

# From the Editor's Desk

## Dear Divine Souls,

Spirituality is so simple but many run away from it fearing that it is complicated or that it may cause unnecessary upheaval in their material lives. They fear that it requires untold sacrifice, renouncing the material world, society, family and friends etc. They fear that they would be required to live in a strictly regimented and claustrophobic atmosphere. None could be more wrong - for spirituality is as simple as „living naturally“- in harmony with all creation.

Divine Friend Dadashreeji teaches us how to live our lives in a meaningful and practical manner. It simply requires His „Grace.“ Once a seeker tastes the nectar of love from Divine Friend Dadashreeji - their lives take on a deep meaning and they get a specific direction. For the first time clarity of what they are here for and how to live their lives in a practical way, how to become good human beings, taking and sharing with society while not needing to renounce life to reach God percolates into their parched souls.

Dadashreeji guides us to simply be good, do good and share happiness all around. He is happy to guide each one of us, we who have tried so hard and so long to find peace; are only required to allow Him to transform ourselves from within. We only need to be connected to our Friend Dadashreeji and the rest of life's journey will be a simple and enjoyable one as He will take care thereon.

Dadashreeji in his inimitable way has taught us how to live our lives in a simple, practical and yet deeply spiritual manner. His teachings have brought hope to thousands. His talks are attended by huge crowds of seekers who are enamoured by his simplicity and easy to follow guidance on how to become a better human being.

On behalf of **MaitriBodh Parivaar**

# ANAHITA

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Monthly newsletter from MAITRIBODH PARIVAAR

## Upcoming/Ongoing events :

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

9<sup>th</sup> May: D-2, Vasant Kunj, New Delhi

9<sup>th</sup> May: Andheri, Mumbai

10<sup>th</sup> May: Dadar, Mumbai

10<sup>th</sup> May: Babu Labhchand Chajlani Marg, Indore

23<sup>rd</sup> May: Basavangudi, Bengaluru

### Healing through 'Power of Prayers':

16<sup>th</sup> May in Delhi / Gurgaon / Kolkata

### Purification (Bodh II) follow-up session:

17<sup>th</sup> May at ShantiKshetra Premgiri Ashram / Delhi

### 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](http://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

Cover pic: Madhur Milan at Thane





# Madhur Milan

Thane | 18<sup>th</sup> April, 2015

*A fully packed hall of 1,100 seekers came from all over Mumbai for this experiential Divine session „Madhur Milan“, to celebrate life with Divine friend Dadashreeji. Many came for the first time to see this young Master; who as they were told leaves an indelible impression of indescribable divine emotions by His mere presence and that is what they got at the end of this Saturday eve session.*

*The celebration was started by Maitreyi Madura who introduced the Master and MaitriBodh Parivaar, along with her experience with this mission. It was followed by an impeccable and soulful rendition of classical based bhajans sung by Maitreyi Prakriti, assisted by Mitra Ajinkya and other musicians, who spun a web of devotion and ecstasy, opening up the hearts of the audience, preparing them for the next session – the much awaited discourse and blessings by Dadashreeji.*

*Dadashreeji addressed the audience, touching every heart, by giving extremely simple yet profound and effective ways to grow spiritually – applicable to today's times.*

*He shared that “to grow spiritually one need not take „sanyaas“- painstakingly renouncing all. Instead growing spiritually is to grow towards ones betterment and fulfillment”. He highlighted three extremely important practices for one's spiritual growth: The choices that we make in life, how to get the right knowledge and lastly learning to give”. He explained with very simple day-to-day examples, which the audience understood and related to easily. An important aspect which He stressed upon, was that “in our entire life – from birth to death, we only want the best to happen to us. We want 100%, but when it comes to giving – we only give 10%. How can we expect to grow and be happy? The moment we start giving and live that moment „all the time“, there will be a definite and immediate change in one's inner state and surroundings”. The simplicity with which Dadashreeji conveyed the teachings touched everyone to the very core.*

*Dadashreeji blessed every seeker with Peace, Love and Grace for their own growth. The ambience was filled with grace and blessings, wherein all experienced the sweet fragrance of pure devotion and utter joy.*



# AWAKENING TO SELF REALIZATION (BODH I)

*With the passing of each month, more and more Bodhs (The Awakening) are being conducted by Mitras and Maitreyis, personally trained and empowered by Divine Friend Dadashreeji. These four-hour sessions are now being held in many cities in India as well as in Europe and the Middle East. Since March 2015, almost 500 seekers in India and about 400 seekers in Europe have experienced transformation through Bodh.*

## India

Gurgaon – 5<sup>th</sup> April | Mumbai – 11<sup>th</sup>, 12<sup>th</sup> & 25<sup>th</sup> April | Pen – 30<sup>th</sup> April

### Gurgaon:

Bodh (Awakening) in Gurgaon was a very powerful and sublime experience. All the seekers who came to attend the session flowed in peace and love all through the session. The participants confessed a marked impact of the session in them – the 4 hours made some change within them. During the Shakti Pravaah, one seeker strongly felt the presence of Lord Krishna.



