

## From the Editor's Desk

### Dear Divine Souls,

The power of Prayer. Divine Friend Dadashreeji in a recent talk in a leading spiritual based magazine reiterated the need for prayer to bring relief and remove the ills of mankind. Unless we pray to God; He is unable to respond and bring relief to His children. The world is in turmoil today. Intolerance, bigotry, greed for power and resources in the Middle East, Africa and the erstwhile USSR has caused pain and suffering for millions.

The world exists in Unity as a Whole. What happens in Iraq has an impact on people living in Japan. What happens in South Africa impacts people living in India. We as Dadashreeji's children have a special responsibility to pray for peace, calm and good sense to prevail. It is only through our prayers that Divinity will take appropriate action through Love and Grace to His children. Let us all devote a minute each day and offer our prayers to God that all His children on earth are blessed and attain love and peace. A simple act with immense benefit for millions around the world.

Mitras and Maitreys took the Mission forward into the international arena by conducting Maitri Sessions in Graz in Austria. Bodh (Awakening) programmes were held in Kuwait, Dubai, Sharjah, and Winterthur in Switzerland. Meditation sessions were conducted in Bangalore. Bodh (Awakening) programmes were held in various cities in India, viz Mumbai, Delhi, Kolkata, Odisha and Pune. Maitri sessions were held in Indore and Ujjain. Seva to mankind through YGPT continued from strength to strength with Dadashreeji's Grace with blood donation drives organised in Amritsar. The Mission is moving fast. Let each of us add to the efforts and give our all for taking the call of Divinity to each and every living being. Only then will we have done our duty to our Divine Friend Dadashreeji.

On behalf of MaitriBodh Parivaar

# ANAHITA

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Monthly newsletter from MAITRIBODH PARIVAAR

### Upcoming/Ongoing events :

#### Bodh I (Awakening to Self-Realization) :

5<sup>th</sup> April: DLF Phase I, Gurgaon

11<sup>th</sup> April: Andheri, Mumbai

12<sup>th</sup> April: Altamount Road, Delhi

18<sup>th</sup> April: Vivek Vihar, Delhi

#### Bodh I + II (Purification) :

24<sup>th</sup>-26<sup>th</sup> April: ShantiKshetra Premgiri Ashram

Madhur Milan : 18<sup>th</sup> April at Manpada, Thane

#### Healing through 'Power of Prayers':

16<sup>th</sup> April at P. D. Hinduja Hospital, Mumbai

(prior registration required | please contact 9820045435)

#### Maitri session : 28<sup>th</sup> April in Singapore

(for details, please contact 9820045435

or e-mail mitra.sut@peaceservices.org)

#### Various sessions in Europe :

Contact – Mitra Kailvalya : +41 79 4180936

For other sessions in India, please contact us.

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



# AWAKENING TO SELF REALIZATION (BODH I)

The month of March saw a number of Bodh (Awakening) sessions, conducted by Mitras and Maitreyis empowered by Divine Friend Dadashreeji in many cities – both Indian as well as International.

## India

Mumbai – 7<sup>th</sup> March | Pune – 14<sup>th</sup> & 15<sup>th</sup> March | Delhi – 15<sup>th</sup> & 22<sup>nd</sup> March | Kolkata – 21<sup>st</sup> March  
| Bhubaneshwar – 25<sup>th</sup> March

**Mumbai:** Seventy participants took part in the Bodh in Vile Parle. Most participants were well versed with religious and spiritual concepts, yet when the session concluded they confessed their surprise at the teachings being simple yet profound. Many seekers called up informing us that two weeks subsequent to the Bodh, they continue experiencing deep peace despite leading the same stressful lives as earlier. Gratitude to the Master for bringing about a deep transformation in so many hearts!

**Pune:** Two Bodhs were conducted in Pune in the month of March. Many seekers had profound experiences and were left seeking more. One lady had lost all interest in life, but after the Bodh, she felt like living life again and said that she had found her family in MaitriBodh Parivaar. She was not alone anymore! One elderly lady saw a bright light and another felt like someone had placed a hand in blessing over her head. A young lady was left in tears as she experienced Oneness with the Universe. She heard Dadashreeji's voice for the first time but felt like she had known Him since ages. Divine Friend Dadashreeji's Love and Grace flowed and touched every soul present bringing peace to their hearts.

