

# From the Editor's Desk

*Dear Divine Souls,*

May it be as bedtime stories or motions pictures on the television, we hear stories of the long drawn struggle between 'good' and 'evil', and the ultimate triumph of the good. Throughout the ages as well history bears witness to events where all that which is good triumphs over that which is not – be it in the setting of Lord Ram's struggle with Ravana, or Goddess Durga's victory over Mahisasura. In the end, it is only the Divine, the Truth which remains.

Our own internal conflicts are not so different from these stories that we have come to be so fond of. Even within us there is a constant struggle. Our true nature – that of unconditional love and joy – is hidden under layers of conditioning, our samskaras; but it ever awaits to be realized, so that all that remains is that which is Divine. Just as Mother Goddess battled with Mahisasura for nine days (Navratri) and finally on the tenth day she brought realization in him, let us all awaken to realize our own true self. Let us celebrate Dusshera with the realization of our own Divine self.

In our very own ShantiKshetra Premgiri Ashram, an ancient sacred Vedic process of Samuhik Havan is being organized. This is a process of removing blocks on the path of blessings. The auspicious day of Dusshera is being celebrated to commemorate the realization of the Divine in us – in the Divine presence of our beloved Dadashreeji. MaitriBodh Parivaar celebrates Dusshera Bhet, an experience of the Bond of Love. Subsequent to the Dusshera celebrations, experiential sessions of Awakening to Self Realisation (Bodh I) and Purification (Bodh II) are being conducted at our Ashram.

The past one month was a time of a new beginning. Dadashreeji graced various parts of North America with spiritual sessions. Many hearts were transformed and they eagerly wait to attend the Bodh sessions at the Ashram. Many sessions were conducted in various parts of India and Europe as well. Just as the ocean is filled drop by drop the ocean may be filled, heart by heart the process of transformation is taking place – heart by heart – till the whole world is transformed.

- On behalf of MaitriBodh Parivaar

# ANAHITA

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Monthly E-zine from MaitriBodh Parivaar



The Shaktipeetham at  
ShantiKshetra Premgiri Ashram



MaitriBodh



# HIS Words

“ In Surrender,  
don't ask for things in return.  
Simply surrender and focus at His  
will, His work...  
Then the Grace will come! ”

Surrender seems to be the easiest method to reach the Divine. But it is easier said than done. What is surrendered in this process is your ego – the “YOU”. To remove that ego is not easy. In a fortunate few, the ego goes in an instant. In most others it seems to go slowly, step by step, as faith goes on increasing. Dada says “Don't ask for anything in return” because this small process helps you give - without any pre-conditions. This is the start. By doing this at all times, it becomes a habit and expectations slowly go down. Then one day - total surrender happens.

When total surrender occurs “YOU” are not there, “YOUR WILL” is not there. It is replaced by Divine will (HIS WILL) and Divine work (HIS WORK). You have turned your ship's mast in the direction of the Divine wind and are sailing smoothly. Whatever happening thereafter happens through his Grace

## Nine Rupees & Fifty Paisa



A six year old girl was listening to her parents speak. She could feel the worry and tension that her parents were feeling. They were concerned about her younger brother who was sick. He had a lump in the tummy. He needed surgery but the family was poor and could not afford it. She heard her mother say, “Only a miracle can save him!”

The young girl quietly got up from where she was playing with her dolls and went to her cupboard. In the cupboard she had a small piggy bank where she kept money which her father gave her whenever she did a good job. She opened the piggy bank and put its contents on the floor. She had in all 9 rupees and fifty paisa. She took all the coins in her hand and quietly opened the back door and went out of the house. She knew that there was a medical store in the adjoining street and proceeded towards it.

The store was crowded with people buying medicines. She waited patiently till her turn came. The shop owner saw her at last and said, “We don't sell chocolates here little one, go to the next shop.” She however did not move. Seeing her persistence, he asked, “What do you want?”

With a soft voice, she answered, “I want some miracle.”

The shopkeeper thought he heard wrong and asked her again, “What do you want?” She became bolder and said, “I want to buy some miracle for my brother who is sick and needs a tummy operation.”

The shopkeeper was perplexed. He mused aloud: “Now where will I get some miracle from?”

Standing next to the shop keeper was a well-dressed young man who had been watching all this. He came forward and said, “Oh! I have some miracle with me, but how much money do you have there?”

She looked at him innocently and said, “9 rupees and a little more.” The young man took that money and said, “Perfect! Now take me to your home and let me see your brother. I will give the miracle to him.”

