

Dear Divine Souls,

The human mind may be ensnared by the wonders of the mundane world, but it is the heart that sees the truth. The soul incessantly yearns for the Divine, just as a child cries for its mother. Just like a mother, the Divine offers nothing but pure unconditional love for every estranged soul. And when the soul offers itself in complete surrender to the Divine, Divinity has no other option but to take care of the soul.

Divinity listens to the prayers that arise from the heart; none go unheard. It was in an answer to such prayers of lifetimes that we are experiencing this transformation that encompasses the heart and soul. And verily, it is in an answer to the hearts' prayers that the wave of transformation now sweeps through the North American continent in the form of our Divine Friend Dadashreeji. Many hearts await the experience of unconditional love; many souls await to bathe in the bliss of the Divine.

Earlier in August, the city of Gujarat experienced such a shower of love and grace as they celebrated life in Madhur Milan with Dadashreeji. The process of Prem Pravaah instilled love in the hearts of every seeker who had come, heralding a transformation of the soul itself. A large number of seekers also experienced transformation through the process of Awakening to Self Realisation (Bodh I) in various parts of India and Europe.

In keeping with the vision of having social transformation along with spiritual transformation, the YGPT youth also organized various selfless service activities in different parts of India. Be it through extending compassion for animals through Jeev Karuna or working towards empowering youth through various seminars, they are constantly working about a positive change in the society and the world.

Step by step we move closer towards that day where there will love and joy all around, a day when peace and oneness will no longer just be Utopian concepts, but the very way of life.

- On behalf of **MaitriBodh Parivaar**

ANAHITA

Volume3 | Issue 9 September 2015

Monthly *e-Zine* from **MaitriBodh Parivaar**



Cover pic: *Prem Pravaah* during Madhur Milan



MaitriBodh

“We may learn from the world everything, but we will eventually get nothing.

But if we get this true Knowledge of the Self we get everything.”

DADA in this quote has emphasized the importance of two concepts namely True Knowledge and Self. We could split the quote into its two sentences to understand its potent meaning:

“We may learn from the world everything, but we will eventually get nothing...”

After birth we start perceiving the outside world through our senses namely sight, sound, taste, smell and touch. As we grow up we learn languages and everything we perceive is then put into its place as we learn. However, for two important reasons, the knowledge we gain from the outside world is not true knowledge. Firstly, our senses are imperfect. They do not give us all the details that are present. E.g. cats, have wider vision than us, bats can travel emitting sound waves which we cannot hear and dogs perceive sound waves which we cannot. Secondly, the outside world is ever changing. Whatever keeps changing cannot be timeless knowledge nor truth.

“...But if we get this true ‘Knowledge of the Self’ we get everything!”

Here Dada gives us the clue. What is knowledge of the self? Self is the ever present consciousness within us which silently witnesses our day to day thoughts and actions. If we can silence/ignore the thoughts, mind and ego, then we can realize the self and the ‘self’ will unravel and lead us to the true pure timeless knowledge from the source. This includes the most important query as to who we are.



The impetuous student

There was a young archer who thought that he had become so good at archery that he thought that he was even better than his guru. In fact he went about town boasting that he was much better than his teacher and even contemplated starting his own archery school. This reached the ears of his guru who smiled and said, “He will learn his lesson soon.”

One day his guru, asked the youth to accompany him on a trip across the hills. The journey was uneventful until they came across a narrow raging river. Calmly his guru lowered a tree trunk over the chasm and started crossing it. When he reached the midpoint he un-shouldered his bow took aim and shot an arrow on to a tree on the other side. He shot another arrow that cleaved the first arrow into two. “Now it’s your turn,” he said, walking back to where his student was standing.

The youth stepped carefully on the log and made his way to the middle. But he was trembling with fear. He knew that if he lost his footing, he would plunge to his death. His hands trembled as



he strung an arrow into his bow. Because of the raging river below, he found it hard to focus on the target. Consequently, when he let go of the arrow, it missed the tree altogether! Crestfallen he turned around and cried “Help me or I’ll fall!” His guru walked up to him, took his hand and brought him back to the land.

Neither of them said a word on the return journey but the student had much to think about. He had realised that to be a master of his art apart from control of archery, he had to learn how to control his mind and words too.

