

Dear Divine Souls,

The New Year heralds a new beginning, a new chapter in the story of our lives and of the world around us. And each of us have the power to decide how we want the story to be; and thereby mould the way for the story of the world around us. If you give Love, it is Love that you receive. If you experience peace within you, it will resonate peace within others. No matter how you may look at it, each and every one of us has the power and the responsibility to bring about a positive change in the society around us and write a beautiful story.

The New Year is also about hopes and dreams, and letting go of the past. What has happened, already has and brooding over it will not be able to change anything. What might help one to grow is to look forward to a better tomorrow. By learning to forgive others as well as ourselves, we grow. By letting go of the past, we open the doorway to the future, and all the wonderful opportunities that it upholds.

For many years now, MaitriBodh Parivaar, under the guidance of our beloved Divine Friend Dadashreeji, has been tirelessly working for the betterment of all humanity and the world at large. Be it through various spiritual sessions to connect oneself with the Higher Self or through the selfless service events by the youth of YGPT, MaitriBodh Parivaar holds the beacon to pave the way towards a future where Love and Peace will be established as man's natural state.

Each and every one can contribute towards this dream. At this juncture, Love and Prayers are what the world direly needs. Let us join hands in prayer for a better and brighter tomorrow; let us join hands towards a beautiful beginning.

- On behalf of MaitriBodh Parivaar

ANAHITA

Volume 4 | Issue 1

January 2016

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



Cover pic: Distributing warm clothes and cakes on the eve of Grace Day at Prem Daan, an asylum for mentally challenged women, in Delhi.



MaitriBodh



“By bonding with Divinity you will cut the cord of pain, worry and stress.”

We have been drifting away from Divinity for a long time. We crave for the eternal bliss we felt when we were one with Divinity. We look for it outside – in the external environment and get excited by what the world has to offer. But that excitement is short lived as the things the world has to offer can never satisfy us permanently. When we don't get what we want or when we realize that worldly happiness is short lived we feel pain, worry and stress.

Divinity is within you. It is experienced when we turn inwards towards our heart. By slowly bonding with Divinity you become centered and look inwards. It is a feeling that the child gets when it rejoins with its mother. Slowly pain, worry and stress do not bother you. Even if they occur they are short-lived because in the background there is immense, indescribable serenity.

Is that so?

In a far-away land on top of a hill there lived a sage who was revered by the villagers who inhabited the foot hills. One day a young unmarried woman with a new born baby in her arms was seen crying at the village centre. The villagers got together to inquire about the cause of her discomfort. She told them that she was afraid that the father of this child may disown it. The village elders assured her that no such thing would happen and asked her who the father was. She answered that it was the sage on the hill. This stunned the whole village. So along with the girl, the newborn, the whole village marched up the hill. They reached the sage's hut, called him out and asked him to bring this baby up as it was sired by him. The gentle sage looked at the child, the woman and the angry gathering and said “Is that so?” Having said this, he gently picked up the baby from the woman's arms and walked back into his hut. The woman and the villagers seemed satisfied and dispersed peacefully.

For the next 5 years the sage brought up the child with great love and care. However the mother of the child started feeling pangs of guilt. This was because in truth the child was born of an illicit affair that she had had with a travelling soldier. Since she did not have the courage to own that up and at the same time

wanted the child to have a father she conceived a plan to blame the sage. At last when she could no longer bear it she presented herself in front of the village elders and told them the truth.

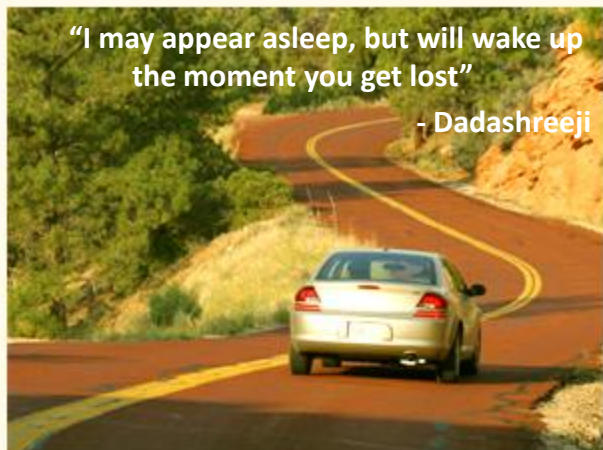
The village was again stunned by her submission. Further they felt ashamed that they had blamed a pious sage. However they realized the need to rectify this great folly.

