

**Dear Divine Souls,**

It is now far beyond the reach of human memory when man (manav) first started separating away from the Divine (madhav). Over the past countless millennia, every life seems to take man further and further away from Him. In every eon, Divinity has come down for us – to remind us to stop wandering aimlessly, to remind us of the beautiful Home that awaits us. Whenever evil reached its peak, Divinity arrived in some form or the other to restore Love and Peace and establish the Truth.

In today's times, the struggle between good and evil is not just in the world outside, but very much in the world inside us as well. Our Divine Friend Dadashreeji has been working relentlessly to help everyone reconnect with their true Divine nature, which is of Love and Peace. He keeps on reminding us of our true Home, far beyond the turbulence of this mundane life, and says: "Let's go back!" Time and again, He has mentioned that this is going to be the final call for all mankind.

Each year, we celebrate the festival of Dusshera - over the Navratri (nine nights) commemorating the struggle between good and evil, and the ultimate victory of the Divine on the tenth day. During the Dusshera celebrations at our ShantiKshetra Premgiri Ashram, Dadashreeji reminded us that this struggle is within us today. He spoke of the need to improve our own speech – words with the bhaav of Love, Peace and Bliss would be instrumental in transforming society.

After the Dusshera bheth, two more Darshans of Dadashreeji were held in the cities of Amritsar and Delhi. Devotees thronged to partake of the Divine experience of Dadashreeji – some were filled with love, some with joy, others with just complete bliss. It was a Divine experience for devotees and sevaks alike.

Many devotees from overseas are eagerly awaiting the International Bodhs 2 & 3 batches, which are due to start from this weekend itself. As more and more seekers arrive across all parts of the globe, the Transformation of the world is an inevitable process. Let us pledge to be His channels and carry forward His message of Love, Peace and Universal Brotherhood.

**- On behalf of MaitriBodh Parivaar**

# ANAHITA

Volume 3 | Issue 11 November 2015

Monthly *e-Zine* from MaitriBodh Parivaar



Cover pic: Darshan in New Delhi



MaitriBodh



**Drop the idea of being ideal. Accept yourself, the way you are!**

**What is ideal?** One cannot define this - because life by its very nature is full of change. Even ideals change. Furthermore pursuing idealism means that you are comparing yourself with someone or something else. Comparison kills happiness. It leads to jealousy, hatred and anger. Criticizing oneself produces an unhealthy atmosphere which reduces one's self-worth, creativity and joy.

The Lord has made everyone with love and care. You are a part of Him – but have just forgotten that fact. Spirituality is the journey of turning your face and proceeding slowly but surely towards Him. This can happen only when you are aware and accept – who you are, what you are and where you are now.

## God is everywhere

There once lived a woman who wanted to see God desperately. However her methods left a lot to be desired. One night before going to bed she prayed to God fervently. That night God appeared in her dreams and said that he would definitely meet her next day.

So she got up early in the morning, took a bath, cleaned the house, made breakfast and waited in anticipation. There was some body at the door. She ran and opened the door. It was the milk man. She was disappointed. To add to her woes it was a new milk-man not her usual one. In anger she screamed, "Go away! I am waiting for somebody important." The milk man said, "Madam I have something to tell you." However she banged the door shut in his face and went in. She waited for the next few hours. Since God was nowhere in sight, she ate her breakfast.

In the afternoon she was about to sleep when someone knocked on the door. Again with anticipation she opened the door. In front of her was a salesman. He stood there with some candles to sell. She was irritated. She said "Is this the time to sell candles?" Before he could reply she slammed the door in his face.

Later, she got up and warmed the lunch. But there was no sign of God. In the evening she sat down to eat her dinner. There was a knock on the door. This time she went without

expectation but with disappointment. At the door was a beggar. He was poor and hungry. He said in a feeble voice, "Kindly give me some food madam; I am very tired and hungry." She retorted with anger: "Food for you? No chance, I am waiting for someone important and have made special food for Him." So saying she closed the door as the beggar started weeping.

That night she went to bed without praying. However God again appeared in her dreams. She said, "You ditched me God. I waited for one full day but you did not come. You did not keep your word." God smiled and said "I did my child – but you did not recognize me. I was in the guise of the milk-man, the salesman and the poor beggar." This stunned the lady. She apologized and asked, "I will atone for my wrongs. Kindly tell me what I should do." God looked at her with mercy and said, "Only when you learn to see me in every being/thing around you - then and only then will I reveal myself to you."



