

Dear Divine Souls,

The month of January rushed by and February brings promise of so much more positivity to come to mankind. Every day brings more joy and peace to mankind. Ever since December, Dadashreeji has been speaking of the time of Dissolution as the Mission moves into the second phase after the phase of Transformation which has been ongoing for the past few years. The world is still split asunder with want, suffering, pain on one hand and happiness, joy, love and peace on the other. We, who are connected with Dadashreeji, have unequivocally chosen to be on the side of positivity, love and peace.

The long awaited Manthan took place at our ShantiKshetra Premgiri Ashram where Dadashreeji's children gathered together to discuss and plan on the way forward for the year 2016. Each devotee's participation in the discussions and planning of the good work coming ahead has given strength to the Mission. Our prayers that all His children on earth are blessed and attain love and peace give immense benefit for millions around the world.

Soon the negativity that has been haunting mother Earth shall be removed to a remote corner of the planet where it can harm no longer. The positivity through the MaitriBodh Parivaar will grow exponentially. The Parivaar brings a truly remarkable organization to mankind – something never seen before in the annals of history. The Mission is gaining speed with each passing day. Let each of us add to the efforts and offer our best at the Lotus feet of the Master. We have a duty to mankind and to God!

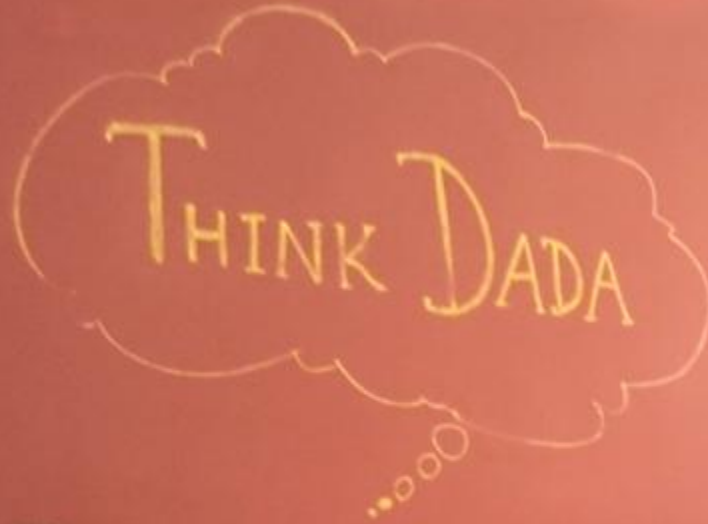
- On behalf of MaitriBodh Parivaar

ANAHITA

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Cover pic : Bodh I in Mumbai



MaitriBodh

“No words, no teachings, no knowledge or information, but only true experience will liberate the ignorant one!”



Liberation occurs only when we gain true knowledge. This quote explains what should be the source of true knowledge.

Newton discovered and defined gravity because he experienced the apple falling from the tree. Similarly we too have not blindly followed Newton but corroborated his experience with similar experiences of our own.

Words or teachings result in an increase in information but never gives true knowledge. Experience is the only medium through which information is converted to true eternal knowledge or wisdom. This is so because experience is the conclusion that one arrives at, after feeling and understanding an event. Experience is the knowledge attained from ‘beyond the confines of the mind’. It is ‘felt’ from the heart.

I Had Imagined

I had imagined you for long...
My deepest, purest, brightest
The still and clear center
Of my very soul
Dada - I had imagined you for long...

I hadn't imagined however
This smile that you wear
Playing, splashing and rippling
Across your face
Sometimes mysterious, sometimes shy

I hadn't imagined Dada
These eyes of yours so clear
Unwaveringly they look
Directly into mine
Offering innocence so rare

And I hadn't imagined
The sound of your voice
Deep and steady it speaks
Simple, clear truths
From your heart to mine

I had imagined you for long...
But how pale my imagination
Next to the full experience
Of your luminous form
My Dada, I had imagined you for long...



Appreciation of hard work

One young academically excellent person went to apply for a managerial position in a big company. He passed the first interview, the director conducted the last interview was to take the final decision. The director discovered from the CV that the youth's academic achievements were excellent in all ways, from the secondary school until the postgraduate research. There was no year where the youth had not scored well.

The director asked, "Did you obtain any scholarships in school?" The youth answered "none".

The director asked, "Was it your father who paid for your school fees?" The youth answered, "My father passed away when I was one year old. It was my mother who paid for my school fees."

The director asked, "Where did your mother work?" The youth answered, "My mother worked washing peoples clothes. The director requested the youth to show his hands. The youth showed a pair of hands that were smooth and perfect."

