

From the Editor's Desk

Beloved Parivaar,

This month of October has been auspicious in more than one way. To commemorate the victory of all that is good over evil, we celebrate this auspicious festival of Dusshera.

MaitriBodh Parivaar celebrated Dusshera bhet at our Ashram and in Delhi and earlier in Winterthur, Switzerland, also to mark not just this victory but also to experience unconditional love. Our beloved Dadashreeji shared about our own internal conflict between what we want and what is good, and the importance of our own Dusshera.

Last month was an important landmark with Dada's message spreading out to the West as well. The impact of the shift that took place last month has ever since been flowing through this month as well, with a number of events through the country. Starting with the Dusshera Bhet, we had varied events from Mass meditation to Maitri sessions to Beach cleanup to name just a few, in India and abroad.

A noteworthy point has been the blossoming of YGPT and its lead in many of the events. The Punjab Team organized a large number of Mass Meditation sessions during the last week. Besides the meditation sessions, the Mumbai Team organized the beach cleanup immediately after the 'Visarjan'. Among other events, we had a visit to a Balashram by the Pune Team, and also number of Maitri sessions in Delhi.

- On behalf of MaitriBodh Parivaar

ANAHTA

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Monthly newsletter from



Upcoming events :

Bodh I – Mumbai | Delhi | Pune

Bodh II – Premgiri Ashram

Madhur Milan (Dadashreeji's darshan)
– Delhi

For details, please visit our website:
www.maitribodh.org

Also follow us on our Facebook page :
Dadashreeji - MaitriBodh Parivaar

or Speaking Tree : **Masters / Dadashreeji**

Rejoice Life (27th – 31st October)

A series of mass meditation sessions under “Rejoice Life” started in Amritsar on 27th October, 2014.

The first meditation session was held in a jail for resident drug-addicts at 7.30 am. This was a batch of about 50 residents. Our Mitras shared a basic knowledge of spirituality with them culminating in the practice of Sambodh Dhyaan – the audience attained a tranquil and peaceful state – something most had never felt before in their lives.



The second session was held at Guru Harkrishan Public School. There were 150 students from the 11th class. These children asked very interesting questions related to the chattering of mind and the concept of meditation. Another session was conducted at a centre for under-privileged girls run by an NGO.

A session was conducted at Fortis Escorts Hospital. Dada's profound yet simple message of spirituality of “being natural and doing your duty to your fullest” appealed to the doctors.

Among the last of the marathon of meditation sessions, a session was conducted at Hermitage Rehab Centre for drug de-addiction. The Mitra spoke to them about acceptance of the problems in Life, choosing the company of right people and to practice mauna along with breath watch which would nourish their souls and keep them on the right track. The Sambodh Dhyaan left the participants and doctors in another zone altogether. One experienced flashes of light while others experienced extreme relaxation. This was among the best sessions conducted because these people had already accepted the need for help and change in their lives.

On 31st, a Maitri session was also conducted for the employees of one of our devotees. These people work for 10 hours and lead tiresome lives. The dhyaan left them feeling very peaceful and rejuvenated like they had never felt in their lives before.

Rejoice Life - Mumbai (11th October)

Under the Grace and Guidance of Babaji and Dadashreeji, MaitriBodh Parivaar conducted a programme for a Corporate House – “REJOICE LIFE- Insights into Stress Management”, in Mumbai. A mix of over 200 participants ranging from Peons, Runners, Executives, Managers, and Vice-Presidents to Directors – were from diverse and varied cultural backgrounds and beliefs, heard the presentation with rapt attention which was simple, effective, practical and yet all encompassing. Facets of stress management were discussed in detail accompanied by simple solutions and a spiritual message. It culminated in an amazing meditation session.



Beach Cleanup - YGPT Mumbai (4th October)

The Event was organized to create an awareness about cleanliness after the Navratri celebrations at Juhu Beach – Mumbai. YGPT members armed with gloves and garbage bags assembled at Juhu Beach at 6.30am on 04th October 2014. Many by-standers approached and joined in the cleanliness drive. The activities carried out introduced us to, take that small step and do our bit for society thereby creating awareness for protecting our Mother Earth.



Visit to Nachiket Balashram (Pune)



Mitras and Maitreyis visited Nachiket Balashram (an orphanage) in Pune. Since Diwali was around the corner, stories on why we celebrate Diwali were narrated, how the environment should be protected by not bursting crackers, its harmful effects on animals, plants and all beings were discussed. The children also discussed the importance of hygiene and taught how to make paper bags. The visit concluded with a meditation session. The importance of befriending the Divine and communicating with HIM – as a friend every day, was explained to the children.



Dusshera Bhet celebration at the Ashram and in Delhi



Bhet is the art of giving and receiving. We make an offering from what we have to Dadashreeji. With Dada's Blessings and Divine Touch, the offerings become Prasad which are then distributed to all.

