

From the Editor's Desk

Dear Divine Souls,

In today's tumultuous life more often than not every event contrary to one's expectations drawing forth appeals to Divinity invoking the Creator to remove pain and suffering as understood by the limited and conditioned mind. By force of habit and limited understanding we tie ourselves into a loop of misery and confusion unable to break free from negativity. Yet the fact is that we have tremendous powers of prayer within us – the energy of which can never be wasted. The power of a heartfelt and positive prayer is such that Divinity immediately harnesses the energy and that which is our highest good is given to us. We cannot immediately comprehend what is for our highest good. That decision lies with the Divine.

A single heartfelt prayer carries huge energy. Dadashreeji has clarified that we need to first transform ourselves and resonate with Divinity and thereafter others who are connected with us will automatically follow. In order to enhance the power of positivity it is important that we stay in good company in wholesome surroundings and get the correct guidance. Towards this goal Divine Friend Dadashreeji inaugurated the Delhi MaitriBodh Aarohan Centre in Gurgaon on 27th March. This Centre will provide a conducive environment required by seekers to connect with Divinity get established in truth and peace, define our internal journey and fulfill the purpose of our life.

More and more seekers have been given an opportunity to bond with the Divine through the various maitri, Bodh and other transformative sessions held across India and abroad. More and more devotees in the US joined sambodh dhyaan sessions held over Skype. Devotees across the globe are invited to connect with us and share the energy generated during these sessions.

The International Bodh shall be held at the Ashram from the 4th through the 9th of April where devotees shall get an opportunity of being in the presence of Dadashreeji as they take part in the three levels of Bodh.

- On behalf of MaitriBodh Parivaar

ANAHITA

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MaitriBodh Aarohan Kendra
in Gurgaon



We have forgotten the Creator Himself and are lost in HIS creation, searching for peace all over the world, whereas peace lies in true bonding with the Source of All.



Peace is a state of tranquility and serenity. When we are in the womb we are with the divine and experience peace. We forget this very soon after birth.

After birth our sense organs are opened to the outside world and we experience god's bountiful and varied creations. We learn quickly to differentiate between those things that give us peace and tranquility and shun those things that give us pain and unhappiness. However objects of desire do not give us unlimited peace which is what we are looking for. We keep searching all around in vain for this everlasting peace.

Everlasting peace can only be attained when we move towards the Creator. But alas we have forgotten who our Creator is and where He is!!!

The Divine path consists of turning our face away from the creations, towards the creator (gurmukh). This slowly increases the peace we are looking for. We also realize that creator is nowhere else but within us. Eventually everlasting peace is attained when we merge with him.

Thank You God

For many a year I have been asking You, "O mere Khuda tell me my purpose."

But this past year, You not only revealed Yourself but also answered my questions. You connected me to DADA, a living Master & life became complete.

Through His Grace I was able to see what a very few could see & I was able to do all that He wanted me to do.

And it's only through His grace that life, however difficult it may seem, has given me an inner peace, joy & contentment.

(However that contentment goes for a toss when I get to see my DADA)

So I thank you my God, my Dada for being there for me and all mankind.

Thank you for your experiences, teachings, humility, patience & Grace.

In return I surrender myself at Your Lotus Feet.

Will spread love, peace & joy to everyone that I meet.

DADA is there so there's nothing to fear.
Thank You God for being so near.

Only One Move



A 10-year-old boy decided to study judo despite the fact that he had lost his left arm in a devastating car accident. The boy began lessons with an old Japanese judo master. The boy was doing well, so he couldn't understand why, after three months of training the master had taught him only one move.

"Sensei," (Teacher in Japanese) the boy finally said, "Shouldn't I be learning more moves?" "This is the only move you know, but this is the only move you'll ever need to know," the sensei replied.

Not quite understanding, but believing in his teacher, the boy kept training. Several months later, the sensei took the boy to his first tournament.

Surprising himself, the boy easily won his first two matches. The third match proved to be more difficult, but after some time, his opponent became impatient and charged; the boy deftly used his one move to win the match. Still amazed by his success, the boy was now in the finals.

This time, his opponent was bigger, stronger, and more experienced. For a while, the boy appeared to be overmatched. Concerned that the boy might get hurt, the referee called a time-out.

He was about to stop the match when the sensei intervened. "No," the sensei insisted, "Let him continue." Soon

after the match resumed, his opponent made a critical mistake: he dropped his guard. Instantly, the boy used his move to pin him. The boy had won the match and the tournament.

He was the champion. On the way home, the boy and sensei reviewed every move in each and every match. Then the boy summoned the courage to ask what was really on his mind.