The director asked, "Have you ever helped your mother wash the clothes?" The youth answered, "Never, my mother always wanted me to study and read more books. Furthermore, my mother can wash clothes faster than me."

The director said, "I have a request. When you go back today, go and clean your mother's hands, and then see me tomorrow morning."

The youth felt that the chances of his landing the job were high. When he went back, he happily requested his mother to let him clean her hands. His mother felt strange, happy but with mixed feelings, she showed her hands to the kid. The youth cleaned his mother's hands slowly. His tears fell as he did so. It was the first time he noticed that his mother's hands were so wrinkled, and there were so many bruises in her hands. Some bruises were so painful that his mother shivered when they were cleaned with water.

This was the first time the youth realized that it was these pair of hands that had washed the clothes everyday to enable his school fees to be paid. The bruises in the mother's hands were the price that the mother had to pay for his graduation, academic excellence and his future. After having finishing cleaning his mother's hands, the youth quietly washed all the remaining clothes for his mother. That night, mother and son talked for a very long time. Next morning, the youth went to the director's office.

The Director noticed the tears in the youth's eyes, asked: "Can you tell me what have you done and learned yesterday in your house?" The youth answered, "I cleaned my mother's hand, and also finished cleaning all the remaining clothes."

The Director asked, "Please tell me your feelings." The youth said, "Number 1, I now know what appreciation is. Without my mother, I would not have been successful today. Number 2, by working together and helping my mother, I now realize how difficult and tough it is to get something done. Number 3, I have come to appreciate the importance and value of the relationship of a family."

The director said, "This is why I want you to be my office manager. I want to recruit a person who can appreciate the help of others, a person who knows the sufferings of others to get things done, and a person who would not put money as his only goal in life. You are hired." Later on, this young person worked very hard, and received the respect of his subordinates. Every employee worked diligently and as a team. The company's performance improved tremendously.

Moral: If one doesn't understand and experience difficulties to earn the comfort provided by their loved ones, than they will never value them. The most important thing is to experience the difficulty and learn to value hard work hidden behind the given comforts.

The Trail of Ants

It is truly wonderful how some of Life's biggest lessons can be learnt through the smallest of things; and when it comes from 'The Saarthi' Himself – the experience is nothing short of being profound.

The Manthan is the annual internal summit held by the MaitriBodh Parivaar, wherein teams from all over India gather to retrospect the activities through the past year and plan for the year to come, in the presence of Divine Friend Dadashreeji. It so happened that I got a chance to be with Him, standing outside His 'kutir' waiting for the commencement of one of the sessions.

As the most loving Master and Friend that Dada is, He was helping me understand my role as a Team leader and was explaining what a leader should be. As if He had asked Nature Herself to help me understand, at that precise moment, something quaint happened. He pointed at the steps to the kutir – a trail of ants had just started coming in – as if from nowhere. They were all marching in a single line, everyone following the one leading the whole swarm. Whatever path the leader took, everyone followed right up to the tiniest of twists and turns. If the leader was going straight so did everyone right up till the end; if it took a slight turn, so did the rest, not missing a single turn. It was truly fascinating and inspiring how they were all focused single pointedly on where the one in the front was leading them.

Dada's loving voice broke my reverie:

Why do you think everyone is following the leader so precisely wherever it is leading them?

I thought for a moment and replied: Dada I think it is because of Trust. All of them have the faith that the leader will take them to the right place.

What else? - He asked

I thought about it for a long while. In the meanwhile, the leader had found a crack on the wall and it went inside leading in all of his army. All of them followed in a single queue. None of the ants seemed to worry about where the leader was taking them. They just seemed to have blind faith in their leader as it led them to their new found home.

I was still wondering what else it could be besides faith. At that moment, somewhere down the line, an ant seemed to have 'lost' its way. In stark contrast to how it had been marching with its team, now the ant's path seemed chaotic; it had no clue where it was heading. It was truly lost, but desperately trying to find its way back. After what might have seemed like an eternity of wandering for the poor insect, it finally reached back to the line. If it could sigh, then it probably would've been a big sigh of relief. It was now back on the 'path' set by the leader on its way 'home'.

Then it dawned on me – the ants followed the leader because they knew that they would all be lost without the leader. The only way to find home is to follow the leader. I turned back to Dada and He was smiling like a most caring Father. He was taking us Home.

