

Dear Divine Souls,

Another year is drawing to a close. However, this has not just been any other year. There have been changes taking place all across the globe at almost every sphere of life – while adverse situations continue to arise, mankind has joined hands in prayers for the betterment and the peace in the world. No matter the crisis in the Middle East or the calamity in South Asia or any other adversity, humanity is looking beyond all boundaries of nationality, race or creed and extending a helping hand.

This is heralding the process of transformation. Whilst the transformation manifests in the physical world, people are experiencing transformation within them as well. With the Grace and under the guidance of our Divine Friend Dadashreeji, MaitriBodh Parivaar has been incessantly helping all experience this transformation by establishing love in everyone's heart with the help of true knowledge and Divine intervention.

Be it in the spiritual sessions of Bodh or the sacred processes of Havans or even the social events by the dedicated youth of YGPT, the whole of MaitriBodh Parivaar has been driven with a single purpose – to uplift human consciousness to a higher state where love, peace and harmony will be the governing force. The past one year has seen these sessions all over India as well as various parts of Europe, US and the Middle East.

Wherever our beloved Dadashreeji went, no one was left untouched by the love and simplicity that He radiates. No matter where the spiritual sessions were conducted, people resonated with the want to experience the transformation and lead a more fulfilling life. The selfless service events inspired in all the desire to see a positive change in the society and the world around them.

A new year is just about to begin and with it new wonders and mysteries of the time to come. Let us all join hands and pledge to contribute in making our world a better place for ourselves and everyone else.

- On behalf of MaitriBodh Parivaar

ANAHITA

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Cover pic: International Bodh participants in an interactive session with the children at the local school



MaitriBodh

“The Creator created nature such that nature does not allow you to keep things but to give, to share. As a good human being one must learn to share and give without conditions!”

It is staring at us right in front of our eyes but we are blind to it.

Nature does not keep things. Keeping occurs when you accumulate things beyond what you need. Keeping indicates selfishness.

Nature gives without conditions. Look at the sun, air, water, trees etc. They give without expectation. Not only that, they give to everyone without differentiation. The king, the pauper, the righteous, the criminal are all treated alike.

Dada also uses two words – give and share. Giving and sharing helps you to connect with the world outside, breaks the barrier of the confined mind and carries you towards the ocean of Truth. When you are sharing you become aware that things were not yours in the first place.

The pregnant deer

In a forest, a pregnant deer is about to give birth. She finds a remote grass field near a strong-flowing river. This seems like a safe place.

Suddenly labour pains begin.

At the same moment, dark clouds gather around above & lightning starts a forest fire. She looks to her left & sees a hunter with his bow extended - pointing at her. To her right, she spots a hungry lion approaching her.

What can the pregnant deer do?

She is in labour! What will happen? Will the deer survive? Will she give birth to a fawn? Will the fawn survive? Or will everything be burnt by the forest fire? Will she perish by the hunters' arrow?

Will she die a horrible death at the hands of the hungry lion approaching her? She is constrained by the fire on the one side & the flowing river on the other & boxed in by her natural predators.

What does she do?

She focuses on giving birth to a new life.

The sequence of events that follows are:

- Lightning strikes & blinds the hunter.
- He releases the arrow which zips past the deer & strikes the hungry lion.
- It starts to rain heavily, & the forest fire is slowly doused by the rain.



- The deer gives birth to a healthy fawn.

In our life too, there are moments of choice when we are confronted on all sides with negative thoughts and possibilities. Some thoughts are so powerful that they overcome & overwhelm us.

Maybe we can learn from the deer.

The priority of the deer, in that given moment, was simply to give birth to a baby.

The rest was not in her hands & any action or reaction that changed her focus would have likely resulted in death or disaster.

Ask yourself, Where is your focus? Where is your faith and hope?

In the midst of any storm, do keep faith on the Creator always. He will never ever disappoint you. Remember, He neither slumbers nor shirks...

The Connection



I did not call myself an atheist since I believed there was some higher power but at the same time had not found my spiritual connection back then. There were many questions about 'god', 'religion', 'rituals' that hounded me. They grew by the day. So intense was this urge to know that I stopped worshipping the deities and performing rituals since I could not relate to them. In desperation, tears would flow ceaselessly seeking guidance. I wanted to know the purpose of my life, my existence. There had to be something more to this mundane world. Despite having everything (a lovely family, loving children) there was a great void, something was missing. With tears flowing my only prayer would be that if something higher really existed it must reveal itself and guide me.

