

Dear Divine Souls,

When a seeker is able to reconnect with the universal spirit, he feels more buoyant, more alive. One acts with greater clarity and self-assurance attracting positivity into life. This is what members of the MaitriBodh Parivaar experience and exhibit at all times, though outwardly being engrossed in worldly activities. Worldly temptations do affect them but they overcome all issues with their connection with Dadashreeji. Dadashreeji's continued flow of Grace keeps them grounded, confident, buoyant, self-assured and strong not only to help themselves, but also help others in society.

In this month's Anahita, we share some of our activities and convey how the Grace of our Divine Friend Dadashreeji has been affecting the lives of countless seekers worldwide, helping them attain a state of peace and bliss and confront life's challenges with confidence and equipoise.

Despite a tight schedule packed with engagements, Dadashreeji spent several sleepless nights giving Skype *darshans* to many of his devotees in Europe. Can anyone find a better example of love and care? The message of MaitriBodh Parivaar has spread quickly across the globe and in early 2015 participants would be heading to Premgiri Ashram to attend the International Bodh.

A number of events were held in the month of December; with the spiritual climax of "Madhur Milan at Mumbai" on 28th December. Bodh Level 1 sessions were conducted in Pune and Thane. Bodh Level 2 was conducted at our sacred ShantiKshetra Premgiri Ashram. The YGPT wing of Maitri Bodh Parivaar organized Mass Meditation sessions at Mumbai and Delhi, Shram Daan, Blanket Distribution, classes for homeless children in the "Premgiri Ki Premshala" & Premshala Chali Chidiyaghar, feeding the poor in Delhi to mark Grace Day and Selfless Service Day. The Amritsar YGPT team visited a Goshala and fed the hungry animals. Weekly meditation sessions have now been started in Kolkata. This and much more in this month's edition of Anahita.

- On behalf of **MaitriBodh Parivaar**

ANAHITA

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Monthly newsletter from



Upcoming events :

Bodh I (Awakening to Self Realisation) :
18th January, 2015 in Thane

Bodh III (Path Divine) :
20th-22nd February, 2015
at ShantiKshetra Premgiri Ashram, Karjat

International Bodh :
7th-9th February, 2015 (Bodh I)
12th-14th February, 2015 (Bodh II)
at ShantiKshetra Premgiri Ashram, Karjat

For International Bodh, please mail us at:
international@peaceservices.org

Darshan of Dadashreeji:
Coimbatore – 20th January, 2015
Bengaluru – 27th January, 2015

For details, please visit our website:

www.maitribodh.org

Facebook page : Dadashreeji - MaitriBodh Parivaar

Speaking Tree : Masters / Dadashreeji

Madhur Milan

Mumbai

(28th December, 2015)

A most profound Sweet Milan/meeting with our Divine Friend Dadashreeji, a meeting with one's own Self, a truly divine experience is what summarizes Madhur Milan in a few words from the seekers' own experience as witnessed on 28th December in Mumbai's King George School at Dadar. About the 250 seekers were mesmerized and moved to bliss with the soulful and spell binding voice of Maitreyi Prakriti.

Dadashreeji gave the audience two simple and practical methods to make ones spiritual journey easier. 1) ACCEPT oneself as you are, and 2) to 'GIVE' in every possible way - back to society, help or do something for the benefit of others - continuously.

The last session at the Madhur Milan was a profound, sacred and enthralling process where each and every participant received the "divine transfer of love". Dadashreeji channelized this energy of love through a few Mitras and Maitreyis and into the seekers' hearts leaving them awestruck, as they experienced something never felt before – an experience of one's own true self – LOVE – a Madhur Milan, which only our Master Dadashreeji can help us experience, deep within ourselves.

