

ANAHITA

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Monthly *e-Zine* from MaitriBodh Parivaar

Dear Divine Souls,

The mind is conditioned and thinks of only the self, but the heart knows the truth and feels for one's true higher self. It is in the heart that one experiences the Divine Love which helps one undergo true transformation and realise one's true self. Dadashreeji emphasises time and again that one should let the heart lead the way of one's life.

For the Mitras and Maitreyis of the MaitriBodh Parivaar, the experience of this Love which flows incessantly from Divine Friend Dadashreeji has become an integral part of their lives. And this Love then percolates to whoever comes in contact with them. Over the past few years, the Grace and Love of our beloved Dadashreeji has touched countless lives, and everyday more and more people continue to experience this Love through the MaitriBodh Parivaar all around the world.

The month of February passed by with a reinforced enthusiasm ever since the Manthan. A record number of Bodh I sessions took place in various parts of India; the same holds true for all other Maitri or Sambodh Dhyaan sessions. Besides the spiritual sessions, seminars on Women Empowerment and a teaching program for village children also took place. On the social front too there were some events – a disaster management workshop, among others.

All the different wings of the Parivaar are working tirelessly – be it the Spiritual SAT Team or the dynamic youth of YGPT. And each passing day the whole team is delving into their roles with renewed efforts and enthusiasm. With this dedication of the Mitras and Maitreyis and the Love and Grace of the Master, the transformation of the society, and thereby the world, is but inevitable.

- On behalf of MaitriBodh Parivaar



Cover pic : Women Empowerment seminar
At Vikas College, Mumbai



MaitriBodh



Your Grace

- a Devotee

**Do not flow
with the
positivity or
negativity,
but flow with
Divinity!**

- Dadashreeji

From 'One' many were created. From unity, duality and then multiplicity was created. Right/wrong, good/bad, black/white, positivity/negativity all occurred only after duality. All these attributes can change like the weather depending on circumstances. For instance, murdering a man is wrong but killing your enemy is right!

Divinity stands for unity. It is limitless and unchangeable and indescribable. Everything known and unknown is in it.

When you flow with Divinity you allow it to take you – wherever it wants you to go. There is full surrender. It takes you on a path which is good for all. It makes you give without conditions. You become 'One' with the 'Great River of Love'.

Bubble-wrapped in Your care and protection
Your Grace, warmth and affection.
No harm, no evil eye dare touch me
Because I am Dadashreeji's beloved baby.

Blessed..
Healed..
Awakened..
Humbled..

Looking at months gone by
I realise how You heard each cry
Shielded me from sorrows unknown
Drawn to You like a dog to a bone

Cocooned me like a bud in a rose.
You've been my words and my prose.
You are my shelter. You are my shade.
You are the maker and everything ever made.

Your ways, Your Grace
Beyond-my-understanding plays.
You are the doer. You are the instructor.
The umpire. The observer.

None can fathom Your creation.
You are the source and the Destination.
You are the prayer, the One we pray to.
You, we begin from. You, we merge into.

In the warm Embrace of your Grace
We are safely wrapped and furled
You have descended for Your loved ones
And all's well with the world.



SURRENDER

- Maitreyi Jagruti

It was my second or third visit to the Ashram. I was sitting in front of Babaji's Shrimurti. I felt a natural pull, a call to do something I hadn't done earlier in my life – to move into a 'sashtang pranaam', an obeisance performed by lying belly-down on the floor, arms and legs outstretched and in full contact with the floor. I remember feeling electrified and glued to the ground and stayed there for the longest while, absolutely reluctant to rise up again and join the world.

I might have stayed there for three minutes and in that time I learnt, through experience, what surrender really means. Dada says that He is here to deliver the direct experience to us, not to give us knowledge – many masters have already done that – but to help us learn and transform through direct experience. For me, in those three minutes, Dada's Grace helped me learn what surrender is, what it feels like and how it benefits us.

The first few micro moments of lying face down, on the floor, with my being directed towards The Divine, made me feel absolutely vulnerable. In this position I had no idea of what was going on around me, I had very little control on my body and its response to the outside, the floor felt cold and was a new, alien feeling. I felt anxious, uncomfortable and my muscles became tense and stiff.

