

Dear Divine Souls,

The Guru's call – a call so divine heard in the heart that one leaves everything and wants to hear more. What is this magic? Why have we heard it now after so long? We are lucky indeed that we have been chosen by Divinity to hear the Divine sound in our hearts. So mesmerising is its lilt that one is compelled to listen carefully and before we are even aware we are running pell-mell towards the 'Source'. The Source of all Creation is Love itself. The transcendental moment when one feels this amazing emotion in oneself is seared into our memories forever. One cannot have enough. Search more and one comes in front of the Piper himself, our very own 'Krishna' blowing into the flute as He magically weaves his web of unconditional Love calling us back to Himself! Smilingly, Divine Friend Dadashreeji appears and life changes for us as we are prepared spiritually to return home to 'Him'.

International participants eager to meet Dadashreeji came to the Ashram to take part in Bodh I and Bodh II. Some of the participants stayed back even after the two week session, spontaneously to offer seva at the Ashram.

Later on in the month hearing a clarion call by our Divine Friend Dadashreeji in early January to come and experience the elixir of walking on 'The Path Divine' was heard across the world. Eager seekers who have tasted the nectar of love in the earlier Bodh Level I - 'Awakening' and Level II - 'Purification' gathered together at our Ashram offering their love to their Master as He, with infinite love and care, conducted the two batches of Bodh 3.

The YGPT teams joined together in city after city offering selfless Seva to mankind be it bringing a smile to a child's lips or blessing from a hungry mouth. Regular classes are being conducted for homeless children. Mahashivratri was celebrated by distributing dry rations to seasonally employed construction workers. Maitri sessions were held in various parts of the country to take the Master's message across to all those who have waited so long across many births to hear it and come back to His feet.

Lastly certain excerpts have been collated from seekers who were 'touched' in the core of their hearts when they attended the Bodh sessions. Readers are urged to contact Mitras and Maitreyis in their regions to interact and work closely with them to offer seva in whichever way possible. Let Mankind benefit by this Seva and help spread the Masters Mission of love, peace and graceful transformation.

- On behalf of **MaitriBodh Parivaar**

ANAHITA

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Monthly newsletter from MAITRIBODH PARIVAAR

Upcoming/Ongoing events :

Bodh I (Awakening to Self-Realization) :

7th March: Ville Parle, Mumbai

15th March: Nigadi, Pune

22nd March: D2, Vasant Kunj, Delhi

5th April: DLF Phase I, Gurgaon

Bodh II (Purification) :

11th-12th April: ShantiKshetra Premgiri Ashram

Madhur Milan : 19th April at Manpada, Thane

Meditation session in Bangalore : 14th March

Contact – Mitra Sut : +91 9820045435

Maitri/Meditation sessions in Singapore :

30th March - 1st April

Contact – Mitra Sut : +91 9820045435

Bodh I (Awakening to Self-Realization) :

14th March: Sharjah, U.A.E.

Contact – Maitreyi Manjiri : +91 9967665511

Various sessions in Europe :

Contact – Mitra Kailvalya : +4179180936

For details, please visit our website:

www.maitribodh.org

Facebook page : Dadashreeji - MaitriBodh Parivaar

Speaking Tree : Masters / Dadashreeji

Join us to serve selflessly with various social activities! Please visit our **Facebook** page :

Youth for Global Peace and Transformation - YGPT

Bodh Level III (The Path Divine)

The much-awaited Bodh Level 3 (two batches) were held at the Ashram on 20th February and again later on 28th February. The seekers were excited, over-whelmed and blessed to see Dada conducting the sessions Himself. Dadashreeji simply, lovingly and gently made the seekers realise the critical importance of where they had reached in their spiritual journey. Yet at the same time the mischievous child in the Master kept the Dhyaan Mandir alive with resounding laughter. The Shakti-Pravaah was conducted by Dadashreeji, cleansing out the remaining spiritual blockages leaving the grateful seekers completely spellbound by the Love and Grace that flowed. The energy in the ashram was palpable and everyone took a giant leap on their path of self-discovery. By the end of the session, each individual had yet again experienced divinity in their own unique way and had completely surrendered to their emotions, soaking in Dada's Grace and Love. Seekers experiences included everything from mystical visions to understanding their true nature. One seeker was able to attend the session with absolute ease even though she faced immense health issues. A seeker shared her experience of how her faith in Dada and love for Him won over the battle with her critical health issues attending the session with absolute ease.