Some experiences as shared after the event

- "A truly Divine experience never felt before in my life. Can't thank enough for having be invited to this event."*
- "A most wonderful experience. My aged and ailing father who could never have sat through for so long, not only enjoyed to his core but a miracle happened. He had not been able to swallow food and eat well for a long time, which problem has miraculously been healed post Madhur Milan. What a relief to the family that Father eats well now! All thanks to Dadashreeji".*
- "All my friends and family who came for the Madhur Milan, felt truly Blessed & moved by Dada's Divine Grace. They all experienced Divinity today. It is not just these 6 individuals who were graced but their entire families too were blessed. I am so glad to see them happy. I feel so blessed. My cousin sister said she could see other Gurus in Dada. Thank you Dada - for giving me this opportunity for doing seva. Thank you, thank you".*



Bodh Level 1 (Pune and Thane) – 14th December :

Bodh Level 1 was held for the first time in Pune as well as in Thane on the 14th of December, 2014. The group of seekers were interactive very well read and knowledgeable. After the Shakti Pravaah one seeker had a very powerful experience where she felt the physical presence of Dadashreeji in the Dhyam Mandir beside her. She also saw Dadashreeji blessing all the participants after the Shakti Pravaah. Another seeker was in a state of ecstasy with uncontrollable tears of joy. One participant shared that she had found her family – MaitriBodh Parivaar! She was touched so deeply, that she left in tears of joy and bliss.



Bodh Level 2 (Ashram) – 20th-21st December :

36 seekers attended the Bodh Level 2 at the Ashram. Important discussions included breaking the 'Myths of Spirituality' that holds back people from spiritual progress and 'Understanding the Divine'. The evening progressed with the extremely powerful purification process through 'Agni Sanskaar Kriya' and sowing the seed of Divine Intelligence through 'Beej Sanskaar Kriya'. Participants had transcendental experiences – some even experienced the Source in Dadashreeji. The gravity of the experiences were far too profound to explain in a few words!

Mass Meditation Session (Mumbai):

Held under an Umber tree in a busy Shiv Mandir, a challenging mass meditation session was conducted on a Monday. About 60 elderly ladies and a few gents participated in the event. They were firm in their beliefs, as they were connected to their respective 'deities', had never practiced meditation previously and spoke mainly Gujarati. Dadashreeji almost miraculously, beautifully and deftly connected to each participant leaving them mesmerized sitting like statues. Two large sessions were held in Delhi as well.



Maitri Sessions (Thane and NCR Delhi) – 7th December :

After the successful completion of Madhur Milan in Delhi, follow up Maitri sessions were organized on the 7th of December. Four sessions took place simultaneously at Vasant Kunj, Vivek Vihar, Janakpuri and Sector 14 in Delhi NCR. Seekers and devotees experienced very powerful energies at all the four venues. Besides these, six other sessions were organized throughout the city over December. On the same day in Thane, almost 50 participants witnessed a calming Maitri session. The session was beautifully conducted by one of our Mitras during which the participants experienced amazing energies. Various sessions also took place in Dadar, Nerul, Mumbai and other parts of the country and the globe.

Kolkata Chapter :

Our Parivaar has also expanded to Kolkata, where a meditation session was held this month. The people had beautiful experiences; one of the participants felt being connected to Shiva immediately while another felt like she had reached Kailash Parvat. They could easily flow with Dadashreeji's mantra and feel calm and peaceful. Regular meditation sessions have been started on Tuesdays. The small yet blessed batch is experiencing love and peace of Dada growing in their lives every week.



Corporate Workshop :

A 2 hour session on 'Managing Stress Successfully' was conducted for employees of Life Positive Magazine at their premises. The session was attended by The Editor-In-Chief Suma Varghese along with her Team. The session was highly appreciated by one and all and the wonderful concept of making a shift from distress to positive stress - along with some lively corporate games were hugely appreciated by the participants. Life Positive has welcomed MaitriBodh Parivaar to conduct more such workshops for their Team in future.



Swacch Bharat (Mumbai) :

YGPT along with Abode Bombay, an independent luxury boutique hotel started the 'Swacch Bharat - Swacch Colaba Abhiyan.' This unique initiative aimed to empower people from the area to keep Colaba clean by raising awareness and took place on 6th, 13th, 20th and 27th December at the Gateway of India



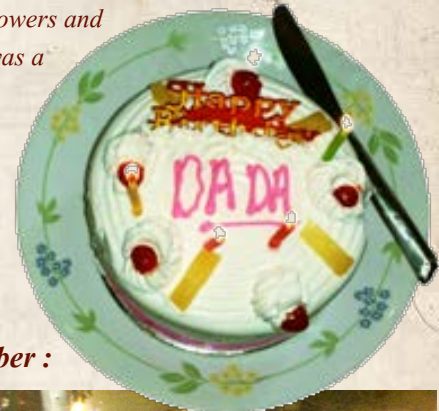
Anandoham (Delhi) :

In an initiative to help the homeless bear the harsh cold north Indian winter, the Delhi YGPT team initiated a drive to distribute warm clothes and blankets. Over the span of two weeks, blankets and warm clothes were distributed to a number of homeless people in Gurgaon. Some blankets were also distributed at an old age home – the Earth Saviours Foundation in Delhi, which houses about 170 people. We pray that this small initiative can help save at least a few lives. The thought that the nights will be a bit warmer for them radiates warmth in our own hearts.