Moral: One should not be impetuous when it comes to learning

Dada - My Journey with Him

Mitra Devendra

Yes, I have been spiritually inclined towards rituals, prayers, mythology, Gods and Goddesses, all sources & ways which lead me to “something” mystical, “something” peaceful and “something” which elevates my state of consciousness. My life provided me ways to meet that ‘Source’ in many ways and many forms to experience that “something”. It’s been a beautiful ride from being ritualistic, being stubborn in my beliefs, doing acts of abstinence from all issues materialistic – to being in a state of wonderment of what real spirituality is. The many ways I am talking about, conditioned, altered and re-aligned me to reach an iota of what spirituality is. The journey continues with my Divine Friend, “DADASHREEJI” whom I affectionately address as “Dada”.

I have been a follower of teachings, from Oneness University, by my Masters “Amma and Bhagavan”. They provided me insights of what spirituality is. I was exposed to the real “ME” and the teachings continue to introduce me to myself. However, there was that “something”, which blocked my real experience about the teachings learned over the years.

This block was further simplified by Mrs. Smita Jayakar, who has played a vital role in introducing me to spirituality. She introduced me to Dada and I attended Dada’s first session in December 2013.

The thought of leaving my former Masters troubled me whenever I attended Dada’s sessions. However, Dada clarified that one should not leave any of their Masters or beliefs, to realize and experience his teachings. Dada explained that it’s time for humanity to unlearn their conditionings, beliefs and really experience the truth.

What drove me closer to Dada? There is an aura about Dada, a simplified way of answering a seeker which actually got me closer to Dada. I have attended Bodh 1 twice. The second time I attended Bodh 1, Dada called me by my name. This act of Dada instantly connected me to Dada. Being acknowledged meant a lot to me.

Being around Dada, I have still not got the opportunity to experience Divinity in a mystical form. But Dada has surely introduced me to the real “ME” within. The concept of “Antaryamin”, the in-dweller is getting stronger day by day. I have been receiving messages from various sources, which are continuously guiding me towards the real “ME” within. Divinity for me has always been in a form of an image or a statue. Of late, Dada has introduced me to the formless, an energy source which is not only externally

available but also internally available.

Life is still the same, the same routine but with a different outlook towards it. Unlearning the learning, experiencing my true emotions has become real for me. Jealousy, hatred, guilt are no more ‘bad’ emotions. They continue to still live with me, however, the charge which they carry is diminishing. My personal experience and interaction with Dada has introduced me to many things about myself; right from taking a stand in life, voicing my opinion to saying a plain “NO”. The things which I never expressed have become simpler to express without being judgmental about them. Guilt trips have reduced as there is clarity on things which I can do and things which I cannot do. The feeling of being alone has transformed my understanding of enjoying my own company. Dada introduced me to service, “Seva” in the self-less form. Being human to other humans is what I have learned being with Dada. Most importantly, my expectations of a simple “thank you” for work done by me are slowly wearing off. The mind games, the ego have been taken over by the Divinity within. I struggled with my mind and the games it played through out, but now an understanding that all exists the way it should exist is making itself felt. The conflicts with mind are dissolving day by day as Divinity is taking over to channelize my efforts required at the right moment and the right time. I have realized that for anything to manifest all I need to do is to take that effort and let Divinity take over. Actions are important to grow spiritually.

Dada has become part of my life introducing me to the real “ME”, guiding me in all the ups and downs which I am supposed to face to achieve my real purpose in life.

I cannot conclude with this note on my experiences with Dada as the journey continues to experience that “something”.

Dadashreeji Sharanam

Offering

Maitreyi Jagruti

Offer your nose and My Perfume shall be smelt
Offer your ears and My Music shall be heard
Offer your skin and My Touch shall be felt
Offer your mouth and My Song shall be sung
Offer your eyes and My Face shall be seen
Offer your mind and My Essence shall be understood
Offer your heart and My Love shall be felt
Offer your being and My Grace shall fill all emptiness

Sleep



Sleep is one of the most important functions of the human body. It is needed for the physical, mental and emotional well-being of an individual.

Disorders due to lack of sleep

Brain function and mental health

Sleep helps your brain work properly. Sleep helps the brain prepare for tomorrow. Good sleep is vital for learning and memory. It also helps improve concentration, creativity and decision making. Good restful sleep helps in controlling emotions and coping with change. Sleep deficiency also has been linked to depression, suicide, and risk-taking behavior.