The second batch, on 28th Feb, for the very first time experienced a one day Bodh Level 2 process allowing the seekers to attend Bodh Level 3 immediately thereafter. The insightful yet interactive sessions helped seekers clear their doubts and move ahead in their journey with the Divine. As rain poured down and electricity flickered, Dadashreeji remarked that the rain is a blessing for my children thus giving Seekers a truly unique blessing as they sat in the lap of the mountains with nature at its bountiful best. The moment the Bodh session ended, it stopped raining, the sun peeked out from behind the clouds - once again giving fillip to Dadashreeji's love and care for his children.

Dadashreeji's simple explanations of the 'I', transcending to the 'Divine I' the Sense of Doership, the explanation of Creation, the present moment and the way ahead of total surrender to the Divine by following 'Maitri Yog' - by walking on the true path - 'The Path Divine' to return to our Origin seeped into his eager Devotees.

The copious amounts of Love and Grace showered by Dada left the batch completely drenched in His Love. Filled with Gratitude, the experiences of the seekers were beyond joy and words. One seeker experienced Shiva while another experienced Dada as Narayana. One seeker declared, that she at last understood the meaning behind Dada's words: "Look into my eyes and you will be liberated."



International Bodh I & II



The much-awaited International Bodh for our western brothers and sisters held in the month of February at our Ashram was a runaway success. A majority of the seekers travelled far and wide from Europe (from Austria, Switzerland, Germany, Italy, France, Estonia and USA). No words can express the selfless efforts of our Mitras and Maitreyi which resulted in bringing in transformation in the lives of these seekers.

All these participants leaving their comforts and luxuries back home adjusted to the facilities offered at humble Ashram, experiencing the simplicity yet powerful Divine energies. They basked in the love, care and simplicity of our way of life. The first batch for Bodh I on 7th-9th Feb stayed back for Bodh II held between 12th-14th Feb. Most were left dumbfounded, unable to express their feelings, as they came close to the Source during their time at Ashram. Despite differences in culture, background and language, for most it was a rejuvenating moment of experiencing the unconditional Love, a phenomenon which all of us have experienced in the presence of our Divine Friend Dadashreeji – when all barriers break and the hearts open-up, experiencing ones true inner self.

Many of the seekers conveyed their feelings after the Bodh sessions:

“Dadashreeji is the best and most loving driver in my life! It’s magic what happens day by day. Things are coming to me, I don’t even have to search for. They come and invite me to join. New forms of working, knowledge and support in a really unusual form. I can’t stop praying and being thankful from my deepest inner being. Many new clients are coming and I feel the support from Babaji and Dadashreeji for them. I am now excited and really looking forward to the moment Dadashreeji comes to Vienna. I hope to see you all very soon! Love...”

- Andrea Mikjisch, Austria

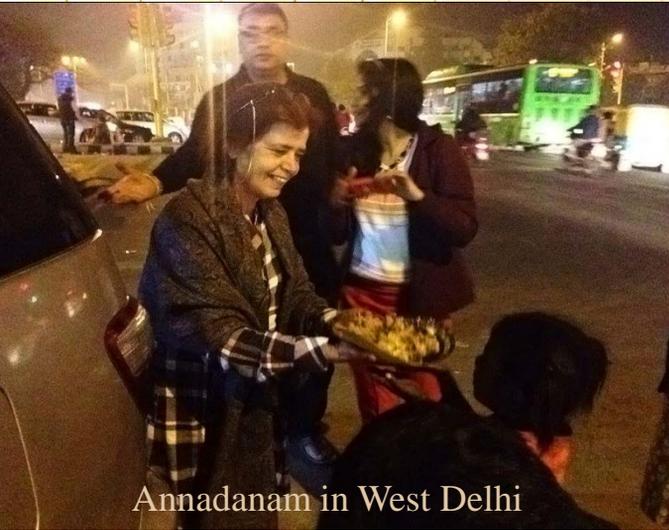
“First of all, I have to say that I’m not Indian, I’m a European, and raised in France. The first time I met Dadashreeji was weird for me. Actually, I remember saying to myself “What are you doing here?” – the atmosphere was too ‘spiritual’ for me. He was talking about things so different from my point of view about life, death, after death. But, something about him was making me very curious. At the end of the first two days, He transformed something in me! I never felt so peaceful. I may not always agree or understand his talks. However, he brings me peace. And that is beyond everything.”