"Sensei, how did I win the tournament with only one move?"

"You won for two reasons," the sensei answered. "First, you've almost mastered one of the most difficult throws in all of judo. And second, the only known defense for that move is for your opponent to grab your left arm."

The boy's biggest weakness had become his biggest strength.

:: Moral of the Story ::

Sometimes we feel that we have certain weaknesses and we blame God, the circumstances or ourselves for it but we never know that our weaknesses can become our strengths one day.

Each of us is special and important, so never think you have any weakness, never think of pride or pain, just live your life to its fullest and extract the best out of it!

Sweet Lassi

In the eyes of the Divine, we are naught but little children. No matter what our physical age might be, no matter how much we think we know of things or the world, we remain little children, His children. And He unconditionally loves us like a most loving Father; giving us strength when we are weak, showing the path when we falter, and most of all always being there for us whenever we need Him (and even the times when we think we don't).

It was one of the rare occasions when our Divine Friend had visited Delhi and I got an opportunity to be in His physical presence. Along with a few Mitras and Maitreyis we had gone out from the MaitriBodh Aarohan Kendra in Gurgaon. In one of the places that we visited, there was a game that everyone wanted to participate in. However, among us there was a little child who was very scared to join in. No matter how much everyone tried to persuade her she still would not budge.

Sometime later, before we returned, we decided to have some refreshment since it had been a rather hot day. All of us sat at the table with Dada drinking something or the other. The child sat beside Dada happily sipping on a glass of sweet lassi.

As she was enjoying her drink, Dada asked her, "What are you drinking?"

"Sweet lassi," she replied.

"How do you know it's sweet?" Dada enquired smilingly.

In her innocence, she replied, "Because mummy told me."

Dada lovingly prodded on, "But how do you know what you are tasting is sweet, and not something else?"

The child thought deeply wondering what it could be. Then after a while, her face lit up and she said, "I know it because my mind is telling me."



"Exactly," said Dada. "What you are feeling is in your mind. You do not know what it is; it is your mind that is saying it is sweet."

Dada continued, "When you are afraid, it is the same. There is nothing to fear, but it is just your mind. The fear exists only in the mind."

Many times in our lives, we get so hassled by the way things are that we forget to actually enjoy the moment. We get so wrapped up in our fears that we don't want to try something new, something different. All that is required is to face the fear; the moment we experience that it is all only in the mind we will not even realise when we overcame the fear.

The glass of lassi was indeed very sweet, but what our beloved Father made us realise with it was the sweetest elixir.



Bodh - Awakening to Self Realization:

Amritsar - 13th Mar | Baroda - 5th Mar |
Bengaluru - 6th, 26th Mar | Delhi - 6th, 26th Mar
Moers (Germany) - 20th Mar | Mumbai - 12th, 19th,
27th Mar | Switzerland - 19th, 20th Mar
Vienna - 17th Mar

Bodh - 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 positive step towards Divinity.

Maitri sessions

Mumbai, Delhi, Thane, Pune, Satara,
Moers (Germany)

All the sessions saw people from different walks of life flowing in unison and enjoying the grace and love of the Master. The teachings of Dadashreeji were received well by the seekers. The meditation sessions thereafter filled all with immense love and peace.

Meditation Sessions are being conducted all over the globe. Sambodh Dhyaan sessions are being held regularly every week over Skype in the US. Participants have been felt inner peace on an experiential level, while many have had mystical experiences.

MaitriBodh Aarohan Kendra

Gurgaon - 27th Mar

The first MaitriBodh regional center was inaugurated in DLF Phase 2, Gurgaon, in an event graced by Love Incarnate Dadashreeji. Our beloved Dada has blessed the Center with the name of MaitriBodh Aarohan Kendra. The Center will host weekly havans and a myriad of Bodh and other spiritual sessions.

MaitriBodh Parivaar at

Simhasth Kumbh Mahaparv

22nd April to 21st May

'Simhasth Kumbh Mahaparv' is one of the four 'Kumbh Melas' celebrated by largest spiritual gathering on Planet Earth. It is celebrated by taking a holy dip in the sacred river Kshipra in the ancient and religious city of Ujjain (Madhya Pradesh). Simhasth Kumbh Mahaparva is based on the celestial line-up of Planets and the Signs of the Zodiac, which occurs every 12 years. This year, MaitriBodh Parivaar is going to be a part of this great event.

For more details, request all interested sevaks to please contact Maitreyi Vandana: 9322290211 or Mitra Arun: 9752531945.