It so happened that the young man she met was a surgeon at the local hospital. Seeing the state that the family was living in, he arranged for the boy to have his surgery done at a total cost of 9 rupees and fifty paisa!

**This story highlights the innocent faith and selflessness that the young girl exhibited. The way her innocence moved Divinity into showering the needed Grace!**





# Going to meet my Master

~ Shivi Verma

I think the best part of being associated with MaitriBodh Parivaar is journeying to the remotely situated ShantiKshetra Premgiri Ashram at the foothill of the Sahyadri Mountains in Karjat.

When I was first invited to visit the ashram I was overwhelmed by its remoteness and wondered who in his right mind would establish an ashram which was so difficult to reach. But as I gradually became part of MaitriBodh Parivaar, drawn by the Master's unconditional love, guidance and support I realised that travelling to the ashram was the most fun part of the whole experience.

For city-bred people like us - it is our chance to encounter adventure, excitement, divine protection and fun learnings. The adventure starts right from home every time I announce my intention to visit the ashram. Frown lines start forming on the foreheads of family members and various arguments are employed to dissuade me from going to the ashram.

During such times a small prayer to Dadashreeji helps remove the hurdles and, before I know it, I am preparing myself for a visit to my beloved guru.

Since the Ashram is far, I usually leave my house in the wee hours of early morning when the streets are deserted and the sun has not yet risen. Yet I have never felt an iota of fear in my heart. An invisible shield of divine protection seems to cover and protect me. The sight of the starlit sky, roads aglow with golden lights streaming from street lamps, and a lone morning jogger somewhere in the distance, creates a painting like image. Although there is hardly any vehicle in sight, reaching the railway station has never been an issue for me. Once a man, apparently returning home from outstation, stopped the auto he was travelling in, got out of it and asked me to take it. On other occasions autos from nowhere have torn through the wind to come to me, to ferry and drop me safely to the station. There is a song in my heart and spring in my steps as I purchase tickets from a sleepy ticket seller at the railway station, and then board the first train to Dadar station. The onward journey is often spent in a delightful stupor. As I alight at Neral station after an hour and half, a new phase of my adventure starts.

I usually get a comfortable seat in shared tempos. I am sure Dada's grace works over here too since I pray to him for it. The tempo ends journey at Kashele village. To reach Jhambrung village, where the ashram is situated, I hire a single tempo instead of waiting for the bus. There is no one but the lone auto driver to give me company on a long winding road which is flanked by thick foliage on either side. This is the last stretch and is filled with calmness and indescribable experience of absorbing natural beauty spread on either side of the road.

On other occasions I have hitched rides with others headed for the Ashram, and I get to meet and bond with fabulous people, hitherto unknown to me. The ride to and from the ashram becomes a joyous one as people are in their highest and best spirits. We chat, joke, laugh, share experiences and grow in love and acceptance of each other. While travelling alone I step into the unknown and surrender my safety to Dada. But with devotees I never have to give it a thought. I have travelled in a car full of unknown male devotees and felt the cosiness of travelling with family. Well it is so. We are a family under the umbrella of MaitriBodh Parivaar. A new world order is being spearheaded from ShantiKshetra Premgiri Ashram under the aegis of Dadashreeji. A world where love and trust has replaced fear and doubt and oneness of humanity has become a reality, instead of a high philosophy.

# Exercise

Exercise is an important aspect of maintaining good health and fitness. Along the path of 'advancement' and 'industrialization' and the pursuit of more comfort, humans have become complacent and the day to day exercises have gone down drastically. People don't walk, run or climb as much as our ancestors used to. Further, acquiring food has become easier. These two factors have led to a growing problem of obesity.

Exercise plays a very important role. It keeps the muscles and skeleton in good condition and assist in the proper functioning of the heart and lungs. Regular exercises are essential in the control of:

- 1) Heart diseases
- 2) Diabetes
- 3) Cholesterol problems and
- 4) Osteoporosis.

In addition the kind of hormones that are produced during exercises, reduce pain and helps the individual relax.

The most appropriate types of exercises varies from person to person. For a healthy person, usual recommendations are of 30 minutes of moderate intensity workouts in a day which may include walking, jogging, swimming, or cycling.

One can categorize exercises into three main types:

- 1) Exercises that increase stamina,
- 2) Exercise that help in stretching the body, and
- 3) Exercises that strengthen the body.

A particular exercise may also be able to help with more than one of the above. Brisk walking, running, swimming and cycling are good examples of activities that increase stamina. Yoga is probably one of the best exercises for stretching of the body. Resistive exercises and weight lifting help strengthen the body.