- Quentin Cottereau, France

"Without any expectation I received a gift, what I always had, but never knew how it felt when it opened... my Heart"
- *Michael Rajiv Shah (MiSha) from Vienna*

"Travelling to India for the first time, people warned me of a huge country with thousands of people everywhere, always staring at you, much dust, dirt, etc .and a couple of experiences of deception – with persons calling themselves 'Masters'. My heart though sings a completely different song now. At Bodh I, the first meeting with Dadashreeji, the living Master, I perceived golden sparkling divine light, the feeling of warm loving energy in myself as I sat at the far end of the meditation hall. Bodh II, sitting close to the entrance this time, much closer to Dada, my beloved Master. At last I had the grace of living with Jesus Christ, Yeshua – as I prefer to call him, for a few years and Dada sitting there, giving his teachings to us was like Yeshua teaching his Disciples. Back home I realise, I have gone through many pains and there might be many more – but with His divine assistance I have reached another level of consciousness. It makes me happy to be able to contribute to this family. Blessings to the family, to all humans and to Mother Earth"
- *Doris Sturm, Vienna*

Annadanam (Delhi)



Annadanam in West Delhi

14th Feb is traditionally celebrated as Valentine's Day across the globe. The MBP Parivaar too celebrated this day of love albeit a little differently by sharing the immense blessings bestowed on by the almighty with our less fortunate brothers. An Ann Daan was organized wherein all members cooked a generous helping of rajma rice at their homes which was then pooled together. The roads of Delhi were scouted the poorest of the poor were served. Almost 250 people were served. In attempt to give we received, love and happiness.

Thank you Dadashreeji. May no soul go hungry ever, may all receive Dada's love and grace in abundance.

Maitri sessions

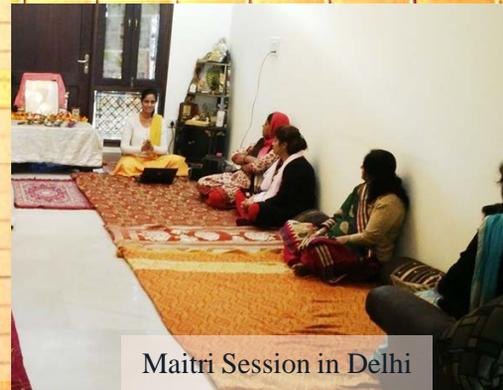
Maitri Sessions were held in various cities of India, with over 15 sessions held in Delhi NCR region itself besides Pune, Amritsar and Mumbai. Weekly sessions are now being held every Thursday in Mumbai and will henceforth be held regularly in Thane and Andheri (E). More and more seekers thronged to learn, experience and connect to the love and grace showered upon them by Dadashreeji. This will only grow more and more with each passing day.



Maitri Session in Pune

Om chanting session (Coimbatore)

The session began with a brief introduction to Babaji and Dadashreeji and our Mission. The participants were taught how to chant 'Simple OM' and 'Poorna Om'. Many felt a rise in their energy levels while chanting 'OM'. This was followed by a dhyaan for 15-20 minutes.



Maitri Session in Delhi

YGPT events

The YGPT teams throughout India worked on an endeavour to eradicate hunger. On 16th Feb, YGPT Team Kolkata distributed food to about 100 homeless children in the streets of Kolkata.