Grace Day (Delhi) – 25th December :

As a part of the Grace Day Celebrations, the YGPT team took the children of Premshala (a project to teach the homeless) for an outing to the Delhi Zoo. For the children, who otherwise sell flowers and balloon on the streets of Gurgaon, it was a truly a fun and amazing experience. Almost none of them had ever been to the zoo before. The wonderful event concluded with the Grace Prayer with the children.



Selfless Service Day (Delhi, Amritsar, Kolkata) – 27th December :

The auspicious day of Selfless Service (27th Dec'14), started with the celebration of our beloved Dada's birthday in our houses and a warm and wonderful celebration in Vasant Kunj. One of the Mitras clearly saw Dada sitting smilingly in the hearts of all the attendees. Subsequently in the cold winter evening, hot khichdi was served to over a hundred people at the Chhatarpur Sai Temple.

The Amritsar YGPT team visited a dilapidated cowshed where the cows were fed jaggery and hay. Feeding the hungry animals was truly joyous as we realised first hand Dada's dictum to love everyone - not just humans.

In Kolkata, food packets were distributed to the underprivileged.



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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Message from our Divine Friend Dadashreeji

Dear Friends,

I wish each one of you a very happy and blissful new year. The year 2014 has been prosperous and successful, leading to lessons learnt individually and collectively. The coming year 2015 shall usher in a period filled with pleasant surprises and joy.

I do not intend to predict anything - but cannot resist in sharing some glimpses, hints and guidance for the year ahead. I affirm that 2015 shall be a year filled with mixed events inclined however, towards positivity i.e. growth for all and not just that of individuals. The stages of transformation and dissolution would continue. However what is worth noting is that everything would appear to be moving at a rapid pace. Ideas, thoughts, responses and actions would be hastened. With this, the good thing is that the mind would also learn its lessons quickly. One cannot plan for this; it would occur as a natural phenomenon. When you learn lessons, you move a step ahead in life. All these lessons are going to be positive and helpful for society.

Sudden and adverse events would occur during the year. These events would not be unexpected but intuitively sensed and known to some of you. Dealing with and resolving these unavoidable events would be a challenge for many. But let me reassure you, as rapidly as these events appear, they would disappear equally quickly, bringing relief for many at the end.

If you have not yet decided on your path of life - that goal where you wish to direct yourself towards, this is the time for you to make the decision. For many of you, this year would be a life changing period as the following phase would be extremely productive and supportive of your decisions in life. The more clear and open your mind, the more the help that shall be provided and received. This shall also be a time of the myriad false notions and limitations to loosen their grip off the minds of human beings. You would see people trying to free themselves from all that has been binding them internally. This shall be more of a mental struggle than a physical one.

As the year assesses the preparedness of the human mind for positive change, what should one do to get through it easily? I have mentioned this many a time before. Only you can change yourself by taking the first step. Unless this first step is taken, change is doubtful. You need to be ready within – embracing and saying ‘yes’ to these changes. These changes are not outside, but within you. Just flow naturally with these changes in your life.

To make this journey more fruitful and blissful, I would recommend you practice the following five points this year. I would reiterate them in detail, in the monthly Anahita releases.

- *Receive Positivity and Give Positivity*
- *Gain True Knowledge*
- *Earn Goodwill and Blessings*
- *Sadhana (Practices)*
- *Service for Mankind*

I thank all readers, sevaks, volunteers, Mitras and Maitreyis for reading the monthly messages in the last few releases of Anahita. I also thank all those who contributed in supporting and spreading the message of the MaitriBodh Parivaar over the last few months and years.

As time passes, the MaitriBodh Parivaar would continue to deliver its message of Love and Peace to all corners of the world. The love of the MaitriBodh Parivaar would fill the very air we breathe, transforming humanity and establishing the truth everywhere.

*Love and Blessings!
Babaji and Dadashreeji!*