**Moral: See the Divine in everybody and everywhere.**

## What it means to be spiritual



As I was having my lunch today, a thought started troubling me. The thought was 'What does being spiritual mean?' I was pondering over this question in my mind and thinking that it might mean 'being good' or perhaps might mean 'a desire to realize God' or 'being a good human being and helping others'. A number of thoughts and definitions were coming to the mind - yet nothing seemed to be satisfactory nor appealing to the heart. I then asked my 'Divine Friend' Dadashreeji internally what it means to be spiritual and without a pause my Divine Friend told me **'being spiritual means being naturally aware of the other'**. I was dumbfounded. The answer was so simple, so disarmingly unexpected. I contemplated on my Divine Friend's answer and wherever I applied this, I found the answer tremendously satisfying.

First I applied it to myself, 'being aware of the other' in me was my 'Higher Sacred Self' or 'the Divine'. Being aware of the Divine in me. When I am 'in awareness' of this Divinity, can I harm others? No it would not be possible. The Higher Self constantly tells you what to do and what not to.

Next I applied it to my family. Being 'aware of the other' in the family were my near and dear ones. 'Being aware of them' as a 'part of the Divine', 'being aware of their needs' for love, their aspirations, goals, likes, dislikes. Really, if we are 'aware of each person' in the family in the real sense, it would be a wonderful family - full of love and care. Aha! My Divine Friend, what a revelation!

I expanded this thought further to the neighbourhood. It brought forth a host of issues which as an individual I needed to be aware of. The cleanliness of the surroundings, the neighbors, the people who work for us, the neighbourhood's common amenities, etc. If we could help each other and be aware of each other, what a wonderful neighbourhood we would have. Amazing

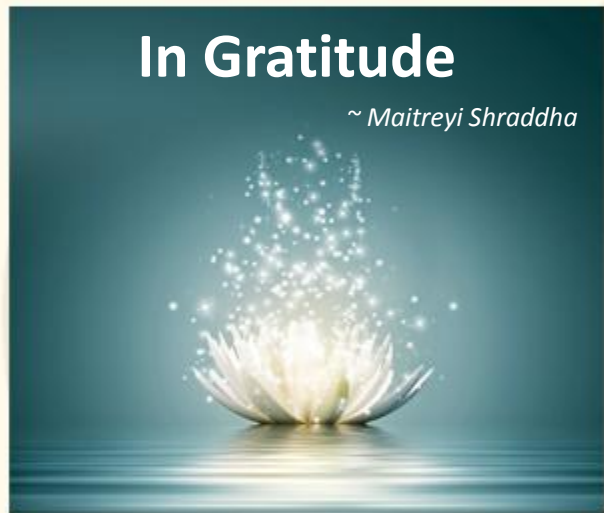
Divine Friend, truly amazing!

With expanding awareness, I applied this profound thought to our Bharat Varsh i.e. India and realized that there were endless things that I as an individual needed to be aware of. 'Being aware' of the right people to vote for, 'being aware' of my duties and responsibilities as a citizen like paying taxes and so on. I realized that if I carried out each of these activities correctly, it would truly result in realigning myself to 'being aware of others'.

I applied this thought to different situations like a 'traffic jam' and found that it worked beautifully. Step by step, Divine Friend took me from the 'Me' awareness to the 'ALL' awareness and what an amazing revelation contained in the simple words 'Being naturally aware of the other', Wah Dadashreeji Wah!!!

## In Gratitude

~ Maitreyi Shraddha



I bow down and touch your feet  
With my heart and soul  
In gratitude my ever dearest Dada  
For having found me amongst millions  
To love, bless, guide and protect me  
So that I can live each moment in your Grace  
Holding my hand always  
You never let me fall  
And showed me the truth  
That you are one and all  
You taught me the path of faith  
And said that it's never too late  
To forgive, let go and move on  
To transform, experience love and peace  
Because life is a beautiful ride  
When you are with me as my Guide  
Words fall short to thank you Dada  
As I bow down again and again to touch your feet Dada



## Dusshera Bhet

22<sup>nd</sup> Oct, ShantiKshetra Premgiri Ashram

The serene ambience of our home, ShantiKshetra Premgiri Ashram, woke to the hustle bustle of a multitude of people on the 22<sup>nd</sup> of October. The Navratri celebrations were coming to close. The ancient Vedic process of Samuhik havan was about to start. Sevaks scurried in preparation of the sacred ritual, for which many participants had arrived from all over the country.

After the completion of the Samuhik havan, the much awaited Dusshera bhet commenced. Devotees from near and far came to take darshan of their Divine Friend Dadashreeji for this festival of Sharing and Giving. Everyone came bearing a gift which was then distributed to another devotee from our beloved Dada's own hands. No one left empty-handed that day – besides the gift, Dadashreeji filled each and every one with immense Love and Grace.

