

Dear Divine Souls,

The thirst for Divinity has been planted deep within our souls simply due to His Grace. We can only be grateful for having been provided this need to love our Father for without love our life is desolate.

Man's bond with Divinity is that of a child and the Father. The Father has a deep love and concern for His child's growth and happiness. Where necessary Divinity puts the child into situations for its long term spiritual success and eventual happiness. Yet there are times when love overpowers all and Divine Grace flows abundantly without stopping. Guru Purnima is one such day in the entire year, when we as His children offer gratitude to our benevolent Father for His unconditional love and Grace showered upon us all the time. We ask throughout the year, and, on this one day, we offer our gratitude to Him. On this day Dadashreeji is in blessing state throughout with grace flowing in abundance. Divinity protects us throughout the year as each and every moment – even without our knowledge. Divinity shelters us, like an umbrella from all challenges and problems. Guru Purnima is that one day when we thank our Heavenly Father for this protection and indulgence towards His children.

We are lucky indeed, to have been given an opportunity to be blessed by our Divine Friend Dadashreeji on the 31st of July. On this most auspicious day Dadashreeji prayed and offered His thanks to His Guru, Mahavataar Babaji and we, in turn, Dadashreeji. Having been given this wonderful opportunity of being at the Lotus Feet of the Master all those associated with Him were absolved of guilt feeling, rising out of some of their past actions, on this day. A small gesture on His part; a life altering action on each one of us. One can only be awestruck in gratitude!

Let us resolve to repay this by offering the same support and love to all of humanity. Let what we have received be conveyed to those others who have been bereft of love and kindness. Let us offer service (seva) with gratitude to all mankind, so that they too form the bond of love with Him. It is not necessary that they must know Divinity in this form or that. All that is important is the each person on this planet 'falls in love' with Divinity thus ensuring peace and brotherhood on Earth. Let us join hands with all humanity and spread the word of love and peace, let spirituality prevail far beyond religions and boundaries – for nothing but unconditional love for Divinity matters.

- On behalf of **MaitriBodh Parivaar**

ANAHITA

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Cover pic: *Paduka Abhishek* during
Guru Purnima Celebrations



MaitriBodh

HIS WORDS

“Spirituality is not about just meditating with closed eyes.

True Spirituality is about your actions with open eyes.

Your one act of kindness would be equal to hours and hours of meditation.”



Meditation with closed eyes is important initially. It is needed to cleanse and focus the mind helping it turn inwards. Through meditation our mind becomes a useful instrument and helps us acquire right thoughts, intentions and actions.

The best of intentions without action are pointless. In a way action is unavoidable. Even inaction is a form of action. Action with eyes open means doing action with awareness.

An act of kindness is divine. It is a form of giving; giving with compassion. Such an act when done correctly resonates with the universe.

In this beautiful quote Dadashreeji has shown us the meaning of and relationship between meditation, action and kindness.



WELL OF WISDOM: THE UNSATISFIED CROW

Once upon a time there lived a crow in the jungle. He was very unhappy with his color. One day while flying over a pond he happened to see a swan. “Oh what a beautiful white bird!” he exclaimed. He swooped down to the swan and said, “You must be the happiest bird, since you are so pure and white.” However to his amazement, the swan was not happy. The swan replied, “My friend, the parrot who lives on the mango trees on the bank is more beautiful than me. He has green plumes and a lovely red beak.” So, both of them flew to the parrot to talk to him. To their utter dismay, the parrot too was sad. He said, “I am not the most beautiful and happy bird. The peacock, which lives in the zoo, is more beautiful than I.” So all the three birds flew to the neighboring zoo to see the peacock. What a wonderful sight the peacock was! He was proudly displaying his plumes which were grand and dazzling. There was a large crowd which was seeing him with amazement and wonder. In the evening after the zoo was closed, the three birds went to meet the peacock. In one voice, they said to the peacock, “You must be the happiest bird on earth. You are so beautiful and so many people from far and wide come to see your beauty.” However they were stunned with what the peacock said, “I may look beautiful but I am not very happy. This is because I realize that I am caged in the zoo and do not have the freedom to fly about as you three do.”