Then I exhaled and became more aware of how it felt – 'in my body' rather than 'around my body'. The ground felt cool, strong, fragrant. I felt my body begin to relax into its loving embrace and started to feel a fusion. It seemed like I was talking in an unknown language to Mother Earth. All my uncomfortable feelings dissolved and I began to feel safer and safer. I felt a sweet, sweet sense of rest seeping into my body, my muscles relaxed and I began to experience a letting go.

In the span of three minutes, I experienced time slow down and eternity open. My heart became quiet, beating slower. It seemed to move into the ground. My mind was still and melted. I felt like a baby who has been rocked to peaceful sleep.

It was an experience of deep surrender, watching each and every action, thought, feeling and move away and dissolve into Ma's embrace till I was nothing, I didn't exist and all that I could feel was the molten glow of Babaji's profound Grace washing over me. I felt immense peace and bliss.

This happened that first time and continues to happen each time I perform this particular way of paying respect to the Divine. From this direct experience I am learning a lot about true surrender, what it means and what it feels like and what the benefits are.

I have learnt:

- Full Surrender happens with every cell in your body
- Surrender is by choice of faith not fear
- Surrender is not giving up, it is giving in
- Surrender to the Divine is the highest form of innocence
- Surrender doesn't mean we give up our responsibility of our actions
- Surrender means we give away the idea that there is an 'I'
- Surrender means a fierce love for our Master and the Divine
- Surrender means being a baby again, before thought arose in our being
- Surrender means permitting the mind to rest
- Surrender means allowing the heart to break open
- Surrender means preparing yourself for a true partnership with the Divine

The most beautiful part is that I could have heard about this, or read about it – but through the Grace of my Dada, I have learnt it... through real experience. Every time I remember this experience, it becomes alive for me again and in that very moment I reach a state of surrender. My heart turns within – into quietude and a new intelligence takes over my life.

I am speechless at the beauty of this gift I have received from Dada.



Once there lived a wise man in a village. He was adored by everyone in village, who were all enchanted with everything he said, except Bharat. He never missed an opportunity to contradict the wise man's interpretations and point out errors in his words. The innocent

villagers were disgusted by Bharat's behaviour, but could do nothing about it.

One day, Bharat passed away. The entire village participated in Bharat's funeral. During the funeral, the community noticed that the wise man was looking very sad. 'Why so sad? He found fault with everything you did!' said a villager to wise man.

The wise man replied, 'I'm not sad for my friend Bharat, who is now in heaven. I am sad for myself'. While you all revered me, he only challenged me, and so I was forced to improve. Now that he's gone, I'm afraid I might stop growing.'

Moral: When criticised, use this opportunity to improve yourself.

Fatigue is a very common problem encountered by many. It is usually due to a mismatch between the energy we possess and the actions/work that we do. In simple terms, if there is more work than energy – it results in fatigue.

Inadequate diet, inadequate exercises and disturbed sleep are some of the basic causes of fatigue. A balanced diet includes adequate carbohydrates, proteins, fat, vitamins and minerals. Due to prevalent food-fads and westernization of our diet, many times our food does not contain a healthy combination of essential nutrients. Again due our changing life style, we are getting less and less exercise in our daily life. Good quality sleep (note: not quantity) is extremely important to revitalize the body and allow it to produce and store new energy for next day's activity.

In most cases, fatigue may not point to an illness. However there some common diseases that cause fatigue.

Anemia: Inadequate red blood cells (RBCs) in our body, reduces the oxygen carrying ability of the blood to the tissues. Lack of oxygen in the tissues leads lack to of energy formation and results in fatigue. The two common causes of anemia are reduced production of RBCs or increased destruction.

Diabetes: Although sugar levels are high, lack of the hormone insulin (which causes diabetes) results in the inability of sugar to reach the cells. Apart from this diabetes, affects many organs including heart, muscles and nerves, which in turn can cause more fatigue.



Thyroid: Under-functioning of the thyroid gland (called HYPOTHYROIDISM) is an important cause of fatigue and weakness.