On the auspicious day of Mahashivratri, (17th Feb), the Delhi YGPT team distributed dry rations to about 25 families residing in the slums around Sec10A, Gurgaon. Elsewhere in Amritsar, Punjab, as well food was distributed on that day to about 200 people. Generous contributions from benefactors made it possible to provide dry rations enough to last for a few days. But the love that they experienced will surely last for a much longer time.



Premgiri ka Premshala continues to spread love and smiles for the dozen children who come to attend these special classes every day. Besides regular studies, the children learn important life skills like personal hygiene and meditation. A craft session was also organized where the children learned how to make paper bags and baskets.



In Mumbai, weekly Aum chanting sessions have started. At 7.30 am every Friday morning, the Team assemble for the group chant. This is but a small step towards transforming the world into its natural state - one of Love, Peace and Harmony.

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Message from Divine Friend Dadashreeji

What is Sadhana (Practice)?

Dear Friends,

Any individual who begins his spiritual journey, is given 'practices' to start with, that are commonly known as sadhanas. Every dedicated sadhak follows his sadhana till he attains his goal. Sooner than later the sadhak starts identifying himself with these sadhanas. This is where you start differentiating your sadhana from others. Hence we see Gyanis, Yogis, Mystics and such each following their own particular sadhanas and practices. Sadhaks might not get the desired results from the practice of their prescribed sadhana initially. What lacks here is the basic understanding and purpose of the sadhana – though there is nothing wrong with the sadhana in itself. Many of you are unclear about the real purpose of such sadhanas – which is due to ignorance.

The mind understands - in its limited way that the purpose of all these practices is to achieve what you want. You assume that when you practice assiduously, you would attain its end. I would like all spiritual seekers to know, that your 'goal' is something beyond the human dimension. The mind might not comprehend it completely or clearly. So how would your practice of sadhanas (limited by human thought), guarantee your attaining or experiencing something incorporeal? How would your mind understand unearthly goals while being limited by earthly thoughts? I have seen many of you become 'desperate' – rather than 'passionate' – in your sadhanas. The reason is that you fail to understand that it is not possible to achieve 'the ends' with mere actions. So how should one walk on the path? If it is not possible to comprehend it, does it mean that you stop walking on the path?

One merely needs guidance in understanding the purpose of the sadhana. Sadhanas are actions that you surrender at the feet of the 'Divine' to convince the 'higher existence' to bestow the 'highest goal' to you. The 'fruits' of such sadhanas are boons - offered to you by Masters, Deities or Gods. It is not your actions that decide the goal – instead it is 'Divine will' which makes it 'happen'. You see some sadhaks do nothing much; yet they witness an easy transformation on the spiritual path. You focus more on 'Sadhanas', but they focus more on the 'Giver'. The 'former' boosts your ego but the 'latter' humbles you. With this basic understanding – develop passion; do not fall prey to desperation.

You may decide your own path and search for a guide who can suggest which sadhanas to practice. Your guide would be the best person to recommend sadhanas for you. 'His' constant guidance would refine your practices and strengthen you within – to tread the path with passion. There are no conditions or criteria to fit into; nor are sadhanas restricted to a few. These are open to all. You need to feel natural as you practice the sadhanas. It is only now – that you will enjoy your sadhanas. As you progress, current sadhanas would be replaced with new ones. It all depends on how well you work, how passionate you are and how you connect with your guide.

If you want to achieve anything in life, you need to act first. If you possess a material goal, you can achieve it with hard work and dedication. For a businessman working day and night, counting every second to make profits – is his sadhana. For an actor, rehearsing dialogues with complete concentration – is his sadhana. For a cricketer, playing on the field regularly and with great determination – is his sadhana. Similarly when you dedicate yourself to your profession; with passion and dedication, you would see the results.

So, work on your sadhanas with passion and great dedication. Define your purpose, develop your sadhana, and follow it completely till you attain its end. If you are unclear about your sadhanas, ask me – within. I will surely give clarification about your sadhana. I would be there at all times, to guide you on this beautiful and joyful path of Love and Maitri.

Love and Blessings,
Dadashreeji