

From the Editor's Desk

Dear Divine Souls,

The month of May has come to a close and there is some relief from the heat although, at the time of writing, we are still wait for the life giving rain. This is a beautiful time to be at the Premgiri Shantikshetra Ashram – the abode of the Divine Mother, of Mahavataar Babaji and of our most dearly beloved Divine Friend Dadashreeji. By early June, large and dark clouds will cover the sky and leaves will look greener, brighter. The smell of the first rains will pervade the atmosphere and we will witness the incessant miracle and cycle of creation.

Dada's essence and consciousness will be in each raindrop as it falls onto the parched earth, just as His Love cascades into our waiting hearts.

One of the ways Dada's love reaches us is through His teachings and most of all through His presence and voice. When we read Dada's words, His message in Anahita, we receive much more than the meaning or the insight, we receive His entire presence and His voice rings in our ears. That is what is truly precious about the message, the very experience of being in His presence.

We invite all of you, our dear readers, to savour that experience with each edition of Anahita. We also invite you to spend a few moments reading through the other contributions from our Mitras, Maitreyis and news about the Parivaar from the different corners of India and the world.

The Mission of love and of bringing humanity into direct contact with Divinity is spreading and growing each moment. The Maitri Bodh Parivaar is composed entirely of people who are here to offer Seva and is fully voluntary. As Dada says, 'One day, you will be proud of what you have created.' We invite you to join that swelling pride; of noticing how efforts are reaching farther and farther each moment.

This past month the efforts of His Mitr's, Maitreyi's and devotees have helped spread Dada's Grace across several countries in Europe leaving people spellbound of their experiences of His Love. In India an equally powerful experience was enjoyed by the staff and inmates of Tihar Jail (India's largest prison) through a Bodh session. This was followed by a Stress Management Session for Delhi Traffic Police and a Bodh for children of an orphanage.

Stay with us and read all about this and more in this beautiful edition of Anahita.

- On behalf of MaitriBodh Parivaar

ANAHITA

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June 2016

Monthly *e-Zine* from MaitriBodh Parivaar



Cover pic : Transforming lives
at Tihar Jail, New Delhi



MaitriBodh

*Meaning of life
cannot be taught
or explained;
it can be only
experienced through
Divine Grace.*

His Words

We are all in the pursuit of the meaning and purpose of our lives. Few of us start this pursuit on our own and for a few the pursuit starts after a calamity.

We try to discern the meaning of our lives by using our brains or mind. But this leads us nowhere. There are many things which happen that our mind cannot comprehend. There are situations, puzzles in daily life which our intelligence cannot circumvent.

When our mind becomes quiet, Divinity speaks to us in a clear voice. Constant contact with Divinity enables a perspective that our mind alone is unable to appreciate. Divinity makes us experience the truth that things are interconnected. It shows us examples of cause and effect. It awakens us to the impermanence of things. It shows without doubt that our lives are for others. It compels us to become an embodiment of Love.

Hence Dada in this quote says “the meaning of life can only be experienced through Divine Grace”

Story Time

There was once a young boy who used to get angry very often.

His father decided to give him a bag of nails one afternoon, saying: “Son, when you get angry take one of these nails and simply nail it into the fence in our backyard. You will feel better by releasing your frustration.”

After the first day, the young boy had nailed 25 nails into the fence.

But as the weeks went by, the young boy grew more aware of his anger and put fewer and fewer nails into the fence.

Although he never denied the anger that was there, in time, he found it easier to silently experience his anger and then release it rather than angrily nail the nails

into the fence.

Finally, the day came when the young boy stopped losing his temper completely. On that day, his father said to him: “Son, now go to that fence and pull out a nail for each day that you could manage your anger and hold it in a responsible way.”

A few days later, the boy went to his father and told him that each nail had been removed from the fence.

The father replied: “I am proud of you son. I would like you to look at the holes that you have made in the fence.

“When things are said in anger, irritation or frustration, you can put a hole into someone just like you have put a hole into that fence.

“Although you may retract your words and apologize, the scar can remain for a long, long time. So be kind. Be compassionate.”

What is Meditation ?

Maitreyi Roopa



Gratitude

Maitreyi Jagruti

*I closed my eyes
I dropped my head
I looked into my heart*

*After a long silence
I found you there
Smiling*

*Nothing else
Was or could be
More important*

*I bow in gratitude
For our meeting
In this way*

*Dearest Dada mine
Give me this
Each day, each day*

Conducting a session of Sambodh Dhyaan was fun both for the participants as well as for me. The Dhyaan is so well structured by Divine Friend Dadashreeji that whoever undertakes this journey is bound to flow effortlessly and naturally to meet their Divine - within a few minutes of the sadhana losing themselves into bliss, oblivious of the happenings of the outer world. As for me, I enjoyed listening to the experiences of bliss, peace and divine dalliance which the seekers so eagerly shared at the end of the session. I look forward to conducting more such sessions and as Dadashreeji says **‘being an instrument for people to connect to their Divine’**.

Post one such session, I was contemplating - what if someone asked me ‘What is meditation?’ What would be my answer? From my own experience I might say Connecting to the Divine’ or from the books I’d read it might be; ‘turning your gaze inwards’ or ‘contemplating on God’. Many such intellectually satisfying answers came to mind. Even though all these answers were correct and would satisfy an inquiring mind, I was far from satisfied. I wanted something original and truly fundamental. When one has Divine Friend Dadashreeji to guide - why settle for anything less. I put forth this question internally to Dadashreeji eagerly and with equal eagerness to guide, Dadashreeji very simply replied ‘Mediation is - Being ‘THAT’. My immediate response was - ‘Wow!!! what a beautiful and profound answer!’