Infections: Any infection especially, chronic infections like tuberculosis is an important cause of fatigue in the acute stage as well as in the convalescent stage.

Heart/lung problems: Both cause significant fatigue. This is because these diseases interfere with the oxygenation of the blood (lung problems) and transportation of oxygenated blood (heart problems).

Muscle disorders: there are many muscle related disorders some hereditary and some acquired which can cause severe fatigue.

Stress: Causes fatigue by many mechanisms. Two of the important ones are lack of exercise and lack of restful sleep.

Others: Many other diseases cause fatigue including liver and kidney problems. These organs are important to eliminate toxins from the body. When the toxins are not regularly eliminated they can affect the oxygenation of the cells and fatigue.

Bodh I – Awakening to Self Realisation



6th Feb: Thane, Mumbai, 7th Feb: Amritsar, Baroda, Delhi, 21st Feb: Delhi, 27th Feb: Thane, 28th Feb: Delhi, Mumbai

Bodh Level – 1 was held in many cities in India. Seeker's have had profound experiences during meditation leaving them speechless, deeply touched and feeling overwhelmed with gratitude. Dadashreeji's Love and Grace continues to touch and transform many lives.



Budding Bliss

13th Feb: Primary School, Jambrung, Karjat

Project Budding Bliss - Igniting Young Minds

Through this project we aim to inculcate good values in children. A session was conducted for the Primary school children of Jambrung village in Karjat, Maharashtra. It was an interactive session with 60 children, from 5th to 7th grades participating actively and enthusiastically. The session was started by asking what positive actions each child took from the time he/she woke up. From the various answers that the children gave 'Personal Hygiene' was recognized as most essential to good health. The importance of Moral Values and the requirement of doing one's duty without expectation of rewards was explained.

Stress Management & Meditation Session:

26th Feb – with Baroda Police

Around 100 police personnel attended the session. The way we manage stress, set it aside and its repercussions on the physical as well as mental body were shared. Dadashreeji's teachings on how to deal with stress were introduced to them. All felt peace and bliss after the meditation.

Women Empowerment seminar

15th Feb: Vikas College, Vikhroli

An Interactive seminar on 'Women Empowerment' was conducted by a maitreyi Madhuraji on behalf of MaitriBodh Parivaar. The seminar was attended by over 200 students and teaching faculty. The speaker explained how one could empower oneself spiritually from within. The students were told to tap the immense power and potential that was lying dormant within them. The need and importance of being sensitive and respectful to all female was emphasized as the female form is that of a giver. Women need to respect themselves first and only then would others follow. Each one needs to identify the special gift that we have been bestowed with and use it as our strength. This would help in identifying the Purpose of Our Lives and help set clear goals and focus on achieving them.