Something strange happened suddenly. Out of the crack came an ant, which started scurrying in the opposite direction. While all of the ants seemed to be moving towards their home in the cracks, this lone ranger, which suspiciously looked like the leader, went on running towards the other way. Once in a while, it would stop for a fraction of a second and communicate with the other ants, but it kept on running relentlessly.

My heightened curiosity made me follow this curious one's marathon. The line of ants was coming to an end, but it didn't seem to want to stop. And then I noticed, at the end of the ant trail, was a smaller ant. It was slower than the others, but was trying its best to keep up with everyone else. Nonetheless, it was slowly getting left behind. The leader finally stopped when it reached this small ant. It communicated something to it, which seemed like the sheer joy of having found a lost friend, and then rejoined the trail leading the smaller one back home.

A true leader will not rest until the last one of His friends is safely back 'Home'. So it is with Dada. He too has tirelessly led His children and will care and look after each one of us till we are all back 'Home' - where we all belong.



Bodh III – Path Divine

16th Jan - Pune | 21st Jan - Vienna, Europe

After a long wait of almost a year, Bodh III was held once again at our Ashram from 15th January. A major part of the sessions were conducted by our Divine Friend Dadashreeji Himself as He took us through the journey of witnessing our own mind. The seekers also got to experience the beauty and significance of establishing a bond of Friendship with the Divine, of having a Divine Friend in their lives, through Maitri Yog. The processes and the Shaktipravaah was profound and each and every devotee was touched right to the core. The time to part came after a beautiful session of almost three days, but none left alone – for now all of them had a Divine Friend for Life.



Bodh I – Awakening to Self-Realization

16th Jan - Pune | 21st Jan - Vienna, Europe

31st Jan - Borivilli

Bodh - The journey towards 'The Truth' is embellished with thought provoking questions and meaningful discussions culminating in the Shakti Pravaah subsequent to which a serene calm has been experienced by seekers. When the light shines in us, we can bring it to thousands. It is heartening to see that the light that has been kindled is being passed on by the seekers who have found the connection to the heart and are walking the 'Path Divine'!

Maitri Diwas

9th Jan - Mumbai | Delhi

Maitri Diwas was celebrated on 9th January in Mumbai and Delhi, during which seekers connected, shared and received Dadashreeji's message. The session ended with chanting.

Maitri sessions

Mumbai | Vienna, Europe

On the eve of Sankranti, a ladies special session was conducted in Mumbai. Dada's teaching of 'Grow by Giving' was well received and assimilated by all participants with everyone taking part in the interactive session enthusiastically.

In Vienna, the importance of connecting with 'The Source' was shared with all. A Maitreyi shared her experiences with Dadashreeji. She reiterated her own experiences with Dadashreeji, who is all loving and the best friend one can have; how He has been bringing about transformation in this era. The session concluded with a message from Dadashreeji culminating in the attendees taking part in a powerful meditation.



Stress management and meditation

19th Jan - Pune

A large group of police personnel from the Traffic Department in Pune attended the session. The way we manage stress, the way we set aside stress, the repercussions of stress on the physical body as well as mental health were discussed during the session. Techniques to deal with stress were introduced. An amazing transformation was witnessed during the meditation session. Attendees felt peace and bliss, and many experienced emptiness – a quiet within. The meditation session paved the way for them to connect to their 'Inner Self'. All officials, seniors as well as juniors, expressed their gratitude to Divinity for the guidance in helping them experience peace and joy. They are keen and looking forward to more meditation sessions and attending Bodh's in the near future.



Low Back Pain

Low back pain (LBP) is one of the commonest pains that human beings suffer from. The back bears a lot of stress ever since humans started standing on two legs (from the quadruped stage).

Although there could be many causes for LBP, the commonest cause is due to age related wear and tear. This is called Lumbar Spondylosis. However one should be aware of what are called 'red flags'(see Box 1). These are important symptoms/features which if present along with LBP warn us that the LBP is NOT due to the common lumbar spondylosis but could be due to other dangerous causes like infection, arthritis or a tumor in the lumbar spine.

In the common Lumbar Spondylosis, pain occurs in the low back when sitting or standing for a long time and is often relieved by rest. Initially the pain is only localized to the back. This is called LUMBAGO. Over a period of time the disc which is the structure between the bones of the spine slips behind and presses on the nerves which supply the leg (see figure). This is called SCIATICA. This is when the patient feels shooting pain down onto one of the legs along at times with pins, needle and numbness. If the pressure on the nerve is severe, the numbness worsens and the patient feels weakness of the area connected to the nerve. This not only causes pain but severely limits day to day activities especially walking.