Losing weight requires a different approach because you want to work the slow twitch fibers in your muscle more than the fast twitch. When you exercise for a longer duration, you're going to use the slow twitch fibers that are really good at burning fat. If you went and did a couple hundred metre sprints for your workout, it only works the fast muscle fibers, and they primarily use up carbohydrates and don't burn that much fat at all. Losing weight also depends on how many calories you burn. You could walk really slowly, but that's burning just fat and not burning that many calories. So you will need to strike a balance between how much fat and calories you burn. Somewhere in the moderate intensity range is probably right.

It is important to choose the exercise that fits you. As one grows older or has health issues, one should consult a doctor to decide which the best suited exercise is. Even with heart and lung diseases, apt controlled exercises help improve the working capacity of the patient.

To conclude, exercise, which was taken for granted in modern lifestyles, has increased to a new level today. We need to break free from the clutches of a sedentary lifestyle and exercise towards a healthy and enriching life.

Choice of Exercise to improve Health

Exercise	Specific Benefits	Special Indications/Limitations
Brisk walking, running	Improved cardiovascular health	None
Swimming, bicycling	Improved cardiovascular health	Nonweightbearing; does not increase bone mineral density
Tai chi	Improved cardiovascular health, improved balance	May be particularly good for older people because of gentle movements
Resistant (weight) training	Improved muscle strength and size, improved balance	Seems to complement the benefits of aerobic exercise
Yoga	Increased flexibility, stress management	Can be done on own or in addition to other exercises; has been used in management of chronic diseases (eg. Pain, cancer, depression)
Stretching	Increased flexibility, decreased risk of injury	Best incorporated as a warm-up before other exercises

# UnPuzzle



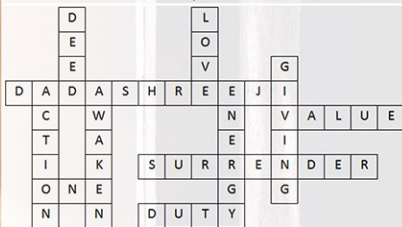
## Across

- 3 Dadashreeji wants us to \_\_\_\_\_ what we have learnt through teachings  
 6 Gratitude helps us to experience this quality \_\_\_\_\_ which help us to receive more grace  
 7 We all get to meet Dadashreeji through \_\_\_\_\_ Milan which is very sweet  
 9 Action out of Free Will (Svetcha Karm), Out of Duties & responsibilities (Kartavya Karm) & Divine Actions (Deivik Karm) all combined together is called \_\_\_\_\_  
 10 Bodh 2 is all about \_\_\_\_\_ & cleansing  
 11 HE & Dadashreeji are 2 faces of the same coin

## Down

- 1 Total \_\_\_\_\_ in the Divine can help us move mountains  
 2 His ashram of peace & love is known as ShantiKshetra \_\_\_\_\_ Ashram  
 4 Om Jyotiroopaay \_\_\_\_\_ Sakhaay \_\_\_\_\_ Anandaay Dadashreeji Namoh Namah.  
 5 One of the qualities of a seeker  
 8 This is the golden energy present at our root chakra

## Solutions to last month's puzzle:



## You

~ Maitreyi Anjita

When I look within me,  
 Your Lotus Feet I see.  
 With my eyes open,  
 There is a blurred yet intense Divine Light formation.

In long beautiful roads where I drive  
 Suddenly, in the distance You arrive.  
 When I fold my hands to pray,  
 Ever more close to me You stay.

With my each laughter, I feel You rejoice.  
 In my each sorrow, I sense Your remorse.

You exist in my shadow, You flow in my breath.  
 Your love. Your Grace. Your warm embrace...

Make me Yours Dada, make me so pure.  
 That when I look in the mirror, the image is YOU





# Beginning of the US Chapter



6<sup>th</sup> Sept: Los Angeles | 13<sup>th</sup> Sept: San Francisco | 20<sup>th</sup> Sept: Seattle  
26<sup>th</sup> Sept: Chicago | 27<sup>th</sup> Sept: Moline | 3<sup>rd</sup> Oct: New Jersey

With the hard work and efforts of Mitras and Maitreys and the sevak team, Divine Friend Dadashreeji's love, grace and blessings, reached the USA this month starting a new chapter in the annals of man's history.