Physical Health

Sleep plays an important role in your physical health. Sleep deficiency is linked to an increased risk of heart disease, kidney disease, high blood pressure, diabetes, and stroke. It also increases the risk of obesity in all age groups. Sleep helps maintain a healthy hormonal balance that makes you feel hungry or full. When you don't get enough sleep, you feel hungrier than when you're well-rested. Sleep also affects how your body reacts to insulin, the hormone that controls your blood sugar level. Sleep deficiency results in a higher than normal blood sugar level, which may increase your risk for diabetes. Sleep also supports healthy growth and development. Restful sleep helps the body release the hormone that promotes normal growth in children. This hormone also boosts muscle mass and helps repair cells and tissues. Sleep also plays an important role in puberty and fertility. The immune system relies on sleep to stay healthy. This system defends your body against foreign or harmful substances. Ongoing sleep deficiency can change the way in which your immune system responds. Sleep deficiency leads to a greater risk of infections.

Daytime sleepiness and safety

Lack of sleep leads to excessive fatigue and daytime sleepiness. This not only leads to lack of concentration but may also lead to dangerous accidents. Many drivers and those who work on heavy machinery have suffered accidents due to this.

Who Is at Risk for Sleep Deprivation and Deficiency?

- Caregivers or people working long hours or more than one job
- Shift workers, teens who have early school schedules, or people who must travel for work
- Those who are taking medicine to stay awake, abusing alcohol or drugs, or not leaving enough time for sleep
- Have undiagnosed or untreated medical problems, such as stress, anxiety, or sleep disorders
- Have medical conditions or take medicines that interfere with sleep (e.g. heart disease, obesity, diabetes, high blood pressure, stroke or transient ischemic attack (mini-stroke), depression, and attention-deficit hyperactivity disorder)

What are the tests done to diagnose this condition?

Sleep studies are done to diagnose problems associated with sleep. Here the persons sleep pattern overnight is monitored closely by a monitor that gives a continuous reading of pulse, BP and breathing patterns.

How to get good sleep?

- Like anything else getting good sleep is a matter of habit. Go to bed and wake up at the same time every day, both on weeknights and weekends. Limit the difference to no more than about an hour. Staying up late and sleeping in late on weekends can disrupt your body clock's sleep-wake rhythm.
- Use the hour before bed for quiet time. Avoid strenuous exercise and bright artificial light, such as from a TV or computer screen. This may signal the brain that it's time to be awake. Take a hot bath or relaxation techniques before bed.
- Avoid heavy and/or large meals within a couple hours of bedtime. Also avoid coffee, alcoholic drinks, and nicotine before bed. Nicotine and caffeine are stimulants, and both can interfere with sleep. The effects of caffeine can last for as long as 8 hours!
- Spend time outside every day and be physically active.

Strategies for Special Groups

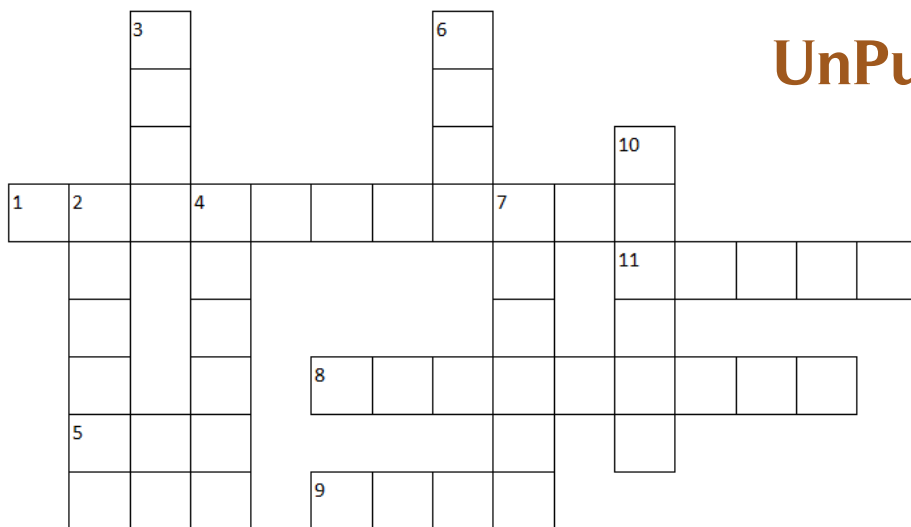
If you're a shift worker, you may find it helpful to:

- Take naps and increase the amount of time available for sleep.
- Keep the lights bright at work.
- Limit shift changes so your body clock can adjust.