Disaster Management workshop

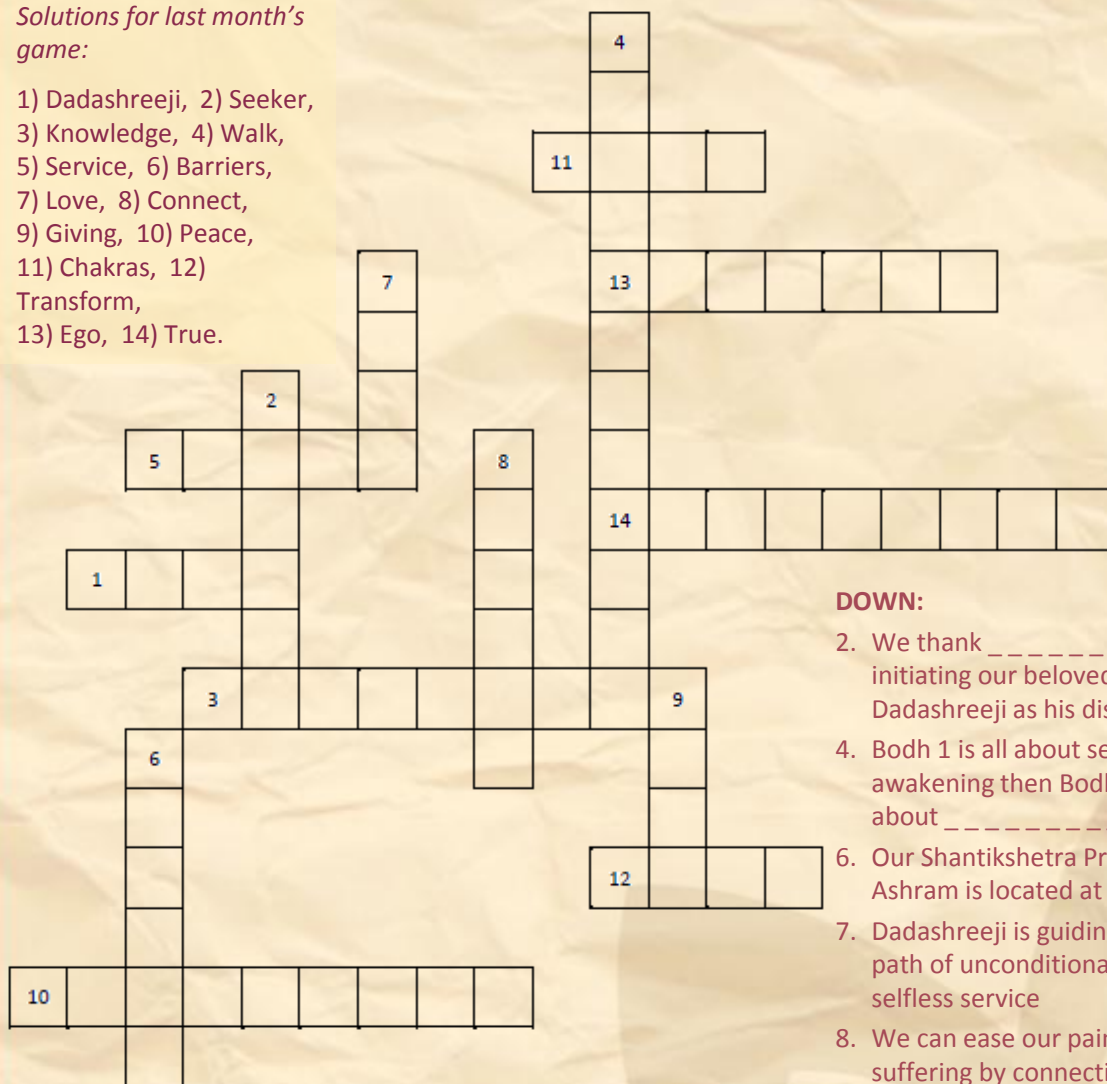
20th Feb: Vasant Kunj, Delhi

A disaster management workshop was organized by YGPT Delhi in association with Civil Defence. The two hour session was focused on raising the awareness on different types of disasters and how one can protect themselves or help others during such adversities. The workshop was a combination of theoretical understanding of various types of possible disasters and practical training, ranging from self-protection to small rescue operations.



Solutions for last month's game:

- 1) Dadashreeji, 2) Seeker,
- 3) Knowledge, 4) Walk,
- 5) Service, 6) Barriers,
- 7) Love, 8) Connect,
- 9) Giving, 10) Peace,
- 11) Chakras, 12)
- Transform,
- 13) Ego, 14) True.



ACROSS:

1. Think _____, Love _____, Thank _____
3. One of the qualities of a seeker mentioned in "Panch Gun"
5. Let us all unite to spread across the world ushering people in this Love & _____ era
10. Every _____ has a solution which we just need to find
11. Face all your tests with a smile & _____ spiritually
12. *My Spiritual School with Him* is the book written by Mitra _____ based on his experiences with Dadashreeji
13. _____ is the first step towards success
14. Dadashreeji is here to deliver the experience of love & peace by way of _____ ing people

DOWN:

2. We thank _____ for initiating our beloved Dadashreeji as his disciple
4. Bodh 1 is all about self awakening then Bodh 2 is all about _____
6. Our Shantikshetra Premgiri Ashram is located at _____
7. Dadashreeji is guiding us in the path of unconditional _____ & selfless service
8. We can ease our pain & suffering by connecting with THE _____
9. One of sutra of Panch Sutra which explains that you can grow when you learn to _____

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



VEDS – Heartfulness at Work

Transformational Workshop for Corporate Leaders and Entrepreneurs

Given the demands of today's business environment, organizations are demanding ever-higher performance from their employees. Employees are trying to cope by trying to do more with less. The result is exhaustion, burnout and disengagement from work.