Then one fine day in Dec 2012, my brother-in-law called, telling me about a Guru/Master called 'Dadashreeji' in Karjat who conducted spiritual sessions called 'Bodh'. I shuddered at the thought of going to a 'Guru'. How could someone a (human), in flesh and blood just like me guide everybody (ignorance at its best)? No one in our family or past generations had ever had a Guru. However after much deliberation I went with an open mind to seek answers.

At the Ashram, the participant's were told to write queries on a notepad, which I had in plenty. As the session was about to begin an unassuming, young, simple, down to earth man entered the ashram Dhyaanshetra. He was Dadashreeji. He was bombarded with all sorts of questions during the session. I had my share of questions too, but the best part was that all my questions were getting answered even before I could ask them! Amidst all this - I felt that I was at home - something even more than that, a feeling of peace

descend my being. It was a two day session, soon the time to leave came but I did not feel like leaving the place, as if this was where I belonged.

Dadashreeji's words, "You do not have to follow me, I am here to answer your queries and connect you to your Divinity," were intermittently playing within (who on earth says something like this, that too in this era?). I believe I found my connection!

Life continued like it was, but my entire perspective of looking at things had changed. There was no chatter within, total peace prevailed, and everything was still. I felt like being in a different world, a different awareness. My entire being was overflowing with love and happiness, there was nothing but a constant smile and love for all - a total bliss. I felt like running down the street hugging one and all (was not a great hugger earlier). The feeling and realisation of oneness had set in and was literally experiencing it a spiritual awakening!

It is rightly said that, 'When the disciple is ready the Master appears!' God manifests in the form of a Guru/Master to erase our ignorance. For me it is 'Dada'! Now I know why I couldn't connect with any other form of Divinity earlier.

It is more than two and half years now that Dada has been guiding me. He is an epitome of Love! The journey of experiences and lessons has begun, there is much to learn at every step and he is teaching us how to live life with all the ups and downs giving the strength, acceptance, patience and tolerance to sail through it with grace!

Can't thank Dada enough for being here in this era for the entire humanity!

Love you eternally Dada !!

~ Maitreyi Varsha



International Bodh II and III (Purification and Path Divine) ShantiKshetra Premgiri Ashram

*"All of you are sitting here only
because of LOVE."*

– Dadashreeji

Profoundly touching words spoken by Dadashreeji, during the 2 batches of international Bodh – II and III held from 17th to 27th November.

Participants hailing from various parts of Europe settled in with the Ashram energy and aura, and went through the week with a feeling of bliss and joy. Their beings were cleansed and purified during Bodh II, readying them to walk The Path Divine in Bodh III. Each session elevated their state of mind, and the entire batch flowed together as one eagerly receiving all that was offered.

Dadashreeji, showered his Grace and Blessings, awakening their hearts to experience True Divine LOVE, which left each one momentarily speechless only to later express their emotions by dancing late into the evening. Love was the theme during this Bodh, as HE showed that Love is one's true nature, and by bestowing His Grace allowing each individual to experience unconditional Love from the Divine. The love He expressed, wrapped each one in joy and happiness. As days progressed there was a noticeable shift in each one's heart, propelling them on the path of transformation.

With deeply touching experiences, many of the participants decided to stay back as sevaks, or to simply to soak in the love they felt. With tears of joy they expressed their gratitude to Divine Friend Dadashreeji, who had taken them a step higher in their journey.

One devotee shared that she had been

searching for the Highest Truth for over 25 years and had been to many Masters. When she initially heard about Dadashreeji, she was sceptical, but upon receiving an invitation along with His photograph she felt an inexplicable pull to explore further and travelled for the Darshan in Europe. Since then she has been clear that she would attend Bodh and is finally on the right path.

Another Devotee shared that he had several misgivings about travelling to India, but this was his third visit here and it was only Dadashreeji's love which allows him to travel and that he is filled with amazingly pure emotions in His presence each time.