Moral: Comparison is one the most important cause of unhappiness.

Each of god's creation is unique in its own way.



SPIRITUALITY AND HEALTH: WATER

Spirituality

Water is considered sacred in most religions of the world. In Hindu mythology the first two avatars of Lord Vishnu (Matsya and Kurma) were linked to water. Many holy places associated with Hinduism are located near rivers or seas. The Ganga is said to have flowed from the toes of Lord Vishnu to the locks of Lord Shiva before flowing down from the mountains to the plains. Most temples have a temple tank. Water is one of the basic necessities for most rituals and pujas. In two important festivals namely Durga puja and Ganesh chaturthi, the idols are immersed in rivers/water bodies at the final stages of the festivals. Pouring Ganga water into the mouth of the dying and the dead is an age old custom. Ritual cleansing of the body after death is an important part of the Hindu religion.

Water is held sacred in other religions as well. Some faiths use water especially prepared for religious purposes (holy water in some Christian denominations, Amrit in Sikhism). Many religions also consider particular sources or bodies of water to be sacred or at least auspicious; examples include Lourdes in Roman Catholicism, the Jordan River (at least symbolically) in some Christian churches, and the Zamzam Well in Islam. Ritual immersion/washing for purification is important in religions such as Christianity (baptism), Judaism (mikvah) and Sikhism (Amrit Sanskar). In addition, a ritual bath in pure water is performed for the dead in many religions including Judaism and Islam. In Islam, the five daily prayers may be offered in most cases after washing certain parts of the body using clean water (wuzu). In Shintoism, water is used in almost all rituals to cleanse oneself or a body part (e.g. in the ritual of misogi).

Health

Water is one of the most important constituents of the human body. Up to 70% of the body weight comprises of water. Further there is amazing amount of water in human organs. The Brain is 95% water, blood is constituted by 80% water and lungs 90%! Many bodily functions depend almost entirely on water. Both temperature regulation and blood pressure maintenance depend on water. It also is the base on which most body fluids (e.g. saliva, fluid in the joints) are created from. Apart from this, water is an important part of every cell in the body. It is vital to maintain intra cellular functions. Many enzymes depend on their water content for efficient action.

It is concerning that mild dehydration occurs in a large of people. The symptoms of this could include loss of short term memory, weakness and fatigue. Severe dehydration occurs in common conditions of vomiting and diarrhoea. It may result in mental dullness, fast heart/respiratory rate, dry tongue, low BP, low urine output and cold clammy extremities.

The amount of water required for a healthy person varies between 8-10 glasses a day. In general one requires more water in the summer and less during winter. It is also important to realize that in some conditions, especially in heart failure and kidney failure, restriction of water intake may be required.

We not only need to be aware of the spiritual importance but also of the criticality of water in our day to day lives. If used wisely it is of immense use to us in cleansing, nourishing and balancing our body's chemical requirements. This marvel of nature is something we must all take steps in conserving and protecting for if we do not, life as we know it on planet earth will become a thing of the past. Let us give thanks to our Maker for having created such a wonderful and precious resource by combining a mere two atoms of Hydrogen with one atom of Oxygen thus making life possible on His earth.

GURU PURNIMA

ShantiKshetra Premgiri Ashram, 31st July



The last day of July was a day of celebration for all the children of beloved Dadashreeji across the globe. All devotees celebrated it as “Gratitude Day”. People reached our Premgiri Ashram from far away places with great joy and happiness. The auspicious day began with a havan in our newly constructed mandap (Hall) where devotees sang bhajans and offered aarti at the padukas of our Guide and Divine Friend, Dadashreeji. Tears flowed and hugs were shared as devotees from all over the world felt drenched in Divine Love.

After the havan, devotees entered the DhyaanManthan Kshetra (Meditation Hall), one at a time to take the blessings of Dadashreeji. He showered the love of the entire Universe on all present as also on those connected with Him though not physically present there. Dada stated that on this Guru Purnima, He has freed all His devotees of their “feelings stemming from guilt” borne from some of their past actions which were not allowing them to face the Divine, as He has already for some devotees earlier. He said that the devotees would now be able to ‘hear’ their internal Dadashreeji much more clearly.