Dada spoke about the significance of bhet – everything that we have - is for another. He also emphasized the significance of Dusshera – the struggle between good and evil within us. He pointed out that we cannot control anyone in our lives, nor any situation; we can only control our own words and actions. Our speech is a very important part of us and if used effectively, we can influence a positive change. Our speech should carry the bhaav (feeling) of Love, Peace, Seva (service) and Anand (bliss). Dada said that our words will now play a very crucial role in the transformation of society.

## Darshans

29<sup>th</sup> Oct - Amritsar | 31<sup>st</sup> Oct - Delhi

Dadashreeji explained that “Bodh is an instrument to attain a better state of being – whatever one can think of – to make one's life better.” He emphasized that “Peace is not a quality of the mind. One will keep on chasing the illusion (of

something) till the time one thinks there is something to attain. Peace – that natural state was always there!”

“When Lord Buddha was present physically on this planet – 10,000 people attained enlightenment. But after He left His physical body, very few were able to attain enlightenment”. Dada affirms that “my physical presence will give you the experience of that state.”

“Bodh helps you experience the Highest Truth, devotion and unconditional Love. Bodh increases the level of positivity and awareness and sends the required energy for this. One must completely experience one's life. The present time has been bestowed upon us to attain Higher levels. When you grow, the people around you also grow automatically. One must aim at fulfilling one's life's purpose before leaving this body. A mere 'Yes' – an affirmation to Divinity, would transform our lives.”

He asked all present to “move on with determination, faith and belief. Knowledge of the materialistic world has not been able to bring the desired change in our lives; whereas understanding spirituality in its purest form – will complete us. Having complete awareness and positive thought will increase the levels of positivity in us.”

“In times ahead, society shall be divided into two. The Type A society whose driving force shall only be Love and would be constructive in thought and action taking everyone together; while the other, Type B society's driving force would be fear, force and destructive in nature. MaitriBodh Parivaar is the Type A society and delivering the Absolute Truth in the form of the experience of Love.”

“It is time we went back home and started living for others. Let's all walk together on the path of spirituality.”



### **Bodh – Awakening to Self-Realization**

**4<sup>th</sup> Oct - Indore, Kolkata, Moers (Germany)**

**10<sup>th</sup> & 12<sup>th</sup> Oct - Artesia, LA | 11<sup>th</sup> Oct – Berlin**

**17<sup>th</sup> Oct - Zurich | 18<sup>th</sup> Oct - Delhi**

Bodh Level – 1 was held in many cities in India and abroad. Seekers have been deeply touched and have expressed their gratitude for the Grace received. Profound experiences during meditation left many speechless. Dadashreeji’s Love and Grace continues to touch many lives. May all beings be transformed and connected with Divinity.

### **Bodh II - Purification**

**24<sup>th</sup>-25<sup>th</sup> Oct - ShantiKshetra Premgiri Ashram**

Devout seekers from various nooks and corners of India received profound grace held during the back-to-back sessions of Bodh I and II which took place in our Ashram. After completion of Bodh I, most of the participants were immersed in a feeling of deep internal peace. The Shaktipravaah experienced during Bodh II took them all into a deep meditative state – something which is so unique to the process rendered by our Divine Friend Dadashreeji.

### **Akhand Jaap for World Peace**



With the grace of Dadashreeji and Mahavataar Babaji, an Akhand Jaap i.e. non-stop chanting of Dadashreeji’s mantra for ‘World Peace & Harmony’ took place in Kolkata, Delhi and

Mumbai. Devotees joined in and experienced oneness for the common goal of Peace, Harmony and Love on *Planet Earth*. In Mumbai, devotees from Switzerland, Austria, Italy, Germany and USA joined via skype along with devotees from India. Divine Grace made it a truly powerful and global event with devotees across the world chanting in unison for establishing *World Peace* despite their cultural, lingual and religious backgrounds.

More and more Maitri and Meditation Sessions are being held in India, Europe and the USA each week.

## **YGPT events**

### **Premgiri ki Premshala**

Following its success in Delhi, the YGPT team in Amritsar took a step forward to teach and provide basic education to underprivileged children. The children will be taught English, Mathematics, General Knowledge, Environmental and Social Sciences as well as Physical exercises with an aim to achieve a holistic growth of the body and mind. The children will be tested regularly to assess their status and be taught accordingly.



### **Tree Plantation**

A tree plantation drive was also conducted at a Government School by the YGPT in Amritsar. The children were given a short talk on the importance of maintaining our environment which was followed by planting 11 trees as a humble effort to help Mother Nature.