So once again the whole group climbed up the hill towards the sage's hut. There they saw him playing with a 5 year old boy. There was happiness, love and joy for all to see. Everyone was heartbroken. They now had to break the news to the sage that he was not the father of the child. Seeing the crowd the child stopped playing and ran and clung to the sage. The head of the village stepped forward and with great hesitation and moroseness in his voice, explained the whole turn of the events to the sage and ended by confirming that the young boy was not sired by the sage after all.

Everybody waited for the sage's reaction with bated breath. The sage quietly kissed the boy on the head, handed him to his mother, turned to the crowd and said, “Is that so...?” and walked back into his hut.

This powerful story highlights important qualities great sages possess viz. equanimity and an ability to be detached even while performing worldly activities with great involvement.

His infallible guidance – Journey with the Master



Once I have had a privilege to drive Divine Friend Dadashreeji from ashram (near Karjat) towards Mumbai city. An event on the previous day in ashram went on till late night as devotees' endless questions had kept pouring and no one wanted to leave the divine energies felt in the ashram superadded with the nectar that kept pouring with the quenching answers that Dadashreeji so patiently keeps giving (this is a normal thing to happen in ashram, whenever Dadashreeji would address the seekers). It was as if the lost soul has finally found its Source and that divine confrontation with its Creator creates internal raptures of bliss, although the majorities were never aware of this astral phenomenon externally. Master's love towards His devotees would keep Him up till late night as He would work incessantly even through the night at astral level.

So while driving, Dadashreeji was sitting with his eyes closed and I felt he was sleeping due to late night session. It was a rainy day and as I carefully kept driving, suddenly at cross roads, I found myself lost whether to take the road to the left or the right (this was during the early days – during one of my trips to the ashram). And alas! In a second I found Dadashreeji (who I felt was fast asleep) actually up and alert as a hawk, asking me to take the right-sided turn and then these words, "I may appear asleep, but will wake up the moment you get lost. Even in reality although I may appear unconcerned, but am aware of each and every move of my devotee. The moment one is lost in his path, I will be right there to give the correct direction"

What a profound statement and so much concern! Just like a mother to a little child. And this concern of Dadashreeji and His guidance most of us have experienced and felt time and again at the appropriate time, when we are lost, when we are down, when we are helpless and clueless, when we don't know what next to do. It's like a miracle how the most appropriate guidance

comes, just at that helpless moment and we connect to Him internally. Having read so many stories of how the Lord helped a bhakta(devotee), like the Gajendra (the king elephant), who was not only saved from the death nares of the wicked crocodile, but was given the highest salvation OR the helpless Draupadi saved of the worst shame in Kaurava's court in Mahabharata. These stories so inspiring, we always wondered whether it could happen in our own lives! Any devotee who has Divine Friend Dadashreeji, who experiences Him in his/her heart are now as if insulated from the tortures of the world. The suffering and pain will come as it has to, depending upon what one has to learn and on his/her karmas. But one gets protection and strength to go through them and an instantaneous help to resolve them faster... what a profound gift to have.

Thank you Dadashreeji for being here and now!

~ Mitra Sut

Happy Birthday Dada

~ Maitreyi Shraddha

Happy Birthday Dada

There is celebration all around

In heaven, on earth, in the cities and towns

There is excitement in all hearts

As all of us get ready to take part

On an occasion that is so divine

We all know that it is the time

When God decided to come on earth

As one of us to bless the world

To fill us with love and peace

To liberate and take us with thee

Your love brings the brightest smiles

Your eyes are the most benign

Your lotus feet are people's shrine

Your touch can heal heart and mind

Your words are always full of wisdom

giving insights to souls to climb

seven steps as you describe them

to become one with you in this lifetime

Our most beloved darling Dada

Adorable, Compassionate, Generous Dada

All we have is given by you Dada

What could we give you our dearest Dada?

Only our love and loving wishes

On this special day

Happy birthday!

Akhand Jaap

19th Dec - Pune | 24th & 25th Dec – Delhi



A 12 hour Akhand Jaap was held in Pune. The powerful waves of Dadashreeji's mantra energized, cleansed and purified the minds of all. Uplifting energies were felt by all. Each one enjoyed and revelled in the 'Love and Grace' showered upon them.