When we are thirsty, all we can think of is the thirst. But once somebody has quenched our thirst, we not only forget the experience of thirst but also the one who brought us relief. Similarly, the Divine has blessed all of us with abundance yet we are neither grateful nor do we share our gifts with His other children.

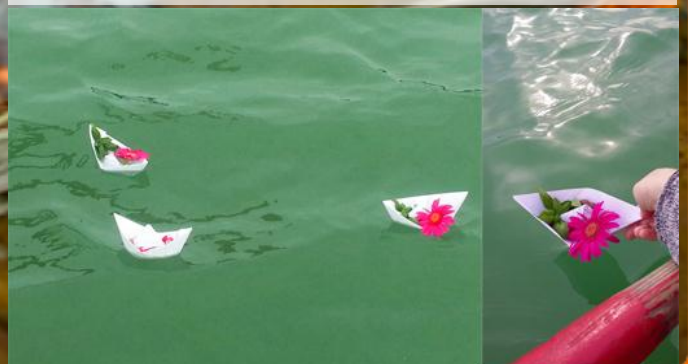
He shared the story of St. Peter who had laid the foundation of Christianity in Rome. Despite knowing that he would be crucified eventually, he went ahead and spread the message of Jesus and today the world follows the teachings of that religion. Dadashreeji guided us all to walk the path of unconditional love

and peace, facing the barriers that might come in the path. He emphasized the need to “grow by giving” as He guided all to share their blessings with everyone.

As we moved in prayer in the blessed presence of Dadashreeji, he soaked us with His Grace and Love. On this very special occasion, Dadashreeji blessed us with a book “My Spiritual School with HIM” written by Mitra Jeev which beautifully shares how Dadashreeji brought about the transformation in Mitra Jeevji’s life. He also introduced the new Maitri Bodh Parivaar logo with its manual. The blog, “DadaLeela” which expresses the love, learning and experiences of devotees was also made available for all to read online.

Followed by Prasad (blessed meal), the evening witnessed another group of devotees from all over the country. It was an extremely blessed and eventful day with devotees left speechless by the unconditional love showered upon them.

Elsewhere, in Switzerland, the devotees wrote love-letters to Dadashreeji, built boat out of those paper-slides. These paper boats were laden with flowers and sweets. They, then rowed onto a lake and let the paper boats sail. Each and every one of them floated away carrying so much love for Dada.



PURIFICATION

ShantiKshetra Premgiri Ashram, 1st-2nd August



Amidst the sacred celebrations of Guru Purnima, Awakening to Self Realization (Bodh I) and Purification (Bodh II) were held at the ashram on 1st and 2nd August 2015. Myths of spirituality were dissolved for all those who believe spirituality to be ritualistic, disciplined or difficult. As Dadashreeji explains, “Being spiritual is being natural,” participants were made aware of how easy it is actually to be spiritual and bond with the Divine. It is because of our impaired connection with the Divine, that all problems arise. It is because of our weak bond with Him that we do not find happiness in our lives. We look for happiness and solutions in other humans or materialism while the source of unconditional love and peace resides within us undiscovered.

The importance of reestablishing the “Sambandh” was elucidated following which, the process of purification through Agni Sanskaar Kriya and Sambandh Beej Sanskaar Kriya was carried forth for all participants. After completing all the processes of Purification, the seekers had a rendezvous with Dadashreeji where He addressed many a curious mind and seeking souls. He enlightened all on the importance of the female energy. He said that the “stree” (the female) represents the Shakti (power) and expression whereas the male energy provides the direction.

They function together and for an entire household to be happy, it is essential that the woman of the house is happy herself. He also explained that religions exist only on planet Earth and seeing from the Higher planes, everyone is one. Such disparities are totally man made. Answering the questions on “ego”, He said that ego is like fire and fire cannot douse fire. It needs water. We should simply surrender our ego at His feet and He will work on it Himself.