### **Goal Setting and Achievement Seminar**

YGPT (Mumbai), conducted a goal setting and achievement seminar for the final year batch of BBA students of NM College as part of their Guest Lecture for Entrepreneurship.



# Healthy Bones

Bones form the basic construct on which our body is built. Bone is made of two basic components. One called the matrix and the other called the mineral. Matrix is like the cement that is used and mineral (which usually is made of calcium) is akin to bricks.

People might suffer from weak bones – a condition called osteoporosis. It is important to maintain our bones so that osteoporosis does not occur and we don't suffer bone fractures later on. If the bones are optimally strong, a human being should not fracture his bones if he falls down from a standing position. Osteoporotic fractures are also called fragility/ low trauma fractures as they fracture with minimal injury. Although any bone can fracture, the wrist, spine and hips are common sites for such fractures.

## Bone Bank balance

Our genes determine up to almost 50% of how strong our bones are. This part of the DNA is not modifiable. As we grow older and into our teens, the bone strength steadily improves and reaches its maximum by the age of 25, called peak bone mass. This is our Bone Bank Balance! After this there is no more addition to the bank!! Then slowly over the next few decades we lose bone mass and bones become weak in our old age. Women lose more bone mass than men after menopause.

Hence it is very important to build a good bone bank. Good nutritious food, along with adequate proteins is needed throughout childhood and

teens. Milk and milk products like, curd (dahi), cheese, and paneer are vital in bringing calcium to the bone. Weight bearing sports like running, skipping and jumping are important for bone strength. Sunlight is the main source of vitamin D which is the main vitamin for the bone. Hence outdoor games, combined with exposure to the sun and weight bearing exercise are critical during the development stage in children and even adults. Unfortunately as the country becomes more industrialized, children are playing less and less of outdoor games.

## Maintenance of Bone Bank

In adulthood one should continue to take adequate dairy foods. Regular weight bearing exercises are also important. Smoking and alcohol have important deleterious effects on the bone. Many diseases like liver and renal diseases affect the bone strength. Some medications like steroids may also weaken bones.

## Prevention of falls

Falls are the commonest cause of fractures in the bone. Prevention of falls in the elderly is vital to prevent fractures. They should avoid medications that cause drowsiness. Using a walking stick even at home reduces falls. Their rooms should not have mats which might slip, should have minimum furniture and the floor should always be dry. The pathway from the bed to the bathroom should be well lit. There should be adequate rails on the wall for the elderly to hold. They should be encouraged to do regular exercises to strengthen their legs.

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](mailto:anahita@maitribodh.org)

## Upcoming events

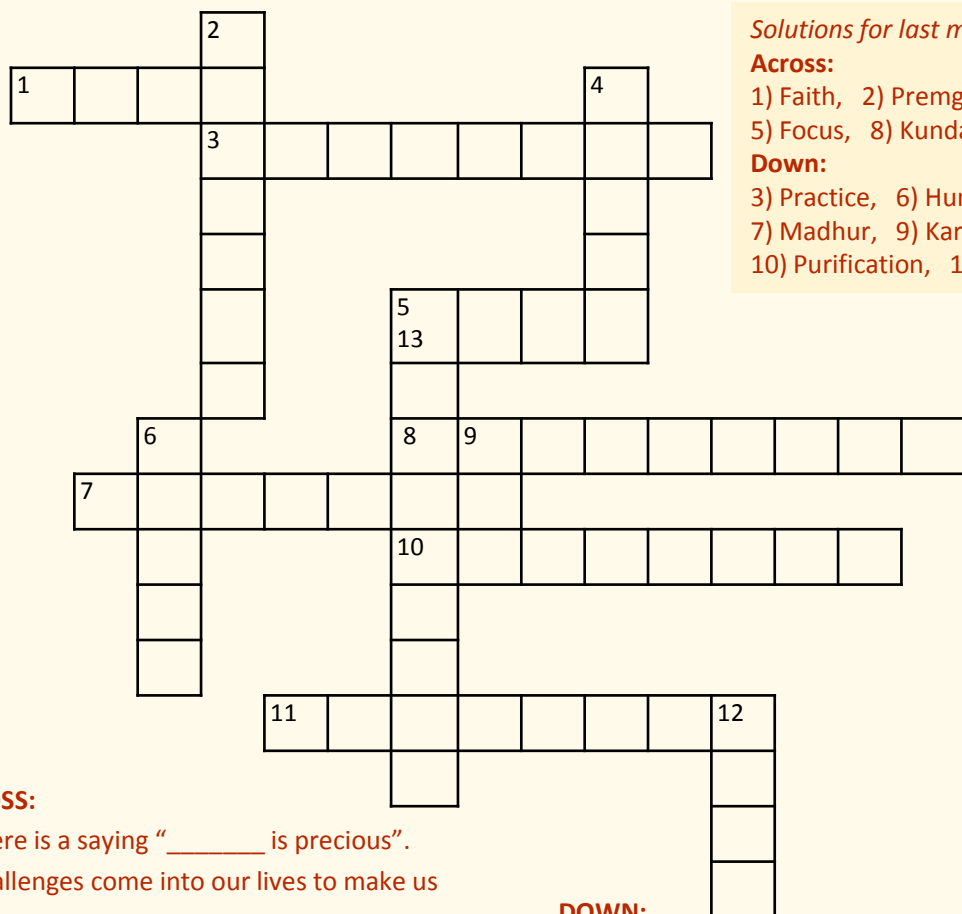
### **Awakening to Self-Realisation (Bodh I) :**