### Mumbai:

An intensely interactive session was held in Mumbai. The sutras as taught by Divine Friend Dadashreeji were eagerly assimilated and embraced by the spiritual seekers. Their immediate comment was to incorporate them in their daily life as the teachings are so practical.

The session in South Mumbai deeply involved the seekers who took the opportunity to clear all their doubts about the teachings. The practice of Sambodh Dhyaan which followed the teachings brought the participants into a calm and concentrated preparation for imbibing the Divine Grace through the Shakti Pravaah. A seeker shared her experience of being enveloped by a blue light as they practiced shavasana. Another seeker experienced the presence of a divine being besides her during the entire process.

With Dadashreeji's grace and abundant love the Bodh at Mira Road Bodh saw a group of seekers who



connected beautifully. The interactive group of participants were thrilled to understand the Panch Sutras, and how easily they could incorporate the same in their daily lives. During the Dhyaan process, an elderly lady heard a voice very close to her ear simultaneous singing in the background along with the meditation music which was being played.

### Pen:

145 employees of a factory of one of our devotee's in Pen near Mumbai experienced Dadashreeji's Grace on a quiet Thursday (Guruvaar). Divine Friend Dadashreeji's blessings and grace were experienced like never before leaving all in a state of peace and calm.



# Europe

Foehr (Germany) – 11<sup>th</sup> April | Berlin (Germany) – 12<sup>th</sup> April | Milan (Italy) 13<sup>th</sup> April  
Zurich (Switzerland) – 18<sup>th</sup> April | Munich (Germany) – 19<sup>th</sup> April | Tallin (Estonia) – 19<sup>th</sup> April  
Vienna (Austria) – 21<sup>st</sup>, 22<sup>nd</sup>, 23<sup>rd</sup> & 24<sup>th</sup> April | Moers (Germany) – 26<sup>th</sup> April

## Foehr:

In the beautiful location on the North Sea island of Foehr, participants from Sweden, the Netherlands, Berlin, Kiel, Dusseldorf and from the island enjoyed an inspiring and energy filled session synchronized with the unique energy of the incoming tide, breathtaking nature and inspired by the Grace of our Divine Friend Dadashreeji. In the next session the energy was strong and harmonious. The participants connected with Dadashreeji immediately while they swayed to the wondrous music by Shanti Omkara and the session continued for an extra two hours with none wishing to leave.



## Berlin:

The Bodh started with beautiful sunshine and good weather. It was warm and calm, with the fresh fragrance of spring wafting through the open window. There were very strong positive emotions in the room and presence of our beloved Dadashreeji. The room was filled with curiosity, questions, awaiting of experience. After Shakti Pravaah, some participants were so blessed and were dancing like their soul was flying – one could truly feel the change and blessings in their hearts.

## Milan:

The session in Milan, Italy was attended by deeply interested spiritual seekers. They assimilated the teachings of Divine Friend Dadashreeji with rapt attention followed by an excellent question and answer session. A seeker shared that he felt the opening of his 7<sup>th</sup> Chakra and a very powerful energy.



## Zurich:

The second Bodh was held in the beautiful Klus Park Nursing Home in Zurich. Soulful devotional music added to the wondrous divine atmosphere. Deeply spiritual seekers attended the session. The seekers enjoyed an interesting question answer session as they prepared to experience the Sambodh Dhyaan and subsequently the Shakti and Bhakti Pravaah. Dadashreeji's Grace and boundless energy throughout the session left the seekers clapping their hands dancing and expressing their delight at what they had experienced and felt.

## Munich:

Many seekers from varying spiritual backgrounds and experiences took part in the Bodh in Munich. There were participants of all ages, including a very young girl and an elderly lady. The room was filled with peace as all listened to many life transforming aspects. Tears flow, when the heart is touched. People expressed their joy, lightness and the feeling of liberation through dance. All experienced deep peace, love and gratitude towards the end of the session.



## Tallin:

Though every fortnight, Estonia sees a Maitri Session, Bodh took place for the very first time on the 19<sup>th</sup> of April in the town of Estonia. The seekers actively participated and received the Shakti Pravaah Energy. All the participants were very touched to receive so much grace and blessings.





### Vienna:

138 seekers took part in the first Bodh sessions in Vienna (from 21<sup>st</sup>-24<sup>th</sup> April), Austria. Dadashreeji's wave of transformation has now reached more than 400 seekers in Europe since March 2015. None of the seekers wanted to leave Amaté College. People were so touched by the Divine energies that the sessions concluded way past midnight and almost at day break. Dadashreeji's divine words and energies have transformed Austria and His devotees are eagerly looking forward to Dadashreeji's visit.

### Moers:

The session in Moers, Germany was attended by thirty seekers who travelled from Italy, England, Austria, Switzerland. The sevaks too travelled from many places across Europe.