More than just joint pains, Rheumatoid Arthritis most often occurs in young (especially women) in their 20s and 30s. It causes significant problems in the prime of their life when they have to work, get married and plan a family. Inadequately treatment leads to joint damage, deformities and immobility. Apart from joints in some patients, RA can cause significant dryness of eyes and mouth, lung fibrosis, inflammation of sclera and inflammation of blood vessels. Early atherosclerosis and heart attacks are can occur. Further due to a variety of reasons, patients with RA, die 7-8 years younger!

Pain, swelling and morning stiffness in the small (hand and feet) and large joints are the typical symptoms. These usually last for a few weeks to months. Along with this they also have a feverish feel, loss of appetite and weight.

Patients with RA should see a rheumatologist as soon as possible to get appropriate investigations done, and initiate therapy to prevent deformities.

The most important aspect of the management is patient education. Patients must understand the following facts:

1. RA is a chronic disease like diabetes and hypertension.
2. At present (just as in the case of diabetes) there is no cure but there are excellent medications to control the disease.
3. Untreated the patients suffers progressive damage and deformity.
4. Experiences with medication as to how and when to use them has reduced their efficacy and reduced their toxicity.

5. Normal nutritious diet is required. There is no need for restriction of any type of food.

Therapy includes medications to relieve pain and medicines that control the underlying disease (DMARDS). Nowadays with good DMARD therapy the need for regular painkillers is going down. Early institution of Disease Modifying (controlling) Anti-Rheumatic Drugs (DMARDS), like hydroxychloroquine, salazopyrine, methotrexate or leflunomide leads to quick control of the disease. These act over a period of few months to control the immune system abnormalities and inflammation. This leads to reduced joint damage, deformity, need for joint replacement and improved life expectancy. Over the last few decades “Biologic” agents have further added to the therapeutic armamentarium. These are very effective agents which are now being used when RA does not get controlled with DMARDS.

Regular physiotherapy is a must. Exercises to improve stamina, flexibility of joints and strengthening of the joints are all prescribed by a physiotherapist.

Surgery may be needed in selective patients. Persistent swelling in the joints in spite of medicines and significant damage to the joint are two important indications for surgery. With advances in both anesthesia and surgical techniques, more and more patients are undergoing surgery successfully.

With early diagnosis and better therapy, the outcome for patients with RA has improved dramatically in the last few decades and is no longer bleak and hopeless.

Upcoming events

Bodh I & II (Awakening & Purification) :

ShantiKshetra Premgiri Ashram

Bodh I: 29th April

Bodh II: 30th April – 1st May

Bodh III (Path Divine) :

ShantiKshetra Premgiri Ashram

15th – 17th July

For regional Bodh I (Awakening to Self Realisation) or other spiritual sessions / social events, please connect with us on the regional details given on the next page.

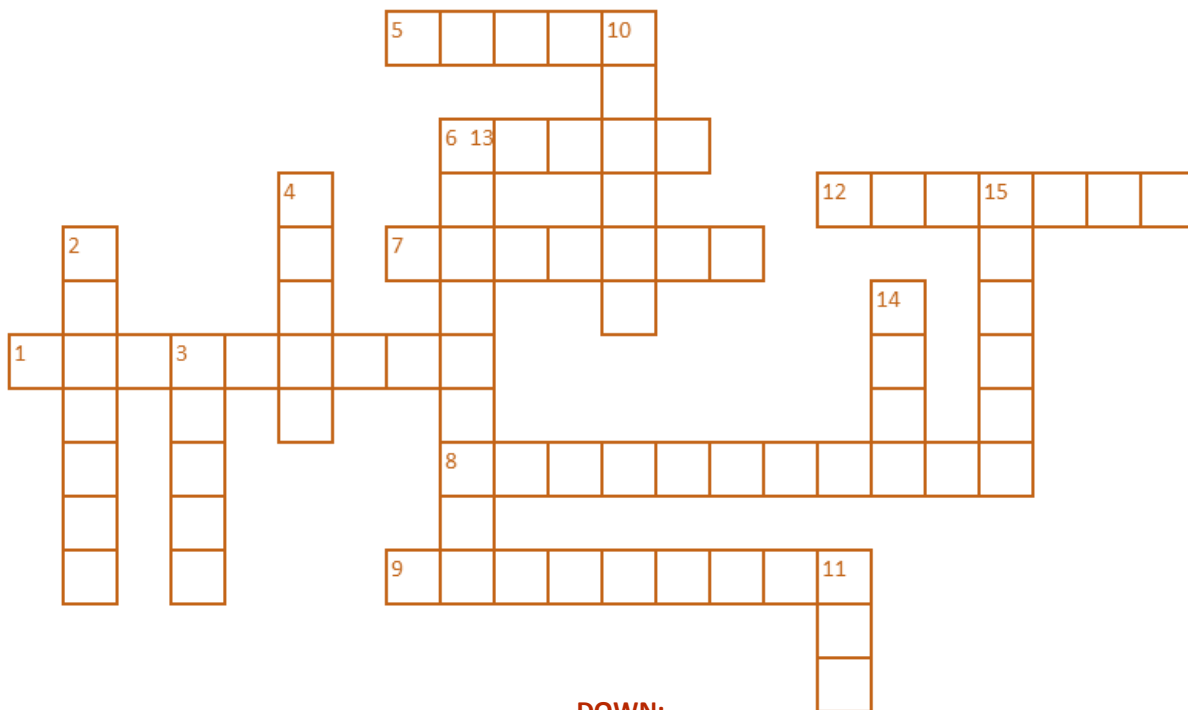
MBCS (MaitriBodh Corporate Services) sessions:

V.E.D.S. workshop

23rd April at Sofitel, Mumbai

TEDx Talk: “Being Heart Conscious at Work”

9th April at Juhu Vile Parle Scheme, Mumbai



ACROSS:

1. Meaning of Bodh
5. The colourful festival of Holi signifies ones _____ & devotion towards the Divine
7. MaitriBodh Parivaar is a family of _____
8. He is our Divine friend, guide & a transformation specialist
9. We must all be humble & offer this to our Divine
12. _____ dhyaan helps us to connect with the Divine & focus on our third eye
13. We must all selflessly _____ mankind in whatever way we can

DOWN:

2. _____ with the Divine is needed to ease our problems & sufferings
3. Good thoughts, good _____ & good deeds are the need of the hour
4. Our body has _____ main chakras that we must focus on during Chakra meditation
6. We must all _____ everything at our Master's lotus feet
10. Many _____ were conducted on Mahashivratri to thank Lord Shiva & to ask for his blessings
11. Dadashreeji is the best person to crush our _____
14. Unconditional love will give us _____ happiness
15. He has sent our beloved Dadashreeji to spread peace, love & joy everywhere

Solutions for last month's game:

1. Dada, 2. Babaji, 3. Listening, 4. Purification, 5. Peace, 6. Karjat, 7. Love, 8. Divine, 9. Give, 10. Challenge, 11. Grow, 12. Jeev, 13. Failure, 14. Transform

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

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Question:

In this practical world, what can help me to keep going in critical situations?

Dadashreeji :

Dear Friends,

Human life is a choice that you opted for. The only reality that you realise when you see around is that you are a living human being in the world. The breath offered to you by nature is a blessing to keep you alive. No one can take it away against the will of the Divine. You don't even have to struggle to breathe air from your surroundings. It is naturally nourishing your inner being. So, remember that you are very much wanted by Nature. Every breath that you take is a proof of Divinity wanting you to live in this world. Know this, your being here in the world is the will of the Divine for a good reason. That good reason is for what you took birth, which forms the purpose of your life.

The Divine conveys to you through the breath offered, that you have a purpose to fulfil in this life. The purpose of life is always positive and constructive which progressively evolves into an all-inclusive, higher and harmonious purpose. The only question is – how well do you participate with the flow of life, happily and healthily? The purpose of life has always been positive. It depends on how you perceive it. I do not see any purpose to be negative as the purpose of earth's life is for the positive growth of all beings. The awakened and sensitive mind identifies it and uses it for its own positive growth encouraging others and facilitating their growth. So, your growth defines your perceptions towards your life that you form, whatever it is – right or wrong.

First point I suggest here is to change from your confined, restricted approach towards life to an open one, exclusively directed at your intrinsic growth. This frame of mind will never fail you or cause failure in your life. You grow with it happily whereby you also help others in your journey of happiness and growth.

This open approach further gives rise to the emergence of 'Hope' factor. Next point to consider here is the Hope – being an optimist. No matter what situation you go through, Hope is the mobilising factor for internally handicapped ones. It keeps you driving through the critical path of life. It is Hope that keeps you alive. No hope is no life. Hope gives you a direction, a reason to live, a foundation to build, fuel for success and a purpose to fulfil.

Hope is like a first ray of the day, gradually transforming into the sunny day – the day of all possibilities, prosperity and success. Keep doors of your mind open and allow that first ray of light to enter within you, creating a space for that last left hope! As you grow, this hope will expand into brightness of joy and love. Soon, you witness a life that you had dreamt of or conceived before. Hence, I say, be ready to walk through the path of life with hope and a firmly well-directed mind. Love and success become your friends.

Remember, you grow in life as you flow easily with the Divine !

Love and Blessings!

Dadashreeji !