- Limit caffeine use to the first part of your shift.
- Remove sound and light distractions in your bedroom during daytime sleep (for example, use light-blocking curtains).
- If you're still not able to fall asleep during the day or have problems adapting to a shift-work schedule, talk with your doctor about other options to help you sleep.

How much sleep is enough?

Age	Recommended Amount of Sleep
Newborns	16–18 hours a day
Preschool-aged children	11–12 hours a day
School-aged children	At least 10 hours a day
Teens	9–10 hours a day
Adults (including the elderly)	7–8 hours a day



UnPuzzle

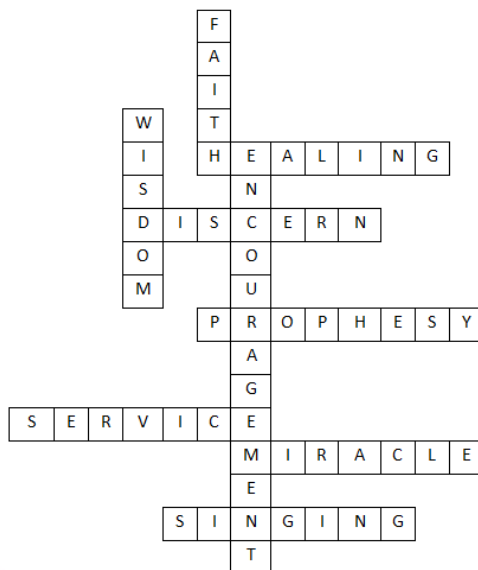
Across

- 1 HE is on our minds, HE is in our hearts, HE is our Divine friend
- 5 One of purpose of the MaitriBodh Parivaar : Establishment of ___ world, ___ community & ___ truth
- 8 One needs to do this to experience more Grace from Dada
- 9 It's our ___ to help others and do seva
- 11 Dadashreeji says, we must ___ our time on Earth as we have come here for learning

Down

- 2 One of the Panch Sutras, Right ___
- 3 A friend in need is friend in ___
- 4 The purpose of Bodh 1 is to ___ us to spirituality
- 6 Dadashreeji wants us to spread this throughout the world
- 7 This flows through our mind, body & soul during Shaktipravaah
- 10 According to the Panch Sutras, we grow by doing this

Solutions to last month's crossword:



Spiritual Gifts

Madhur Milan

Surat - 9th August



The first ever 'Madhur Milan' in Gujarat was held in the city Surat. Many seekers came for this experiential Divine session to celebrate life with Divine friend Dadashreeji.

The celebration started with a Maitreyi introducing Dadashreeji and the MaitriBodh Parivaar, along with her experiences and information of our mission. It was followed by soulful bhajans sung by a Mitra and other musicians, who opened the doors of devotion and ecstasy, preparing the seekers 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.

Dadashreeji blessed every seeker with Peace, Love and Grace for their own growth through *Prem Pravaah*. The hall reverberated with His grace and blessings, wherein all experienced the sweet fragrance of pure devotion and utter joy.

Bodh – Awakening to Self Realisation

Bengaluru - 8th Aug | Delhi NCR - 9th, 15th, 23rd Aug

Mumbai - 8th, 16th, 20th, 30th Aug

Fürstenhof, Graz, Austria - 21st August

Many Bodhs and sessions were conducted in various parts of India and in Europe with the intent to reach out all spiritual seekers to assist them in their journey of connecting with the Divine within and help transform them internally. Seekers continue experiencing deep peace despite leading the same stressful lives as before. Dadashreeji's love and grace flows and touches every soul bringing about a deep transformation in many hearts!



Bodh

Thane - 23rd August

Events at MBP

Jeev Karuna

On 23rd Aug, in an endeavour to extend the warmth of love and compassion for animals at the Animal Action, Gurgaon, the enthusiastic YGPT team collected and contributed sacks of pedigree pet food and rice. They also spent some time leveling and cleaning the animal shelter area.



Showdown with Stress - Delhi



Goal Setting and Achievement - Mumbai



Jeev Karuna - Delhi

Showdown with Stress | Goal Setting

11th, 26rd Aug - Mumbai | 21st Aug - Delhi

Various interactive seminars – “Showdown with Stress” and “Goal Setting and Achievement” – were conducted in Delhi and Mumbai with the objective of empowering Youth and helping them achieve their goals. About 700 participants including faculty and students came to attend the Stress Management and Meditation at Vivekananda College in Delhi. The session of Sambodh Dhyaan helped the participants relax.