**Delhi:** The Bodh at Vivek Vihar in East Delhi was attended by a group of eleven participants. The session started with the teachings of Dadashreeji, the Panch Sutra which guides one towards a most practical way of life ensuring growth in all aspects. The Sambodh Dhyan meditation helped the seekers go within and move on to the sacred Divine process of 'Shakti Pravaah'. Another Bodh in Vasant Kunj in South Delhi was attended by nineteen seekers. Though some had attended prior Bodh sessions, they wished to re-experience the bliss. The participants - from a seventeen year old to an elderly lady over seventy - all flowed with the simple yet profound teachings. One elderly lady, who had come all the way from Chandigarh, shared that she had met many gurus, but had finally found her true guru in Dadashreeji.

**Kolkata:** The group of seekers in Kolkata felt positive energies flowing abundantly throughout the session. One devotee said she felt like every teaching was truly meant for her and she wanted to start implementing it right away. Another expressed how the Master's healing and cleansing through the process of Shakti Pravaah during the Bodh was not just external but also internal not unlike that of cleaning the layers of dirt from the inner corners of a utensil. Everyone felt light and calm after the process - it was a beautiful start to their lives on the first day of the auspicious Navratras.

**Bhubaneshwar:** Twenty five seekers attended the Bodh session in Odisha. All participants were transfixed by Dadashreeji's teachings and were left mesmerised, speechless and totally at peace after the Sambodh Dhyaan mediation. The energies were so powerful that a couple of senior Buddhist monks who were listening to the discourse could not resist enquiring about the Master and sought an appointment to meet Him.



# BODH (AWAKENING)



PUNE



ODISHA



DELHI



DELHI



KOLKATA



DELHI



KOLKA



MUMBAI



# International

Sharjah – 27<sup>th</sup> March | Kuwait – 30<sup>th</sup> March | Winterthur (Switzerland) - 29<sup>th</sup> March

Twelve seekers searching for a purpose in their lives attended the Bodh in Sharjah. Their connection with The Master was instant. Bathed in immense love and peace they immediately requested for His Shrimurti, inquired about how they could meet Dada and attend the subsequent Bodh sessions as well as make a pilgrimage to the Premgiri Ashram.

Seekers from different religious backgrounds gathered together in a serene and cool Salmiya region of Kuwait to attend their first Bodh. Divine energy connected everyone almost immediately and all barriers of religion etc were transcended as they experienced Divinity in Dadashreeji and Mahavataar Babaji. Chants of OM during the Sambodh Dhyaan meditation and Divine Friend Dadashreeji's message transfixed all participants with the outpouring of love and peace felt in their hearts. Truly an experiential and transformative day for the seekers.



The Bodh held in Winterthur, Switzerland, was an overwhelming experience for all the European sevaks, some of whom had travelled hundreds of miles for this event. Seventeen seekers including two children attended the Bodh. Many seekers were transformed by the strong astral presence of the Master. A turning point in their lives – they gushed about their experiences and shared what they felt in their hearts.

## Maitri Sessions

A number of Maitri Sessions were held in Amritsar, Delhi , Indore, Mumbai, Pune and Ujjain, and also in Graz, Austria.

125 seekers participated in the Maitri sessions organized in the respective regions of Indore and Ujjain. The session in Indore of more than 100 seekers felt the Master's immense Grace and Love cascading upon them. A small but interactive group of 25 seekers attended the session in Ujjain.

The session in Indore of more than 100 seekers felt the Master's immense Grace and Love cascading upon them. A small but interactive group of 25 seekers attended the session in Ujjain. The discussion on 'Bonding with Divinity' was lapped up with immense joy by all present.

Two sessions were held in Graz, Austria. Two topics namely 'What is healing?' and 'How to live life joyfully while meeting challenges daily in the material world' were deeply appreciated by the almost fifty attendees. The Master's Love and Grace is reaching all true seekers no matter where they are in the world.



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 Divine Friend Dadashreeji whose Grace is increasing day by day.



## Meditation Sessions

### Bengaluru (14<sup>th</sup> March)

A meditation session was organized at the SVYASA University in Bengaluru where sixty participants experienced the Master's Grace. A participant said that for the first time he understood the importance of bonding with the higher force and expressing gratitude. OM chanting was effortless and blissful as the session progressed leading to an intense calm full of joy and happiness. Another participant shared that he felt more connected with nature, while a doctor said she regained her lost contact with her Guru during the session.