Some shared that they had a connection with the Divine when they were young but had lost it during their years growing up. They now feel that they have re-established that connection and bond with the Divine. Dadashreeji has brought them back to the path of Truth and is guiding them every step of the way.

Bodh – Awakening to Self-Realization

1st Nov - Aurangabad | 7th Nov - Mumbai

14th Nov - Bengaluru | 15th Nov - Delhi

22nd Nov - Gurgaon | 29th Nov - Delhi, Dwarka

Seekers from diverse age groups were touched and overwhelmed with the experience at the various Bodh sessions. Dadashreeji's love and grace continues to touch many lives with the participants sharing their deepest secrets and fears, completely emptying themselves and truly embracing Dadashreeji as their Divine friend and taking a step towards Divinity.

Premgiri ki Premshala

On the occasion of Children's day (14th Nov), YGPT (Amritsar) took the kids to Suncity amusement park. They were served a lovely lunch and had an unforgettable time there.



Blood Donation Camp

On 8th November, eighty two people donated blood at WOW GYM in the blood donation camp organized by YGPT at Amritsar. This event is held twice a year and attempts to inculcate a sense of social responsibility in the youth of Punjab towards society.



Jeev Karuna

On 28th Nov, in an initiative to promote love and compassion towards animals, YGPT (Delhi) organized Jeev Karuna at Jeev Ashram, which houses a multitude of animals and birds. The experience of spending time with the beautiful creatures filled all with love and joy. The animals were hungry for love and the gratitude they expressed silently was more than any that could be expressed through words. Basic amenities like rice and cushions were collected and distributed. A prayer was offered for all beings sheltered at the farm.



ACROSS :

- 1) According to Dadashreeji one must always visualize & concentrate on their Guide's _____
- 2) Famous words from Swami Vivekanand, "Arise, awake and Stop not until your _____ reached."
- 3) Your _____ should reflect kindness, love, care, peace & friendship
- 7) Sadhana is nothing but _____ practice
- 8) Dadashreeji does not act against the laws of _____
- 9) Knowledge about yourself is _____ knowledge.
- 13) Doing this dhyana helps us connect with the Divine
- 15) One of the quality of seeker – Do with _____ in heart

DOWN :

- 4) I do _____ I do & I also do _____ I don't do
- 5) These are meant for us to move one step forward in life rather than pull us down
- 6) At this bhet we all got gifts from our Divine friend Dadashreeji
- 10) Dadashreeji's book written by Mitra Jeev – My Spiritual _____ with HIM
- 11) Dadashreeji emphasizes the importance of serving _____
- 12) Instead of intervening, Dadashreeji would prefer to help you in completing _____ of your life that you yourself have chosen
- 14) Like nectar from flower these secrets are collected by the _____

Solutions for last month's game:

Across:

- 1) Life, 3) Stronger, 7) Walking, 8) Aeroplane, 10) Solutions, 11) Barrier, 13) True

Down:

- 2) Lessons, 4) Peace, 5) Transform, 6) Happy, 9) Ego, 11) Seva



Gout

Gout is a disease that occurs when there is excess accumulation of a substance called uric acid in the blood. This often gets deposited in specific sites in the body as uric acid crystals and causes problems.

It can get deposited around the elbows, external ear cartilage and near the heel as nodules. These are called "Gouty Tophus".

When it gets precipitated in the joints it causes acute severe painful swelling of the joint (classically the big toe), incapacitating the patient. It is one of the most severe pains known to man. With rest and medicines the first attack subsides completely. If improperly treated the attacks keep repeating. Repeat attacks slowly become frequent and more severe until it becomes permanent and slowly leads to destruction of the joint.