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

Baroda - Maitreyi Jagruti: maitreyi.jagruti@gmail.com

Coimbatore - Maitreyi Roopa: roopa_11@yahoo.com

Delhi - Mitra Chetan: +91 97176 87293 ,
Mitra Prawesh: mitra.prawesh@maitribodh.org

Indore - Mitra Arun: +91 97525 31945
arunsodhani4@rediffmail.com

Kolkata - Mitra Rahat: +91 98306 05180
maitribodh.kolkata@gmail.com

Mumbai - Mitra Naresh: +91 98199 46594
Mitra Sut: +91 98200 45435 , mitra.sut@maitribodh.org

Pune - Mitra Ravi: +91 94220 07104
Maitreyi Varsha: maitreyi.varsha@maitribodh.org

Punjab - Mitra Sukhamrit: +91 92168 22222
Maitreyi Anjita: anjita165@gmail.com

Austria - info.austria@maitribodh.org
Mitra Herbert: mitra.herbert@maitribodh.org

Denmark - info.denmark@maitribodh.org
Maitreyi Alona: +4528309364

Germany - info.germany@maitribodh.org
Mitra Rainer: +491775260902

Italy - info.italy@maitribodh.org
Mitra Philippe: +393939897457

Middle East - maitreyi.manjiri@maitribodh.org
Maitreyi Manjiri: +91 99676 65511

Switzerland - info.switzerland@maitribodh.org
Maitreyi Vesna: +41792861137

US - info.usa@maitribodh.org
Mitra Shailendra: +91 99874 80488 , +9198101 85140

Awakening to Self-Realisation (Bodh I) :

13th September – Delhi NCR (Punjabi Bagh)
13th September – Mumbai (Goregaon W)
20th September – Amritsar (Ranjit Avenue)
27th September – Delhi NCR (Vivek Vihar)
4th October – Kolkata (Russel Street)
4th October – Indore

Dusshera Bhet :

22nd October – ShantiKshetra Premgiri Ashram

Awakening & Purification (Bodh I & II) :

23rd Oct (Bodh I) | 24th-25th Oct (Bodh II)
ShantiKshetra Premgiri Ashram

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

YGPT events

Contact us

Upcoming

Question: What is the Divine?

Dadashreeji:

The Divine is the source of all creation. It existed before all material manifestation occurred. It is omnipresent and limitless. It is both gross and subtle. However, no words can adequately describe the Divine precisely nor to the point. One can only aspire to comprehend a very basic understanding of the Divine.

The dictionary of the human mind is limited in its ability to describe the infinite Divine despite its plethora of the most profound words. Understand well, that the mind originated from the Divine and not vice versa. The Divine existence is not the outcome of the baseless mental exercises that people indulged in. When people try to understand the Divine merely as an idea surfacing from their mental projections, the mind fails to grasp it. It can be labeled as an experiment of the mind and nothing else.

Human history shows that many efforts were made to describe the Divine in their own ways. There were many nomenclatures given to the Divine as were perceived by the seeker. This formed belief systems, communities and later religions in establishing their understanding of the Divine. The human mind is still unable to truly comprehend the Divine. What one gets at the end are various forms and names of the Divine; but not the 'One Divine'.

It is akin to looking at the waxing and waning of the moon. With every passing night, one witnesses the change in the shape of the moon. Do these changes in any way alter the original constitution of the moon? The 'Crescent shaped moon' or a 'New moon' is an observation valid only for the planet earth but has no significance whatsoever for the moon itself. It is how one looks at the Divine and defines it. Similarly the Divine remains independent and complete in itself. Your blame or praise of the Divine does not reduce nor increase it in any aspect whatsoever. The Human mind fails in explaining the Divine. So, know that all that exists beyond the human mind is the Divine.

So, does that mean one cannot do anything to know the Divine in one's life? It is possible to know the Divine. What connects you to the Divine instantly and strongly is 'Love'. When you connect through Love, you find the Divine is within you. This is where when you don't know the Divine; yet experience it strongly within. The moment you cross the dimension of the human field, what you witness is Divine Consciousness. Everything becomes the Divine for you. Flow with that Divine and nothing else!

Remember, nothing can conquer or possess the Divine, it has been ever free and all powerful.

*Love and Blessings,
Dadashreeji!*