### Delhi (27<sup>th</sup> March)

MaitriBodh Parivaar conducted a talk and meditation session for the wives of the naval javans. The session was on reinforcing the importance of positive thinking, our true nature and the need to connect with the Divine and how meditation helps in achieving these. The session was enjoyed by all and they experienced serenity and calmness through the meditation.



## YGPT events

Blood Donation Camp, Amritsar



### Blood Donation Camp - Amritsar (8<sup>th</sup> March)

"You don't have to be a superhero to save lives" On the occasion of Women's Day, a blood donation camp was organized by YGPT at Red Cross Bhawan, Amritsar. 88 enthusiasts from various walks of life came forward to donate their blood. This camp was held as a follow-up to the camp held last September.

### Stri Sahyog - Delhi (18<sup>th</sup> March)

YGPT Delhi organised a session for a group of fifteen ladies living in a slum on the importance of personal and maternal hygiene, and family planning. Dr. Parul, a gynaecologist from Medanta Hospital conducted the session where she clarified attendee's queries and misconceptions related to family planning.



Stri Sahyog, Delhi

For any spiritual queries, you may write to [mitra.shankh@peaceservices.org](mailto:mitra.shankh@peaceservices.org) . Few selected questions will be directly addressed by Dadashreeji, which will be released in the next Newsletter.

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## *Receive Positive and Give Positive*

*Dear Friends,*

One of the most significant expressions of the human mind I have seen in this period of time, is that humans criticize – they cry and they complain. So whatever they express, they receive back as criticism, pain and guilt. This can never help one grow in life. Instead this acts as great block. If you are firm and determined to grow in life, it is very important that you be aware of this essential fact needed in this current time.

Receive positive and give positive - the key essential that all need to think and practice in one's life. By applying this truth in your life, one can replace pain and suffering with happiness and opportunities. Its practice boosts your growth; strengthening you within. It is simple and easily practiced. It is not limited to spiritual seekers; thus all persons can practice and witness the profound change this brings into their lives.

People's minds have been filled with so much negativity that it has trapped them from all sides. One is trapped in the illusionary negative world, reflecting fear, hate, pain and violence. This negative state of mind forces one to face critical situations, individually or collectively – with almost no avenues left of escape. Until, the mind reaches this stage, it doesn't realise the importance of human values. The shift in the current times is slowly creating a demand for every Being to practice, receiving and giving – positivity. This very simple act by individuals will help many be part of the global transformation.

When you start practicing this, you would start enjoy the bliss which ensues. When you receive positivity, you give positivity which further results in attracting more positivity with greater positive outcome. You form a chain of positivity around you and your surroundings thereby rejecting negative thought waves.

Give positivity to all and your surroundings; with your knowledge, experience, valuable advice, guidance, skills, creativity, contributions and much more. Practice it when you feel natural within. Just practice it as good act and nothing more. It would help in shaping and strengthening your personality.

It has been mentioned in Vedas that the royal swan drinks only milk separating it from water even when mixed. In a similar manner, one must practice to receive only positivity even though it might be mixed with negativity. That means discard unwanted and non-essential thoughts and thus receive only the essential positive thoughts.

Suppose you happen to be part of a discussion where both bad as well as good is shared. It may be a story about someone whom you know little of. What should you do here as a wise person? Gather only the positive content for your growth. There are many such incidents of your life where you could have chosen only positivity, yet did not! It is not about 'that person' or 'that situation' - but about 'You' and what you receive from your surroundings. There might be ills all around, but with wisdom; select only the positive. In the end, this would form your character.

Hence, never be part of either receiving or giving negativity to anyone. Do not complain about wrong happenings in your life. Whatever you are going through - is the best that Nature can do for you - at this moment in time. If you want better things to happen in your life, select better options in life. That is what I suggest - select positivity. When you start practicing this, you would see a profound change within you. Bees are attracted to nectar and nothing else, similarly you too would see only good and positivity. You will soon notice that as you have now started accepting everything - you will complain less and become calmer, supportive and find great strength within. I am glad to know that MaitriBodh Parivaar is walking towards this ideal with great dedication and incessant hard work.

You have complete freedom to select your path either being positive or negative about everything. Remember, all that I have taught, it would be greatly helpful in the coming times. My association with you would guide and support you further - making this a joyful and blissful journey for one and all.

*Love and Blessings,  
Dadashreeji*