14<sup>th</sup> & 15<sup>th</sup> November – Bengaluru  
15<sup>th</sup> November – Mumbai  
15<sup>th</sup> November – Delhi  
15<sup>th</sup> November – Amritsar  
22<sup>nd</sup> November – Gurgaon

### **Awakening & Purification (Bodh I & II) :**

ShantiKshetra Premgiri Ashram  
Bodh I: 11<sup>th</sup> December  
Bodh II: 12<sup>th</sup> – 13<sup>th</sup> December

*For International events, please mail us at:*  
[international@maitribodh.org](mailto:international@maitribodh.org)



Solutions for last month's game:

**Across:**

- 1) Faith, 2) Premgiri, 4) Param, 5) Focus, 8) Kundalini

**Down:**

- 3) Practice, 6) Humble, 7) Madhur, 9) Karma, 10) Purification, 11) Babaji

**ACROSS:**

1. There is a saying “\_\_\_\_\_ is precious”.
3. Challenges come into our lives to make us \_\_\_\_\_
7. Bodh 3 is all about \_\_\_\_\_ with the Divine
8. Bonding with the Divine will help you fly & reach your destination. The Wright brothers invented it.
10. Every problem has a \_\_\_\_\_ which one needs to find
11. Breaking \_\_\_\_\_ is one of the Panch Sutras. It is also called transcending the mind.
13. You can cheat others but you can never cheat HIM hence always be \_\_\_\_\_ to yourself & others

**DOWN:**

2. Tests are nothing but your \_\_\_\_\_
4. Need of the hour is experience of \_\_\_\_\_ & Love.
5. Dadashreeji is here to help us \_\_\_\_\_ our lives
6. Simple formula of life: Don't worry be \_\_\_\_\_.
9. Only Divine Masters can break spiritual \_\_\_\_\_.
12. One can reach Dadashreeji through Selfless \_\_\_\_\_ & Love

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

**Coimbatore** - Maitreyi Roopa: rroopa\_11@yahoo.com

**Delhi** - Mitra Prawesh: +91 86850 09309 ,  
Mitra Chetan: mitra.chetan@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

# Expression of Words and its importance

*Dear Friends,*

Love !

My message for the current times and moving forward for all devotees is to work mindfully on the language you use - while reaching out to others. However, having said this, the mind is skeptical in understanding the importance of this message and language in today's time. It doesn't understand until it experiences some lessons in life. I feel it is one of the most necessary corrections that human beings should practice urgently at this moment in time. This is an eminently effective, doable and practical tool to heal oneself and one's relationships.

All that humans have in their hands to modify any bad situation into good – is through language. Here, language doesn't refer to any national or regional dialects. It is all about how you approach people in the best, effective, healthy and positive manner using the right words.

Understanding any situation that occurs in your life; depends on the language used. Hence, the good and bad experiences of such situations are derived from interactions you have with people. We always point fingers towards others - claiming that they are entirely responsible for the bitter experience derived from any conversation. As a true seeker of spiritual growth in your life, correct your own self first, thus bringing about the best in any given situation; otherwise it will lead to struggle, pain and suffering.

Most of the problems of life will be resolved by just correcting one's approach and using the right words. Words should reflect kindness, love, care, peace and friendship. One should avoid any disrespectful, harmful or disturbing words towards others and the self.

My only request to you, is to continuously keep refining your words till they become Love and Divine. With this simple act of changing your approach with the help of right words and language, you can transform your life externally as well as internally. This is directly under your own control; think seriously of this change.

Start this change with yourself first and thereafter teach others to experience this transformation in the lives of many. All members of the MaitriBodh Parivaar should practice mindful speaking as a matter of priority, thus taking a step forward towards establishing the Divine in everyone's heart.

*Love and Blessings!*

*Dadashreeji*