## Awakening and Purification – ShantiKshetra Premgiri Ashram (24<sup>th</sup>-26<sup>th</sup> April)

For the first time, back-to-back sessions of Bodhs I and II took place in our Ashram for a group of devout seekers from various nooks and corners of India. Most of the participants were already prepared to receive the grace, piously participated in the sessions and had profound experiences. After completion of Bodh-I, most of the participants were immersed in a feeling of peace from inside. The Shakti Pravaah of Bodh-II took them all into a different state, leaving them speechless. Some of the seekers could clearly visualize Dada in the form of Shiva, others in the form of Krishna and yet others as their family deity. Love and grace of our Divine Friend Dadashreeji flowed, touching every soul bringing peace to their hearts.



## Meditation and Maitri Sessions

**Singapore** (28<sup>th</sup> April, 2015): MaitriBodh Parivaar in its constant endeavour to reach out to more spiritual seekers conducted a Maitri Session in Singapore taking our beloved Dadashreeji's message, love and grace to seekers. So touched were the participants that they are now looking forward to attending Bodh.

**Mumbai** (4<sup>th</sup> April): Samuhik Urja Dhyaan, a powerful meditation session to connect to the Divine energies, was conducted at Khar, Mumbai. The seekers were taught meditation followed by some teachings-based stories. Each participant felt a huge upsurge in energy during and long after the session.

**Mumbai:** Hinduja Hospital at Mahim Mumbai has started regular sessions for their staff on Thursdays. Two sessions – “Meditation session” and “Healing through Power of Prayers” – were held in April. Most participants had profound experiences, with deep emotional upsurge especially after „Prayer“ session. Following the „Prayer“ session, a lady expressed: “I had lost faith in people as everyone means business today. It is someone like you, that gives me the hope that yes there are people who truly care and give love in this world!”

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## Message from Divine Friend Dadashreeji

### *Earn Goodwill and Blessings*

*Dear Friends,*

The shift in the human mind towards Divinity is making its impact felt at various places all over the world. Questions are being asked by many over the continued existence and wellbeing of human and other life on planet Earth. The Universe is changing dynamically and extensively. Signs of imbalance are already occurring within its set system. The Universe doesn't share its plans openly; yet many amongst us have started recognizing the signs of the coming change. You as human beings have no option – but that of flowing with the rhythm of the Universe.

Till now, Man's sole focus has been on materiality i.e. material gains, profits and monetary numbers. Does Man think that the accumulation of these material things decides the success or otherwise of individuals? While I do understand the value of fulfilling life's needs as a „duty“, surely the demands of material life should not take one away from the essence of life. The material demands and expectations can never be fulfilled completely and will continue endlessly forever. One can strive for them tirelessly, but surely not at the cost of drowning yourself into the „well of suffering“ and pulling others down too. This state of mind harms you first - and subsequently others. You comprehend it too late - when it has already becomes „critical“ at the physical or emotional level.

I want you to learn to balance both sides of life; where you are free within, speak compassionately and yet take all actions necessary in achieving your life's dreams. When you decide to achieve something in life, you start working for that specific end. You work hard and take every step required in achieving it. In the same manner, when you decide to be a happy being of future, blissful, compassionate friend, a helping hand for the needy or any of such soul driven purpose – truly a being of the future; you must get everything ready which would be required to reach that goal. You need to think and act accordingly.

Remember, it is not achieving your material desires that gives you everlasting contentment. Rather it is pursuing the hearts dream and being „there“ that gives everlasting happiness and bliss. This automatically radiates to all those around you, thus transforming them too within - freeing them forever.

I have been guiding you on this path. Hence follow that which is best for you. The changes occurring all around especially the shift towards the Divine are required and inevitable. Together with the flow of the current time, work diligently on earning goodwill and blessings. This will enrich your growth. It will strengthen you within in difficult times. The human mind would go through many levels of change. Here earning goodwill and blessings would be of immense help.

You must wish „the best“ for everyone. You can help someone, serve, give or share something that you might have. Remember all that you earn here, is not just for yourself; but should be shared with everyone associated with you. Hence what you do here – is for the benefits others as well.

Your prayers work magic in others lives. Your prayers give them hope to cope up with this challenging world. When you pray for others, it brings a smile on the face of the Divine. This is where you earn merit and His blessings without asking for them. These blessings would manifest in your life in myriad ways or forms. You may wish to receive them in a particular way or area of your life; but the blessings might come in a different way - based on your true need. You may expect money or a financial breakthrough; however “The Divine” knows that which is best for you. You would receive His blessings and love in such a way – that it would „liberate“ you within. Keep your faith in the Divine, your true Friend and Guide – residing within you at all times.

With this letter, I would request all of you to pray for all those people affected by the terrible tragedy that our neighbouring country Nepal and parts of northern India have gone through. It has been a sad and shocking event witnessed by the world. Pray with deep compassion and love, for the speedy recovery and betterment of the two nations and their people.

Know your work and act accordingly!

*Love and Blessings,  
Dadashreeji*