Another 36 hour Akhand Jaap for World Peace and Harmony was held in Delhi, joined in by devotees from Chicago, Los Angeles, New Jersey, San Francisco, Zurich, Germany, Indore, Amritsar, Moga, Pune and other parts of Europe via Skype. A devotee in Los Angeles heard the mantra play internally long after the jaap was over allowing her to experience her heart opening to Dada's love. A feeling of bliss and gratitude prevailed long thereafter.



Bodh – Awakening to Self-Realization

5th Dec - Los Angeles, USA | 8th Dec - Delhi

13th Dec - Coimbatore | 19th Dec – Mumbai

Participants have been experiencing the all pervading supreme consciousness, grace and love filling their beings. In Los Angeles, after the Shakti pravaah a participant experienced a continuous burst of laughter, but had to contain it to not disturb the others. She felt that she was released from some deep seated negativity and felt a deep cleansing occur. Another participant felt a ball of energy around her head while one felt that something beautiful had been planted deep within and a deep peace prevail. The experiences have been transforming participants, touching them to the core helping live more meaningful and purposeful lives.



Maitri Session

Vienna, Europe - 16th December

A maitri session was held in Vienna where participants connected with Dada's divine energy and had the opportunity to find the answers to their questions. Many experiences were shared. An atmosphere of silent joy, peace, harmony and happiness pervaded the atmosphere.

Grace Day

25th December, Narayani Maa's birthday is celebrated as 'Grace Day'. On this occasion prayer sessions for Mother Earth and humanity were organized around the globe.

Launch of Prayer Section:

On the auspicious occasion of Grace Day, MaitriBodh Parivaar launched a prayer section, where, humanity connects through collective prayers and coming together for the cause of one world, one community, one religion - LOVE.

To read the latest prayer, please follow us on: Dadashreeji's Maitribodh Page on Facebook and follow Dadashreeji on Speaking Tree

Prayer and Healing Sessions, Maitri sessions and Meditation Sessions have been held in India, Europe and USA every week.

Selfless Service Day

27th December, Dadashreeji's birthday is celebrated as 'Selfless Service Day'.



Los Angeles, USA: MaitriBodh Parivaar in LA distributed packs of cookies, juices, fruits, burgers, clothing, socks, gloves, umbrellas, rain ponchos and t-shirts to the homeless at Union Station in LA. Within 15-20 minutes all the packs were distributed. The recipients were extremely grateful and immediately consumed the goodies. One gentleman in tears kept repeating 'God Bless You!' It was a wonderful experience for the Sevaks visualizing Dadashreeji in the heart space of each individual. Not only were the recipients grateful, but the hearts and hands that were offering on behalf of Dadashreeji were filled with great love and joy.

Wadala, Mumbai: Acworth Leprosy Home in Wadala was visited by sevaks from MaitriBodh Parivaar on the occasion of Dadashreeji's birthday. Medicines and later snacks were distributed to the inmates. A mitra shared how 'Man' had drifted away from Divinity and that it was time that man needed to once again bond with the Divine to know his true self. As the session concluded all inmates felt a sense of calm and peace descend.



Delhi: Grace Day in Delhi was celebrated with the children of construction workers and the families. We chanted Dadashreeji's mantra and the children cut the cake we had taken with much love and enthusiasm. The children helped in preparing Dada's sthan and distributing the snacks. Some were clad in worn out clothes while others did not even have sweaters, yet they were filled with so much joy and bore smiles that were contagious. An elderly bystander came and said: You truly have a great Master for I see that *bhaav* in all of you.

Vienna, Europe: Many devotees participated in Dadashreeji's birthday celebrations in Vienna. The soulful music uplifted the spirits of all present. The essence of MaitriBodh Parivaar and the vision and mission of Dadashreeji was shared with all. A Mitra exclaimed, "Take as much love as you can in your heart with you! Send it to the entire world, they need it!"

Pune: Snack packs and fruits were distributed to the needy on this occasion in Pune. The joy on their faces and beautiful, innocent smiles touched the hearts of all sevaks.



Indore: Sevaks from MaitriBodh Parivaar visited Manovridhi Kendra for mentally challenged children. It was an overwhelming experience as they spent time with the children.

Anandoham



In an initiative to help the homeless bear the harsh North Indian winter, the Delhi YGPT team initiated a drive to distribute warm clothes, jackets and blankets. Over three phases, blankets and shawls were distributed to slum dwellers and a number of homeless people in Gurgaon and Delhi.