The corporate world is largely achievement focus and operates from the mind level. We have a veritable powerhouse within us waiting to be tapped individually and collectively. To be able to do so we need to operate from our heart as well. In fact, research has shown that and effective integration of Mind and Heart can produce extraordinary results.

We invite you to avail this opportunity to make a difference in your organisation through VEDS – Heartfulness at Work. Limited seats. To register call us at:

09930030935 / 09930436236 or write to us at mbcs@maitribodh.org

Research shows that the Heart has a mind of its own. Access to Heart Intelligence results in:

- joy, love and courage in individuals
- collaboration, trust and support within teams
- positive environment, enhanced team work and innovation in organizations

We, at MaitriBodh Corporate Services – the learning and development arm of MaitriBodh Parivaar – are excited to launch a program for leaders and entrepreneurs in the corporate world titled V.E.D.S – Heartfulness at Work.

The program establishes the need for Heartfulness at the workplace. Being Heartful involves a 4-step process -V.E.D.S:

1. Vision – Connecting with the Higher Purpose of your Organisation
2. Energy – Awakening the potential of your people
3. Discovery – Reclaiming your True Self
4. Solutions – Igniting the Spirit of Contributor ship

The participants are given and empowered with tools and processes to co-create a transformed Heartful workplace.

Program Details:

Date: 23rd April 2016 | 9 am to 6 pm

Venue: Sofitel Hotel, Bandra Kurla Complex, Mumbai

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Question: According to you, what is that one reason stopping me in experiencing true Divine Love?

Dadashreeji :

Dear Friends,

It is your mind which is captivated by the beauty of the well-designed illusionary world which tempts one by offering sensual pleasures. Under the material influence, the mind expresses and acts in every possible way to possess everything that provides pleasure to itself. In the chosen journey of the mind, one eventually finds oneself caught up in the unending chain of worldly pleasures. This trapped mind is what stops you from experiencing true Divine Love. The irony is, that you are not even aware of the strong and powerful influence of materialism. You talk about freedom but in reality you are stuck in this mesmerising world.

Let me help you understand this. What happens to the human mind, in most of the times, when you buy a new smart phone from the market? You feel empowered on possessing the most advanced smart phone. You enjoy your freedom to access everything and anything that you wish to possess. With that tiny gadget, you possess the information of the entire known creation. The joy of owning an advanced smart phone provides a sense of achieving something special in one's life. If you reflect minutely, you will notice that you have confined yourself to that metal device. Whatever you received was only the information of the world, making you feel that you belong to this free world. In reality, you have become glued to this dead metal not realizing that you have been trapped within the self-created virtual world.

You can't experience truth, freedom and understand the real meaning of life just by possessing virtual information about it. You have to live it truly – in the real world. Watching famous cities and locations electronically and visiting those in person is altogether a different experience. Watching sports on a screen is fun but playing it physically is the pure joy. It gives you strength, shapes your character and redefines your individuality with positivity.

Everything around has a purpose of conveying something to you. It is not to bind you forever with that and trap your mind. The trapped mind thinks it is free – but in reality it is trapped within the self-created false world. For that foolish mind, whatever appears and disappears, begins and ends is well within the confines of the world. There is no attempt or even a desire to experience the 'truth of life'. It is only when you reach a dead end on your path; that you start looking for help, support and solutions.

Be aware of this trapped mind! What you can do here is not only to free your mind but also allow it to express and experiment with itself. Treat this mind as a gift of creation, make it your friend and allow it be guided by the Divine. The 'Grace and Love of the Divine' will make sure that you experience the 'Supreme Truth' and 'Divine Love'.

Remember, express your love to your dear and near ones!

Love and Blessings!

Dadashreeji !