy Hospital, Wadala.** YGPT & MaitriBodh Parivaar connected with the leprosy home patients, distributing fruits to them and giving them Love and Peace, felt so naturally within, by Dadashreeji's grace. This was followed by prayers for Universal Peace & Love and in GRATITUDE to our beloved Master Dadashreeji, celebrating HIS 'Janmotsav', through this small act of service.

**At Moga (Punjab),** devotees gathered along with Mitra Ajit Singhji and offered prayers, as well as distributed sweets, with everyone feeling intense **Grace and Love of Dadashreeji.**

All pledged to dedicate themselves for selfless service at least once a month.

**At Coimbatore,** similar celebration with prayers were offered by Maitreyi Roopaji and other devotees in South, cutting a cake and rejoicing in Dadashreeji's Love and Grace. As a token to contribute towards selfless service, Roopaji took responsibility of school admission/ education of a child, for a lady who had just lost her husband.





# Message from Guiding Light Dadashreeji For NEW YEAR- 2014

*My Dear Friends!*

*It gives me great joy to enter into the New Year 2014 with all my chosen ones, my friends, sevaks, devotees and disciples.*

*2014 would be special for many as it would be the year of choices, opportunities and discovering new paths. We all started and moved with the mission in the year of 2013 with a steady mind and focus on uplifting human consciousness in order to establish love and peace in everyone's heart. We believe Love and selfless service is the only way in bringing out that transformation, the world is looking forward to. Only with these core values, can one see reformation in society and everywhere in the nature.*

*As we said before, the time for purity and sacredness will intensify and strengthen tremendously with every step we take in the journey of life. Let us all understand this and move in the direction of that truth. What is more obvious is that the instability of the human mind would be noticeable by a majority of the population living on the planet. It would be felt by many of them strongly within and visible externally through situations developing in their surroundings. Further, choices and opportunities would be offered to them in resolving the situations or unrest in life. Many had experienced this before in their lives too. The difference you would notice now is the kind of choices people would make this year. "Divine intelligence and guidance is going to help them to select the one which would give them that stability in their life and not just a temporary shed covering the roof for few days. All over the globe, people would take decisions patiently and based on deep introspection leading to stability- slowly but surely.*

*What would the role of Mitras and Maitreyis and all Sevaks in this transitory phase? It would be to help others in finding those stable opportunities in their lives. Be ready and prepared for helping others and guiding them. Let the grace be showered on you in delivering the truth through you!*

*What is expected from MaitriBodh Parivaar here is to Act in Unison. You need to deliver the teachings, values and love of the Divine to all those who are seeking that help. Let us move together as one integral part of this noble mission!*

*Love and Blessings to MaitriBodh Parivaar!*

*--- Dadashreeji*