The participants were full of peace and bliss towards the end of the two-day process. A participant who is a

singer by profession shared that as she sat down to practice music that morning, she saw Dadashreeji orchestrating the rhythm and encouraging her in her passion. One lady revealed that during one of the processes, she had a clear conversation with her father who has passed over and she was now in peace knowing that he is fine. A doctor disclosed that she could literally feel all the energies working on her and she could experience the biological changes happening within her. There was a lady who shared that she had come with a skeptical mind because she belongs to a stern religion but so many of her myths about spirituality were broken and every process was explained scientifically so now she feels more open to receiving the Grace of our beloved Dadashreeji.



Awakening to Self Realization (Bodh I)

4th & 5th July – Moers (Germany) | 4th July – Mumbai
11th, 19th & 26th July – Delhi NCR | 19th July –
Coimbatore | 21st July – London | 26th July – Amritsar

Many Bodh sessions were conducted in India and in Europe. The experiences have been mesmerizing as the participants flowed and connected with natural ease during the sessions. Dadashreeji’s love, grace and simple teachings have been touching people to their core and transforming them to live more meaningful and fulfilled lives.





Being simple is being happy.
Being simple is being friendly.
Being simple is being in love.
Being simple is being none but all.



Use all the resources to uplift or improve yourself.
When all your efforts end, allow me to work on you.
You will witness that transformation you needed for long...

Maitri Sessions

1st & 30th July – Vienna | 20th July – Amritsar | 30th July – Moers

Each session saw the grace and blessings of Dadashreeji bringing in a change, a transformation and now this wave is now set to spread to many seekers in Europe, to those who have been waiting to have true love and peace in their lives.

Prayer and healing sessions

4th July – Delhi | 19th July – Kolkata

Attended by over 60 eager seekers from all walks of life and ages the healing session in Delhi was hugely appreciated by the attendees. During the session, Divine Friend Dadashreeji's message of Love and Peace, and the need to embrace the Divine as a friend or Mitra, was also shared. The love-filled session concluded with the spontaneous singing of the participants. By the end of the Kolkata session, the seekers wished to meet and be in the presence of beloved Dadashreeji and visit the ashram to experience His Grace and transformation.

Meditation with children – YGPT

Mumbai: In collaboration with Mika Nishimura, a violin teacher; the process of meditation was introduced to the underprivileged school children being taught by her. The true purpose of meditation and the importance of their Divine Friend within was explained to the children. They felt good with the AUM chanting and were eager to practice it daily. Mika also noticed that after just one session of meditation, there was a difference in the energy of the children and they looked happier and were able to focus on their violin lessons better.

Meditation and Stress Management Workshop

19th July – Coimbatore | 30th July – Mumbai, NGO Sneha

A wonderful session on Meditation and Stress Management was conducted in Mumbai and Coimbatore. All participants had a wonderful experience. They also learnt the four basic principles of beating daily stress. The interactive session was followed by the practice of Sambodh Dhyana which helped relax and connect with their inner self. For many it was a new experience which they had never felt before and were left completely dazed and euphoric simultaneously.



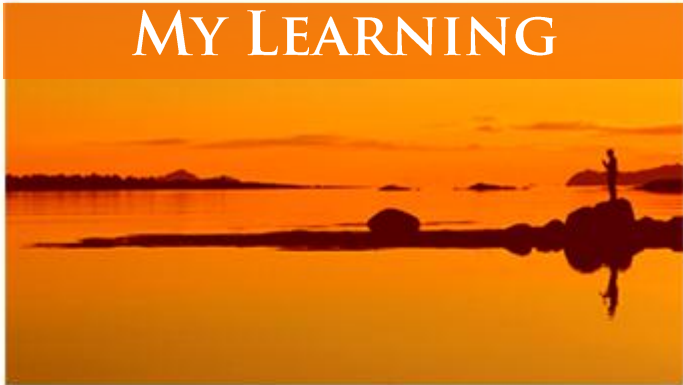
Bodh for children

Mumbai – 12th July

The first Children's Bodh was conducted in Andheri. The session covered aspects from self-awareness to anger management. Children were taught the values of respecting one's parents and doing good for society. Children were informed about Dadashreeji (as a mentor and guide) and how He will help each child by becoming their best friend. It concluded with a promise by each child to respect their parents and be good human beings.