Dadashreeji's first interaction benevolence love and grace was showered upon a group of seekers in the deeply spiritual land of California on 6<sup>th</sup> Sept '15 in Los Angeles. Seekers receiving Dada's divine grace and blessings, finally found answers to their lifelong queries and witnessed profound transformational experiences.

One seeker said,

**"I am in love with Dada... want to know and experience him more and more."**

while another shared,

**"I have never experienced a Master like this before."**

A participant said that,

**"I experienced Lord Murugan... when I looked into the eyes of Dadashreeji... and the tears won't stop".**

A Buddhist monk has got connected to Dadashreeji... as he attended Bodh and returned again the next day to know more. A seeker from Peru wanted to get more information on the Mission and visit the Ashram.

Spiritual seekers in Milpitas, San Francisco received Dadashreeji's Grace and Blessing at the Bodh conducted there. Questions about life, spiritual growth, finding out the right path and many other aspects were asked and discussed. Dadashreeji in His simple yet profound words cleared all doubts with His to the point answers.

The Bodh in Seattle on 20<sup>th</sup> Sept '15 was beautiful, with all participants experiencing a profound and complete transformation. The seekers came and they just flowed with Dadashreeji, most of them reached high states of consciousness during 'Shaktipravaah', as they later said that they have never experienced this before. One seeker said, 'Looking at Dadashreeji is like looking into the heart of the Divine'. Another shared that 'I love the fact that Dadashreeji does not bind anyone with any form or technique'. A seeker from Brazil was enraptured by the teachings and wanted more.



The session in Chicago saw a packed hall of spiritual seekers. Divine Friend Dadashreeji showed such love and care that those who could not attend due to space constraints but were spiritually thirsty got the chance of attending a second Bodh a few days later. Dadashreeji explained the path of the true seeker should be paved by a complete freedom of choice, love and seva (selfless service) which is really the way to liberation. No technique, no meditation, no spiritual or religious rituals are important, only the ability to say 'Yes' for Divinity to start the seeker on their journey towards a true spiritual transformation. Find your true nature, your unique qualities; yourself and give other people a helping hand in a selfless way. As always Dadashreeji showed the path which is simple practical and can yet be practiced by everyone.

Dadashreeji addressed seekers in Moline explaining how the entire planet was in a transformation phase. If everything including nature was in constant change, would we human beings want to stay as we are or are we prepared to be transformed for the better and be part of that change?

The last of the US Bodh took place on 3<sup>rd</sup> Oct '15 in the Indian Cultural Center, New Jersey.

Dadashreeji explained,

***"You do not have to believe in God, you do not have to follow me, you do not have to be spiritual. In a world where everyone tells you what to do, this comes like a shock to people. The only thing you should do is do what you personally feel is right. It is like a bird which you let out of the cage. It will take some time for the bird to get used to the freedom and liberation. Enjoy being a bird with no cage limiting you."***

Seekers enjoyed His simplicity and humility as Divine Friend Dadashreeji spoke on how to serve humanity.

Many seekers in the US are planning to reach the Ashram to attend Bodh II and III at the very earliest. They continue to be connected to their form of Divinity and accepted Dadashreeji as their true divine friend – someone whom they are thankful to for having come into their lives in such a gentle yet completely transformational manner.

## Maitri Sessions in Europe:

9<sup>th</sup> Sept Berlin | 30<sup>th</sup> Sept Moers

The session in Moers was a yoga cum meditation session. After the meditation, all the participant's experienced profound peace. A gentleman wept and confessed that he normally would not break down easily; and was left feeling peaceful.

They expressed their gratitude to Dadashreeji for showering his Grace and blessings.

## Awakening to Self Realisation - Bodh I

13<sup>th</sup> & 27<sup>th</sup> Sept: Delhi | 13<sup>th</sup> & 26<sup>th</sup> Sept: Mumbai  
18<sup>th</sup> Sept: Ludhiana | 20<sup>th</sup> Sept: Amritsar

Many Bodhs were conducted in India too. The experiences have been mesmerizing as the participant's flow and connect with nature 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 fulfilling lives.

### YGPT events

The dynamic YGPT youth held and participated in various sessions in Mumbai, Delhi, and Amritsar. In the wake of *Premgiri ka Premshala*, regular classes for the underprivileged children, that was initiated in Delhi, Amritsar followed suit and now regular classes on various subjects along with meditation are being taught to the children.



Various session on Stress Management and Goal setting were also held in colleges in Mumbai and Delhi. Elsewhere, YGPT in association with Unglis, a stand-up comedy group, performed parody songs at the Whistling Woods International 'Celebrate Cinema' event. The songs highlighted various social issues that we face in daily lives.