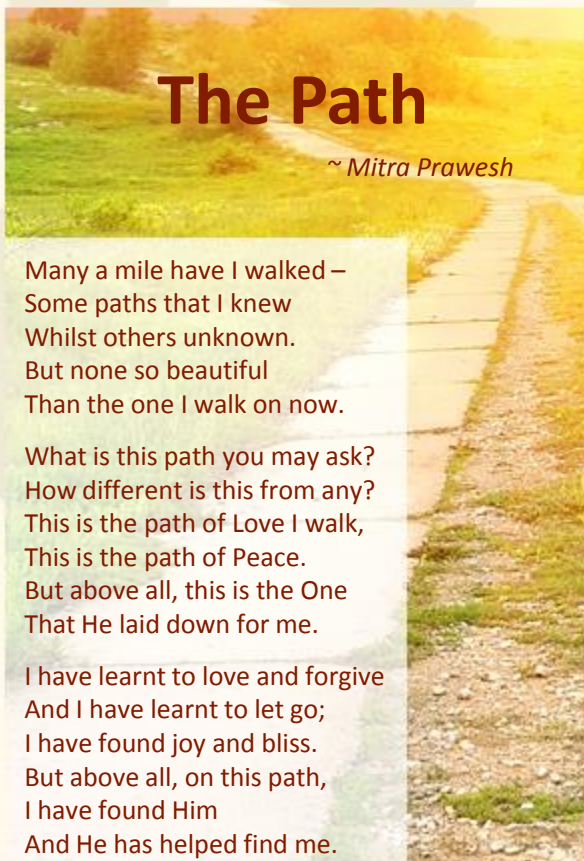
When it gets precipitated in the kidney, it causes stones. Initially these stones are formed silently. However as they move from the kidney down the urinary tract they can get stuck and cause back flow obstruction. This causes the kidney to get swollen and stop functioning. It can subsequently also get infected.

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The cause of the very high uric acid in these patients is often due to genetic abnormality in effectively eliminating uric acid from the body. Apart from this, dehydration, obesity, excessive consumption of red meats, excessive alcohol, high cholesterol levels, thyroid abnormalities and some medications may cause high uric acid and gout.

The diagnosis is made when a typical history is supported with detecting uric acid crystals from the areas where they are deposited (usually fluid from the affected joint).

Treatment includes life style changes and medications. Weight reduction reduces uric acid. Vegetarian food is not altered. Among non-vegetarian food, red meats and sea food is stopped. The patient must drink plenty of water as the uric acid is washed out through this process. Alcohol is also stopped. Along with this medications for gout should also be taken under proper medical guidance.



The Path

~ Mitra Prawesh

Many a mile have I walked –
Some paths that I knew
Whilst others unknown.
But none so beautiful
Than the one I walk on now.

What is this path you may ask?
How different is this from any?
This is the path of Love I walk,
This is the path of Peace.
But above all, this is the One
That He laid down for me.

I have learnt to love and forgive
And I have learnt to let go;
I have found joy and bliss.
But above all, on this path,
I have found Him
And He has helped find me.

Pearls of Wisdom from Divine Friend Dadashreeji

Question: In this complex world, is it possible to keep oneself away from negative influences? If yes, what is the minimum one can do to reduce the impact of negativity?

Dadashreeji:

"The human body and mind is continuously under the influence of its surroundings. The identity given to this body cannot survive without the outer influence. It is in the nature of the 'human form' to 'sense' the world around and form its own independent perception of it.

Remember, the famous festival of colours, Holi where happiness and joy in all the cities and villages is shared by throwing various colours on friends and family? If you go out of the house wearing clean, new white clothes, imagine what follows thereafter. You do not know which colour would be directed at you. Nor can you guess which friend is carrying which colour. Out there in the middle of the road surrounded by your friends, you can't remain the same nor come away clean. Their love and happiness will be amply demonstrated on your besmeared face and your colour stained clothes.

Hence, it is inevitable that being human and working in the world actively, one is bound to be impacted by one's surroundings. There is no place or situation in life at any given moment in time that does not leave a positive or negative impression on you. So know here, all that surrounds you, influences your world within, thus imprinting an understanding; hence forming a judgment.

Good or bad, positive or negative impressions in your memory, express themselves as happy or sad states of your mind. Here, I want to emphasize that you are always surrounded by all the colours of life – good as well as bad. Both will influence your mind equally and on your 'being'. It is you who has to make the choices. Please know that you will always find two kinds of friends in your life. One encouraging and guiding you; while the other discouraging and misguiding you.

One wants you to grow, to be true, and to be strong and has the freedom to criticize you alone to your face if required. This will be your true positive friend! This friend will stand by you in your difficult times - with no personal aims nor agenda. A true friend will never express his own unhappiness to you by distracting your mind. A true friend is one who is truly connected to you through the heart and will be ever ready to sacrifice for you. A true friend will never look for any appreciation from you and instead will be there just to guide you- with complete transparency within and without.