MY LEARNING



For a guy who was just starting a career, spirituality probably wasn't a priority on my to-do list. It was more of a fascination at the idea of receiving the Divine Energy Transfer (Shakti Pravaah), rather than the desire or the want to have a guiding light in my life that drew me to attend a Bodh. What I did not realize then was that the retreat was an advent of a lifelong romance that would transform my life.

It's been over two years now. When I retrospect how my life was before meeting Dada, a lot of things within me have changed. The arrogance and bad temper that defined me during my college days has given way to a much calmer and peaceful self. The transformation did not happen overnight but rather it was a slow process. It is only now, when I think back, that I can comprehend how different things are now. The self of three years back seems almost like one of a different lifetime.

When I visualize my mind now, I see the surface of a lake, perfectly serene and still. This has now become my natural state, and, for the most part, it remains so irrespective of the happenings outside. When I see others in worry or pain, it makes me want to reach out to them. I want to make them feel the way I do,

help them experience what I experience. However, even with my closest friends, I seem to be unable to do that. I just cannot explain or make them experience 'that state'. I got an opportunity to share this inability with one of the fellow Mitras (Sevaks).

What he replied was a very humbling question for me: *Do you think you are in this blissful state out of your own efforts?*

How true it was! If it is not me who is the source of this experience, it would be my vanity to think that I can make others experience it. It also made me realize something deep within my heart – this blissful state itself is the manifestation of Him. This is my Dada. He is always there with me – within me and without – each and every single moment of my Life.

He is all-pervading and all-knowing yet His physical presence is so simple, subtle and accessible that many a time we just miss discerning the gravity of it all. Then, suddenly it hits you and fills you with so much awe that it leaves you breathless. I don't remember what my past lives have been – that has brought me at His feet. A million words would still be inadequate to express my gratitude.

Going by the Shakespearian analogy of the world being a stage, I still don't know what my part is. But what I do know is: I will follow the Light, my beloved Dada, through till the end. And the experience that He is always there with me is more than enough for me.

I am nothing more than an invisible speck of dust at my Master's Divine Lotus Feet.

- Mitra Prawesh



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I FOUND MY GOVIND

~ Maitreyi Anjita

I don't want any spiritual treasures,
No worldly possessions do anymore I desire.
Dada You are all I want,
You are what I want to flaunt.

Should I chant your name all day?
Lost in your service, should I sway?
Should I praise you in melodious songs all day and
night?
Or be with You in my heart and glow in Your radiance so
bright?

I thought my Guru would take me to the eternal light,
Little did I know my Guru was taking me on another
flight.
You picked me up in Your lap, walked the treacherous
path for me,
Uprooted evil from my being, changed my destiny.

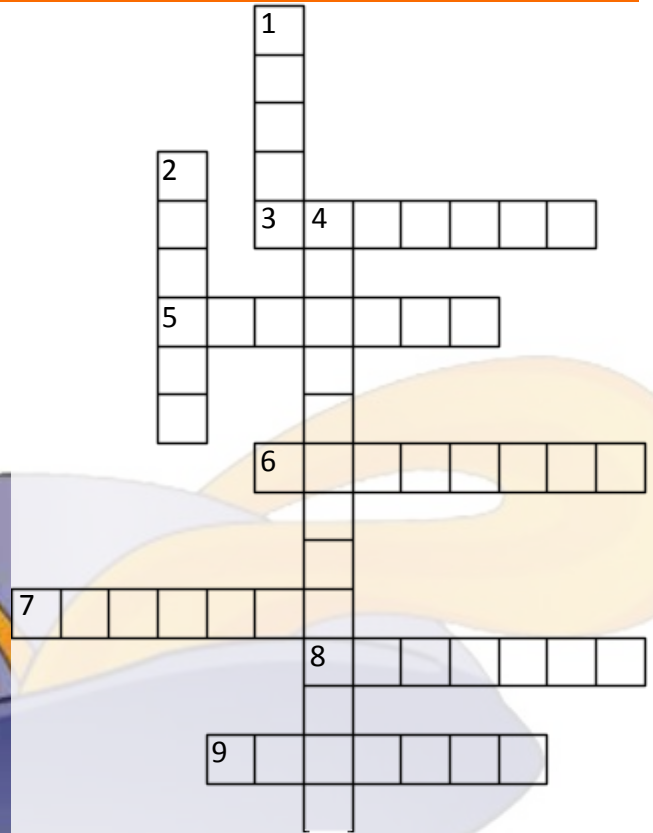
I can't love you unconditionally nor pray religiously,
I can't offer my daily rituals nor offer You abode in each
pulse,
I can't even serve You well, my Dada
You who are the Supreme Heavenly Father.