The next phase saw a visit to an asylum sheltering 105 mentally challenged women. Along with the blankets and shawls, cakes were distributed to all the inmates and workers. Some of the patients needed to be fed as they could not eat on their own. Volunteers doing so were awash in feelings of bliss. Dada's Grace flowed in abundance transforming volunteers and inmates, bringing forth tears as all present held hands and prayed.

YGPT (Pune): A session with school children for confidence in handling the English language and addressing phobias was conducted in Jamrung, Karjat. It was followed by the distribution of English help books such as Speakwell Rapidex and other books on grammar.

Health effects of Global warming

Naturally occurring greenhouse gases such as carbon dioxide, water vapor, methane, ozone and nitrous oxide hold heat in the atmosphere to sustain life. This is called the greenhouse effect. However human activities like burning of solid waste, wood, oil, coal and release of toxic gases from industrial process, increases this greenhouse effect. This leads to more than normal heat to be trapped in the atmosphere which in turn causes global warming. Apart from far reaching effects on natural resources, global warming has a deleterious effect on human health.

Heat stroke

An increase in the ambient temperature and its effect on humidity, leads to heat strokes. In many places in the world the summers are getting hotter and cases of heat strokes are on the increase. The very young and the old are particularly prone to this. Over the last decade there have been increases in heat waves in Europe due to which many elderly have succumbed.

Infections

Many infectious diseases, which are currently limited to a few tropical countries, may become a

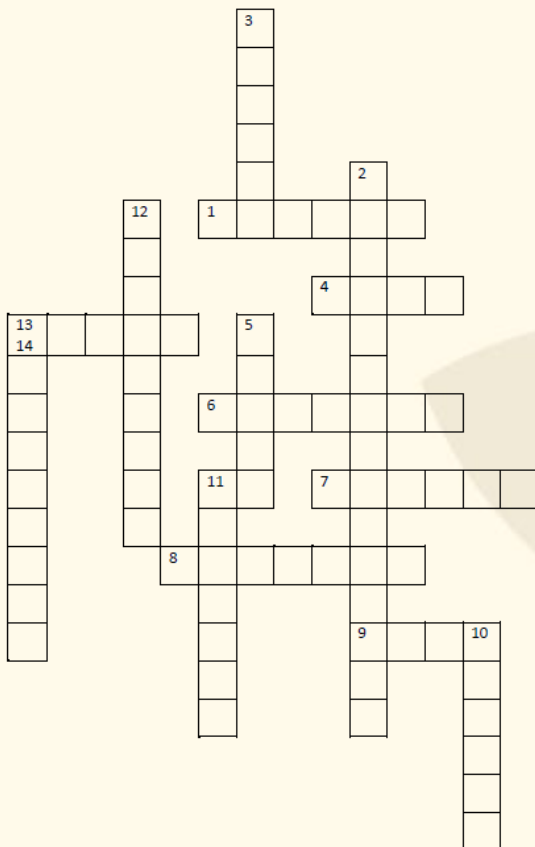
world-wide phenomenon. Due to global warming, mosquito borne diseases like malaria may spread to colder European countries. It has been rare there because of lack of warm weather, which the mosquitos need to breed in. It is estimated that 65% of the world population may become prone to such vector borne diseases.

Breathing problems

There is bound to be an increase of chest diseases due to poor air quality. Air pollutants will increase with an increase in heat. In the atmosphere ozone plays an important role of blocking harmful ultra-violet rays. However with global warming, the ozone layer may descend to much lower levels. Ozone at ground level is toxic. Allergic rhinitis, allergic asthma are two diseases that are bound to increase.

Cardio-vascular problems

There is likely to be an increase in hear problems as the heart has to work harder in hot climates. The body has to lose heat in these climates mainly through the skin and the heart has to pump faster and harder so that more blood is sent to the skin for thermoregulation.