The day at the Ashram started with the homa at the Shaktipeetham to mark the day of victory of the Divine mother. Dada distributed the gifts to all 50 participants with His hands, who were all dazed in the bliss of His presence and kind words. Later, in the evening there was a kirtan organised by the children and some elders from the nearby Jamrung village. With their melodious tunes weaving their way through the murky sky, the day finally came to an end, leaving a beautiful memory etched in the heart.

Dusshera Bhet - Gurgaon.

Thirty five people attended, of which five were newcomers. The importance of giving was shared. Giving could be in any form- material needs, knowledge, love, food, time etc. The session concluded with Aarti after which the Bhets or gifts were distributed to everyone present. Lunch was offered as Prasad and everyone left with joy in their hearts.

Another beautiful experience shared by one of the participants in the Europe Bodh:

"Even before I reached there, it felt I was heading home. Home that I had been longing to return to for many lifetimes.

"The session had not even started, but Dada's presence was everywhere, intense energies, that brought to the surface, what I was there to release. On the mental level, I had no clue why I was there, so much so I still cannot comprehend it. I trusted my instincts and I was guided to be there, the calling was greater than anything else I have ever experienced... from deep within. Am so glad to have listened to my heart.

"The two days of bliss were filled with an absolute sense of belonging, a sense of meeting and recognition. It was like a meeting with my innermost Being, my Sacred Soul. Today when I look back, I seemed to be in a trance, I practically cannot remember anything, but all that matters has stayed with me. The flushes of energy have not ceased since, all I need to do is, take a moment to be with 'Him'. The 'Him' in me and Dadashreeji's presence is recognized... instantaneously.

"With my heart filled with gratitude and a genuinely deep desire to experience his physical presence, again and again, I bow to Thee, who is in me, as 'Me'. Glory be to Babaji and Dadashreeji!!!!"

Upcoming events :

Bodh I – 9th November at Mumbai | 16th November at Delhi | 14th December at Pune

Bodh II – 22nd-23rd November at ShantiKshetra Premgiri Ashram

Madhur Milan (Dadashreeji's darshan) – 30th November at Delhi

Budding Bliss – starting 9th November at Delhi (YGPT)

SERVE HUMANITY - JOIN us in our several ongoing social events with YGPT

Various Meditation, Stress Management, and Maitri sessions throughout India and in Europe

Message from our Divine Friend Dadashreeji

Dear Friends,

Your prayers have resulted in truly rewarding moments for all mankind. The Grace Prayers offered over the last few months have worked significantly and effectively. I thank each one of you, who contributed their time and energies through prayers, during this vital period of time. Although the requirement of the Grace Prayer in line with the overall schedule is over; many of you are still offering the Prayer unceasingly - which through this letter, I affirm to all those who wish to pray further, may continue to do so. You may request your friends and relatives to offer this prayer as well. Blessings!

Q:- Dear Dadashreeji, what is the purpose of human life and how does one recognise it?

The basic and ultimate purpose of human life is to unite with the highest 'Divine' i.e. the 'Source'. It becomes difficult for the human mind to comprehend what this union means, why one needs to unite and its purpose. This realisation comes to a few, by undergoing through various experiences in life; while for some the realisation occurs naturally and effortlessly.

This does not mean that one needs to seek boons or worship the 'Divine' to reach the 'Highest'. One may think meditation, spiritual activities or devotion needs to be pursued all the time, by all people of the religion they have belief in. However, I would say that this is not so!

You must all be made aware, that your birth on this planet itself was caused by 'Divine Will' – empowering you to attain the 'Highest'; in this very lifetime. You would be provided with the requisite guidance and support to reach 'there'. It is up to you to either accept or reject the guidance offered. Each person on this planet is making their own way – to reach the 'Highest'.

Please remember that whatever you are doing, is nothing else – but your efforts to move towards the 'Highest Truth'. In your efforts, both joy and pain would be experienced. My request to you is not to compare your experiences in life with those of others – as they all ultimately lead to the same purpose and end.

When it comes to the specific purpose of life for an individual – each seems to be different. For some it may be to meet financial requirements, for some finding healthy relationships, to attain recognition, to serve people, for others to contribute through dissemination of knowledge and so on. You too have your own specific purpose of life; first to realise, and thereafter to accomplish it. Being unaware of the purpose of your life, doesn't stop you from accomplishing it. However, it does help to know your purpose of life – as then, you are able to attain it faster.

You would realise the purpose, when you connect with 'Divine' within; internal communication with your heart would also help you to realise it. In this, your Master or Guide would help you to realise and hence fulfil it. You may perceive it as a vision, voice or strong intuition within. Your Master would validate the same – even without being asked. Be sure and be aware, that all you think and do – is moving you towards 'The Divine' even though you might not be aware of it. Hence, whatever you do, do your best and you move ahead quickly. The will of 'The Divine' would guide you to 'know that truth'. . . and personally experience it.

***Love and blessings,
Dadashreeji***

For any spiritual queries, you may write to mitra.shankh@peaceservices.org . Few selected questions from these, will be directly addressed by Dadashreeji, which will be released in the next Newsletter.

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