### Upcoming events

Awakening to Self-Realisation (Bodh I) :

10<sup>th</sup> October – Delhi (Vivek Vihar)

18<sup>th</sup> October – Delhi (Vasant Kunj)

Dusshera Bhet :

22<sup>nd</sup> October – ShantiKshetra Premgiri Ashram

Awakening & Purification (Bodh I & II) :

23<sup>rd</sup> Oct (Bodh I) | 24<sup>th</sup>-25<sup>th</sup> Oct (Bodh II)

ShantiKshetra Premgiri Ashram

International Bodh (for seekers from outside India):

Purification & Path Divine (Bodh II & III):

Block 1: 15<sup>th</sup> Nov - 22<sup>nd</sup> Nov

Block 2: 22<sup>nd</sup> Nov - 29<sup>th</sup> Nov

Block 3: 29<sup>th</sup> Nov - 6<sup>th</sup> Dec

ShantiKshetra Premgiri Ashram

For International events, please mail us at:

[international@maitribodh.org](mailto:international@maitribodh.org)



### Significance of our MaitriBodh Logo

- Sage represents the divinity inside each of us, guiding us to maintain a balance in life
- White ball represents the energy of Divine benediction – Divine grace which helps us to transform
- 7 Lotus Petals – represent our 7 Core Values
- Colours chosen represent Mother Earth – being in flow with nature

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# Pearls of Wisdom from Dadashreeji

Question: What is this 'Transformation' that MaitriBodh continuously refers to?

Dadashreeji:

Dear Friends,

Let me help you to understand it well!

When you are out walking on the road, what do you see? Your vision is limited to the people walking, narrow lanes, buildings, roads and nature all around you. This linear vision narrows your view restricting you to a specific location. At that moment, you can only describe that place and none other. When you are at a specific location, you act within the confined understanding of that place. Just imagine a bird flying high in the air. As it flies higher and higher from the ground, with every upward movement, its vision widens. The higher the bird goes, the wider the vision becomes.

This entire process of flying upwards with a wider vision is the 'Transformation' we refer to. You can think of an aircraft taking off into the sky. Your view widens gradually. At that height you are not Australian, Japanese or African but simply human. Similarly all of you start your journey of life with a limited linear vision towards life; mixed with past ideas and unclear judgments. The world appears real; even though projected through the limited and conditioned perceptions of life as you have known it.

As you get transformed, you fly higher with a wider vision. Your perceptions towards life become more open, positively refined, rewarding, happy and all inclusive. The most serious issue of life, all of a sudden, appears baseless and menial. The worrisome mind becomes a happy mind.

Each and every moment of transformation rewards you with excellence and happiness in life. With these moments you develop positivity within, with precise decision making ability, the resolution of inner conflicts; it strengthens your goals and is conducive to healthy relations. You tend to approach every individual you meet and every situation you face in life - holistically.

This process had always been a part of human evolution. A rare few in the past experienced it in totality and hence expressed their true nature. You now label these few as 'Great Soul, Messengers, Saints, Sages, Enlightened, Realised or Liberated Beings'.

Time had been one of the most powerful dimensions influencing human life and its progress. Planetary movements are fixed and follow their path as directed. This unchangeable universal phenomenon leaves no choice for human beings but to harmonise themselves with nature. The rising and setting of the sun compels you to plan your daily activities. Consequently you have to plan as per the sun and not the sun for you. You now realise, that every evolutionary step in the journey of the universe, results in a response by Creation. These very responses (leading to a change in the nature of Creation) we now comprehend as 'Transformation'.

Since the evolution of the universe is never ending - correspondingly transformation too is endless. Thus 'Transformation' is an inseparable quality of 'Creation'. Hence with each step in evolution - we see nature responding with earthquakes, floods, droughts, storms and such like. In a similar manner, the human mind responds with depression, violence, hatred, unhappiness and such similar reactions.

MaitriBodh feels that with the rapid and major shift occurring in the 'Universal Consciousness', our harmonising with it requires equal and effective 'Transformation'. MaitriBodh talks about this much needed Transformation for humanity and urges every being to participate in this effective wave of positive change, no matter where you are and irrespective of your belief systems. Experiencing 'Transformation' is similar to being released of mental blocks, traumas, conditionality and ignorance. You start tasting true happiness, true love and true peace within.

Let all taste the 'truth' of our real nature!

Remember, there is no end to 'Transformation' - for it progressively continues forever.

Love and Blessings!

Dadashreeji!