The other friend is an opportunistic, selfish and fake friend. This false friend is looking for some rewards through you. This false friend is intolerant to any disrespect shown to him by you. The false friend will appreciate you, hide your weakness from you. He will criticize you amongst others - but not to your face. They are associated with you, because of your status or aim at winning some favours from you.

Your thought gets influenced negatively thus harming yourself and well as others. You develop a dislike for the good. You feel yourself slipping away from your internal growth. They keep feeding your mind about someone else's negative aspects; how bad that person is etc., thus mobilizing you to his own side; whereas a true friend provides a true understanding of that person or situation - in the most positive and healthy way - even it means criticizing his own self.

Your growth and well-being depends much on the people you spend your time with. It is highly essential that you select the right people in your life. A true friend can make and form a great person out of you, whereas a false friend can break and destroy your very being. So, remember association matters immensely in your growth. Be wise and make your choices. Having no true friend in life is acceptable but having one false friend can be worrisome indeed.

Follow your heart, speak to your purest 'Divine Friend' within. Guidance will be delivered - above and beyond the positive-negative duality."

"Open your arms, welcome and embrace the 'Divine'!"

Love and Blessings!

Dadashreeji

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 Realisation (Bodh I) :

8th December – ITO, Delhi NCR
19th December – Andheri, Mumbai

Anandoham

(Donate a blanket, save a life) :

13th December onwards – Delhi NCR

Awakening & Purification (Bodh I & II) :

11th December – Bodh I
12th & 13th December – Bodh II
ShantiKshetra Premgiri Ashram
(For registration forms, please mail us at
register.bodh@maitribodh.org)

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

Baroda - Maitreyi Jagruti: maitreyi.jagruti@maitribodh.org

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Dear Friends,

You are all aware that MaitriBodh Parivaar is surging across the globe bringing more and more hearts and souls into its fold through Divine love and through the powerful wave of transformation.

As we move quickly, in this period of significant growth, it becomes important to make sure we have a firm foundation in place and a clear sense of the ultimate shared objective and vision, known to all. It's during this time of fastest growth that it becomes essential for each and every member of the Parivaar to remain focused on its core, and that requires a clear and consistent understanding of what the family is about.

With Dadashreeji's blessings, we are delighted to share the Vision, Mission and Values of the MaitriBodh Parivaar – our guiding principles at all times, as set by our Divine Friend Dadashreeji. These become our guide in our everyday living, and at every level and at every phase while walking the Path Divine as a family.

VISION STATEMENT

A Vision statement outlines WHERE you want to be. Communicates the purpose of the organisation and answers the question where we aim to be?

OUR VISION

***"To establish love in everyone's heart through human transformation
with the help of true knowledge and divine intervention to attain One World, One Community and One Truth."***

MISSION STATEMENT

A Mission statement talks about HOW you will get to where you want to be. Defines the purpose and primary objectives related to your seeker's needs and team values. It answers the questions what do we do? What makes us different?

OUR MISSION

Uplift human consciousness to a higher state where love, peace and harmony will be the governing force that will ensure the individual's transition to inner peace, through our unique paths:

Bodh Kriya: A process of self realization and transformation; experiencing life in true sense, involving transfer of energies through Knowledge, Sadhana and Bond of Love.

Life Sutras: Simplified teaching meant to achieve excellence in life through higher level of understanding.

Selfless Service: Service to humanity without expectations.

VALUES

An organisation's values are its guiding principles which apply across the organisation. These are its basic beliefs about what really matters, which guide HOW things should be done. It answers the questions what would be our preferred behaviours and culture?

OUR VALUES

Our Eternal Values for human transformation:

True Knowledge – Atma Bodh

Right Conduct – Satya Karma

Selfless Service – Seva

Bond with Divine– Sambandh

Unconditional Love – Prem

Friendship - Maitri

One Family – Ek Parivaar

Come let's unite and move forward on the path that our Divine Friend Dadashreeji has defined for us as a family – that of our shared Vision, Mission and Values.

***Dadashreeji Sharanam
MaitriBodh Parivaar***