You stepped down on the devious earth,
To bring Home Your beloved children,
You came after us with all Your love,
And we mindless creatures still went for a run.

You brought me self-realisation,
Peace, joy and satisfaction.
A glass of water I asked you,
You gave me everything-from the oceans to the
meadow dew.

I want to dance, jump, touch the sky
Dive into the sea, go deeper within the I.
Gobind vs Guru – Kabir decides
I found my Gobind, I found my Guru and I found my
Dada
And guess what, They are all the same, Such is His Leela.

CROSSWORD: SPIRITUAL GIFTS



Across

- 3 helps, supports others who are sick
- 5 the ability to know if people have good intentions
- 6 proclaim the word of God serves others
- 8 able to be used to perform the extraordinary
- 9 to spread the word of God through music (vocal)

Down

- 1 enables to trust what God says and believe in it
- 2 comes from being wise
- 4 ability to speak positive words at the right time to uplift people who may be feeling down

You can also send us your own experiences, articles, stories, poems or spiritual questions. Selected ones will be published in our future issues. Mail us at:

anahita@maitribodh.org

Upcoming Events

Awakening to Self-Realization (Bodh I) :

8th August – Mumbai (Gamdevi | Andheri)

8th August – Bengaluru (Srirampura)

9th August – Delhi NCR (Vasant Kunj | Gurgaon)

15th August – Delhi NCR (Vivek Vihar)

Dusshera Bhet :

22nd October – ShantiKshetra Premgiri Ashram

Purification (Bodh II) :

24th-25th October – ShantiKshetra Premgiri Ashram

Madhur Milan :

9th August – Surat, Gujarat

Bodh for Children :


9th August – Mumbai (Dadar)

16th August – Mumbai (Andheri)

Jeev Karuna :

23rd August – Delhi NCR (Gurgaon)

For International events, please mail us at:
international@maitribodh.org



PEARLS OF WISDOM FROM DADASHREEJI

Question: *Today women are struggling at the work place dealing with challenges in a “man’s world”. How should they deal with these challenges? Where should they derive strength from?*

Dadashreeji:

I am puzzled on how to answer this question, because how can one ask a question about deriving strength when you, the questioner, yourself give strength to all. You are the epitome of strength.

You, a woman, is the very source of creation. It is you, who brought the entire creation into existence. Women themselves are an abundant source of energy. It is the lady of the house who sets the foundation of a family – providing strength to all members of the family. You as a mother, sister, wife, daughter are able to take care of yourselves and as well as the men. This however is not true vice versa.

The happiness of entire family is rooted in the happiness of the lady of the house. Where women are unhappy, the harmony of entire family is disturbed. Women have been suppressed and were not able to express themselves which led to pain. It is important that women express themselves fully.

You are unaware of this truth perhaps due to your lack of awareness about your potential and strength. Just know the truth of your existence and you would become free of this ignorance. If you study yourself well in considering science, philosophy, psychology and the spiritual aspects, you would notice you are far better equipped than the masculine expression of creation. However, both cannot exist independently as separate energies. The disconnect between these two energies results in instability within.

Please note that it is no more a man’s world now. The struggle and challenges are common for both – working in unison is the key to happiness and success.

In the past women didn't get the platform to express themselves but in today's times, women have the opportunity to express themselves freely and completely. Women are at the forefront today. An ideal example is the Maitreyis (female sevaks) of the MaitriBodh Parivaar who are playing their role right at the forefront. Make use of the current times for your excellence and growth.