ACROSS :

- 1) Nature always teaches us _____
- 4) This is just like water, a necessity to quench our ___ spiritual thirst.
- 6) Bodh 3 is all about _____ with our Divine
- 7) Dadashreeji says, "Spirituality is simpler than the word '_____'."
- 8) _____ to Divine is also called communication with the Divine
- 9) Dadashreeji says "____ is your true nature"
- 13) The Divine will always _____ besides you

DOWN :

- 2) Dadashreeji always loves us _____
- 3) Master of our Divine Friend Dadashreeji
- 5) 25th December is also celebrated as _____ Day
- 10) Dadashreeji tells that when one experiences and _____ their learnings, the pain & suffering will pass
- 11) Dadashreeji says one should not think of resting especially when it comes to _____ humanity.
- 12) Dadashreeji is here to deliver the experience of love & peace and _____ all
- 14) A true Master & Guide focuses on the _____ growth of his devotee

Solutions for last month's game:

Across: 1)Feet, 2) Goals, 3)Words, 7)Spiritual, 8)Nature, 9)Appreciate, 13)Sambodh, 15)Feeling

Down: 4)What, 5)Tests, 6)Dusshera, 10)School, 11)Humanity, 12)Lessons, 14)Honeybee

Pearls of Wisdom from Divine Friend Dadashreeji

A new time, a new day and a new year – to enlighten your mind through true knowledge and liberation from ignorance. I wish you a very happy and blissful new year! Each moment proffered by the Divine, is an opportunity to transform your being into the 'True Self'. As we all move forward, we leave behind painful moments and deep sufferings. Carry ahead only the positive moments, lessons learnt and loving memories – to cherish and share in the future.

Divinity will open the doors of success, prosperity, truth, knowledge and love for you in the coming year. Keep yourself, ready to accept and utilize the Grace offered to you. Humanity will continue to go through a positive transformation creating greater awareness of life and existence.

You as a member of the MaitriBodh Parivaar, a spiritual seeker and devotee should keep your mind open to receive the Divine Grace thus releasing yourselves from all binding mental blockages. The coming year will set the direction for the world, defining the steps required to take corrective measures. More importantly and so as to flow with the subsequent steps towards transformation, I recommend you to consider and work on the following points.

I envisage that the true love of life will be rediscovered or reset to elevate one's consciousness. It will happen naturally and cannot be created. This new love will be internal, Divine and of a true nature. As we progress towards the age of 'Peace and Love', receive the best during this time – offered to you by Divinity.

These changes in life will occur individually and collectively, socially and globally. The changes will be extensive and radical. They may involve a change of location, job or people related to your life. Flow with this constructive time, accept and embrace the divine and positive changes in your life.

The most essential aspect will also be the most helpful tool in these times - that of an 'awakened inner voice'. Connect with it! Pray and express to your form of the divine – whenever and wherever you can, preferably daily. Through all difficult times, never leave this inner connection. Hold on to it tightly and strongly. Guidance will be given to you as an 'inner voice' or 'intuition'. Follow your heart!

With every passing day, week and month, you shall witness a transformed consciousness – altering the current illusionary perceptions to a higher positive reality.

Remember and know,

1. Embrace a love of life
2. Welcome the new changes
3. Follow your intuition

The unstoppable and untiring work of the MaitriBodh Parivaar shall continue to grow and deliver 'Truth and Love'.

Remember, let your heart lead your life – not the limited conditioned mind!

Love and Blessings!

Dadashreeji

MBCS Induction Meet



On 29th December, 2015 the MaitriBodh Corporate Services (MBCS) team gathered at the Ashram. The meeting was an induction for the team members of MBCS and discussion on the vision, mission and goals of MBCS.

MBCS is a vertical of the MaitriBodh Parivaar. Blessed by Dadashreeji, this arm is formed to bring Heart Consciousness to the corporate sector. The team will design and conduct learning programs in

various corporates to bring about transformation in individual and collective consciousness. The ten members met and planned for 2016. The induction was conducted by Maitreyi Sulata. The discussions on vision, mission & goals were led by Anandji and Sebantiji. DADA addressed the group towards the end of the meeting. HE stated that 2016 will be a year of breakthroughs for MBCS and its members. HE said that MBCS will play a vital role in transforming the workspaces. DADA'S vision is that MBCS programs will not only enable leaders to live a life of Consciousness but also move and inspire them to create strategies and policies to support a transformed, Heart Conscious Workplace. The meeting concluded with Maitri Oath being taken by all the Mitras and Maitreyis.

The MBCS website will be up soon. MBCS will also launch an Open Program in the last fortnight of April. The team is looking forward to 2016 with the love and support of the entire Parivaar.

Dada Sharanam

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) :

9th January – Gamdevi, Mumbai

9th January – Bengaluru

17th January – Pune

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

Path Divine (Bodh III) :

15th – 17th January 2016

ShantiKshetra Premgiri Ashram

(For registration forms, please mail us at register.bodh@gmail.com)

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

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