Apart from examination by an orthopedic surgeon/ spine surgeon, specific tests need to be done to define the extent of the problem. Nowadays an MRI of the LS spine gives a good definition of the problem. Based on the severity of



Figure: Showing disc pressing on the nerve

the symptom and the MRI changes; the doctor then takes a decision whether to treat conservatively (no surgery) or surgically.

It is important to realize that most patients with Lumbago & Sciatica can be treated conservatively. Initial therapy includes a short period of rest (maximum a week) and tablets. Sometimes injections directly into the back joints are given if the pain is severe. As the pain reduces, exercises to stretch and strengthen the back muscles are initiated under guidance of a physiotherapist. It is also important to reduce weight. It is critical to learn to protect the back to prevent recurrences (See Box 2).

Surgery is usually reserved for those who have severe back pain which does not respond to simple measures and in those in whom, there is significant pressure on the nerve to the legs causing loss of sensation and weakness.

Prevention of this problem consists of teaching a proper posture and strengthening exercises (including yoga) from a school going age.

Box 1: RED FLAGS

1. Fever
2. Pain wakes the patient at night
3. Loss of appetite
4. Loss of weight
5. More than half an hour stiffness in the LB after waking up.
6. Raised ESR/CRP (these are blood tests)

Box 2: Life style measure

1. Turn to the sides before getting up from the bed
2. Bend down with the knees keeping the back straight while picking things from the floor.
3. Keep a small rolled up towel/pillow at the low back area while sitting
4. You may need to wear a LS belt while travelling over bumpy roads
5. To avoid sitting for too long especially with a poor posture.
6. To never forget to practicing stabilizing and strengthening exercises for the back.

Upcoming events

International Bodh I, II & III (Awakening, Purification & Path Divine) :

ShantiKshetra Premgiri Ashram

Bodh I: 4th April

Bodh II: 5th - 6th April

Bodh III: 8th - 9th April

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

Bodh I & II (Awakening & Purification) :

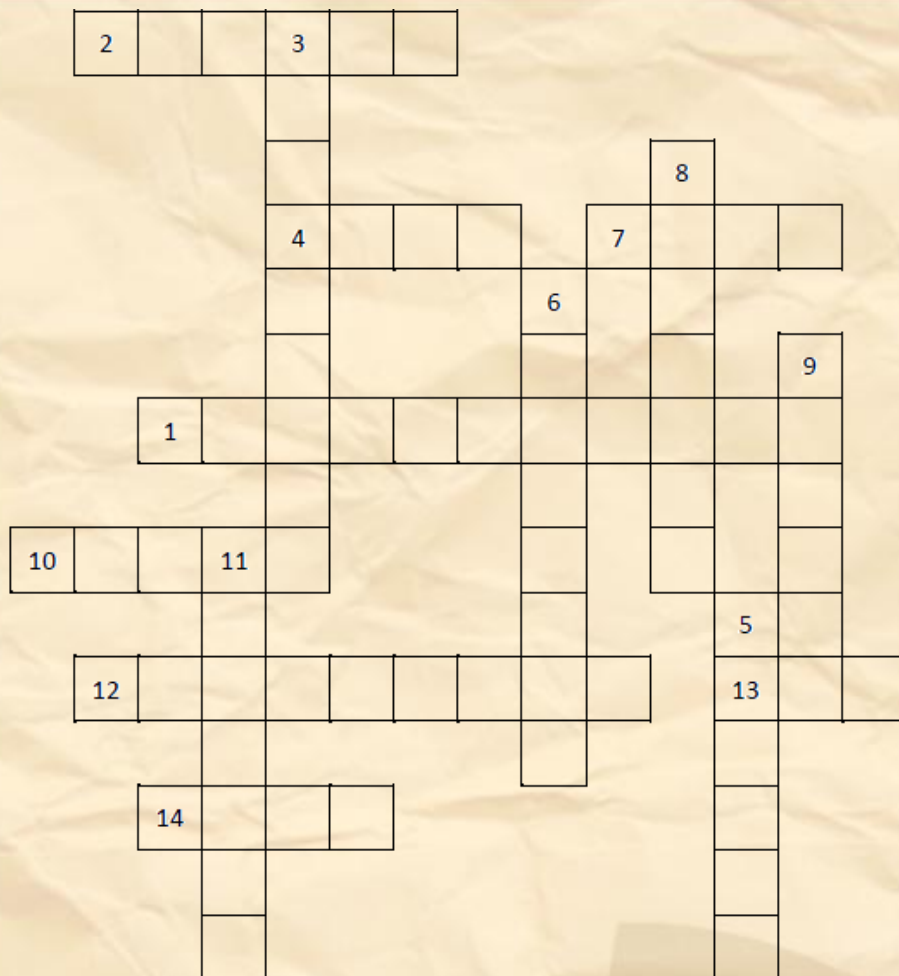
ShantiKshetra Premgiri Ashram

Bodh I: 18th March

Bodh II: 19th - 20th March

For International events, please mail us at:

international@maitribodh.org



ACROSS:

1. We all celebrated _____ birthday on 27th Dec 2015
2. Faith in the words of the Master is one of the qualities of the _____
4. Bodh 3 helps us to do this with the Divine
7. Only true ____ is real everything else is an illusion
10. Dadashreeji is here to deliver the experience of Love & _____
12. Surrendering to the Divine will _____ our lives
13. One cannot break this with their own efforts. To break this, one needs a Master
14. Dadashreeji says, "Love is your _____ nature."

DOWN:

3. It's time we all implemented the spiritual _____ that we have gained
5. Love & Selfless _____ are paths to experience Dadashreeji
6. "Transcending your mind" which is also called "Breaking the _____" is one of the Panch Sutras
8. _____ with the Divine takes one to internal stability
9. Nature teaches us to _____ & sharing
11. In our body there are seven primary _____ which functions as energy centers

Solutions for last month's game:

- 1) Giving;
- 2) Unconditionally;
- 3) Babaji; 4) Bodh;
- 5) Grace; 6) Walking;
- 7) Simple; 8) Praying;
- 9) Love; 10) Enjoys;
- 11) Service;
- 12) Transform;
- 13) Stand;
- 14) Spiritual

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Question: What should one pray and ask as the highest from the Divine?

Dadashreeji:

Your prayers and asking emerge out of your current state of mind. The materially influenced mind will ask for wealth, fame, social stability, marriage, job and so on. On the other hand, the spiritually seeking mind will pray for 'clarity in life', 'liberation', 'inner transformation', 'eternal peace' and 'supreme knowledge'. Since both prayers are born out of the mind, one cannot distinguish which prayer is superior or inferior to the other. Everyone has a right to pray for anything they desire for at that moment in time.

Let us look at it in another way. There are two kinds of minds that I have seen. One is of a lower grade – selfish and motivated mainly for material possessions. Here, the mind will carry the 'ego' of possessions and will expect respect from others. The life of these individuals is coalesced out of the identity they form through worldly possessions. Their confined living and closed pattern of thinking blocks the growth of the mind which leads either in harming others or causing mental depression due to an identity crisis. This type of mind, being limited and directionless, fails to ask from the Divine that which is right for them.

The other mind is of a higher grade, i.e. evolving. This mind is focused and acts to free itself from the false worldly possessions. It strives to search for answers at a higher level and not in the mundane and mechanical life. They too get confused as what to ask for, merely due to a lack of proper guidance.

Considering the above states, it is very important for you to know how the Divine views this. The 'Highest form', 'existence' and 'presence' in the universe is that of the Divine - unseen yet experienced and felt strongly within. 'That', who has constantly guided, supported and expressed love to you, in your most difficult times. What is it that the Divine wants you to ask or pray for? Is it being wealthy, famous or a powerful person in the world? As a spiritual aspirant, by now, you know that your true happiness does not lie in the external world, but within you, with 'Your Divine'. Being aware of this, why would the Divine want to fulfil your desire? Why should you ask for these mundane things? If the world is the source of pain, attachment and suffering, why should the Divine grant them? With the fulfilment of every desire, the sense of owning and possessing is strengthened – which in turn tightens the knot of the cycle of birth and death. It makes you more ignorant and materialistic – pushing you deeper into the well of fear, suffering and ignorance.

Ask for that which is not material but which will help you to navigate through this complex life!

Ask for the highest and not tiny things. Do not limit yourself to the small inconsequential things! Ask for the 'Eternal', 'Imperishable' and 'Persistent'!

The 'Highest' is the Divine and His Love. It is that 'Unconditional Love' that will nourish your fallen state and complete you from within. Ask for that 'Giver' Itself! Asking for less than this lowers your state of consciousness. Do not fall down to ask for something that your heart does not resonate with! Hence remember, ask for the 'Highest Divine Love'. It is the only remedy for all illnesses.

All Maitreyis and Mitras should evolve further and pray for that 'unconditional love and bond within' with their Divine. We, as a Parivaar are here to experience, teach and spread that love to all those in need.

Be wise and evolved!

Love and Blessings!

Dadashreeji!