I made a mental note of this. Each of us at this very moment are engaged in actions to do something; to achieve something and in order to do that we think about it, we contemplate how to do it and thereafter initiate it. It might be some short term goal like cooking or taking care of a baby for a house wife. For a professional it might be meeting targets or making profits. For a sport person it might be winning those medals which he dreams and longs for. From childhood each one of us is focused on doing and being ‘THAT’ what they want to be. Yes indeed, each one of us is mediating in a sense ‘to Being what we want to be, a very good house wife, an exemplary professional or the greatest sports person.

When this goal is met and the mind is no longer satiated in meditating on these material and transitory needs of the body or the mind, there arises the need for a higher meditation. A need to satisfy the soul itself, a need to being ‘THAT’, a need to being the ‘eternal source of joy and bliss’ which alone can satisfy the soul.

Sambodh Dhyaan is the most beautiful route to ‘Being THAT’.

The importance of Guru Purnima

अनेकजन्मसम्प्राप्तकर्मेन्धनविदाहिने ।
आत्मज्ञानाग्निदानेन तस्मै श्रीगुरवे नमः ॥

*Aneka-Janma-Sampraapta-Karme[a-l]ndhana-Vidaahine |
Aatma-N.jaana-Agni-Daanena Tasmai Shrii-Gurave Namah ||*

Meaning: *Salutations to the Guru Who Burns away the Fuel of Karma (results of works impressed on the mind) which are Accumulated over Many Births, By Giving (Kindling) the Fire of Self-Knowledge; Salutations to that Guru.*



Such is the greatness accorded to the 'Guru' in Hinduism and a day dedicated to honor all Gurus' is Guru Purnima – a very auspicious day in the Hindu calendar. This day is traditionally celebrated by Hindus, Jains and Buddhists to pay their respects to their teachers and express their gratitude. The festival is celebrated on the full moon day (Purnima) in the Hindu month of Ashadha (June–July) of the Shaka Samvat, which is the known as the Hindu calendar. This day marks the first peak of the lunar cycle.

The celebration is marked by ritualistic respect offered to the guru – 'The Guru Puja'. The 'Guru tatva' or Principle is said to be a thousand times more active on the day of Gurupurnima than on any other day. The word Guru is derived from two words, gu and ru. The Sanskrit root gu means darkness or ignorance, and ru denotes the remover

of that darkness. Therefore, the Guru is one who removes the darkness of our ignorance. Gurus are believed to be the most necessary part of life. On this day, disciples offer puja (worship) or pay respect to their Guru (spiritual guide) to express their gratitude.

Traditionally the festival is celebrated by Buddhists in honor of Lord Buddha who gave His first sermon on this day at Sarnath, Uttar Pradesh, India. In the yogic tradition, the day is celebrated as the occasion when Shiva became the Adiguru (first Guru), as he began the transmission of yoga to the Saptarishis. Many Hindus celebrate the day in honor of the great sage Vyasa, who was believed to have been born on this day, and to have started writing the Brahma Sutras on this day. Their recitations on this day are a dedication to him, which is also known as Vyasa Purnima.

As a day of remembrance towards all Gurus, through whom God grants the grace of knowledge (Jnana) to the disciples, singing of bhajans, hymns, special kirtan sessions and havans are organised at many places. Devotees from all over gather at the ashram, math or the seat of Guru to pay their respects and offer gratitude. This day also sees the ritual of padapuja, the worship of the Guru's sandals, which represent his holy feet and is seen as a way of rededicating to ALL that a Guru stands for. Disciples also recommit themselves towards following their teacher's guidance and teachings, for the coming year. This day is also seen as an occasion when fellow devotees, Guru Bhai (disciple-brother), express their solidarity to one another in their spiritual journey.

This year Gurupurnima falls on 19th July and the MaitriBodh Parivaar has arranged for spiritually uplifting and engaging programs to celebrate the day and express their gratitude to Divine Friend Dadashreeji, both at the ashram and at Mumbai. The details of the programs are given below.:

Date: 16th July 2016 (Saturday)

Time: 5 - 9 pm

Venue: Swaminarayan Temple, Satsang Hall, Dadar (E)

Date: 19th July 2016 (Tuesday)

Time: the celebrations will begin at 7 am

Venue: ShantiKshetra Premgiri Ashram, Karjat

Awakening to Self Realization

(Bodh.1)

8th May - Gurgaon | 21st May - Mumbai
19th, 30th & 31st May - Delhi

The highlights of the Bodhs in the month of May were the two Bodhs held in Delhi : Bodh for the Tihar Jail inmates and Traffic Police officials.

'Imprisonment of the body is bitter but imprisonment of the mind is worse.'

The Bodh at Tihar Jail on 19th May was an extraordinary experience. All the Sevaks felt the pain of the souls during the session. The internal prayers and cries of the inmates for spiritual relief were heard and answered by Dadashreeji. They were overwhelmed to see strangers showering love and care on them.

Dadashreeji's Grace and Blessings were showered in abundance, helping and healing their souls leading to their transformation. Thank you, Dadashreeji for giving us this wonderful opportunity to take your message of Love to those who have been bereft of it. A calendar of activities is being planned as requested by the authorities to ensure a continuous process of growth and healing for the inmates.

"Unless you learn to see your own shadow, you will continue to see them in others, because the world outside of you is a reflection of the one inside."

Towards the end of the session the Traffic Police officials shared the stressful lives they lead and that they experienced for the first time, a feeling of peace and lightness. The sessions were powerful and received an overwhelming response from the attendees who have been incessantly requesting for weekly sessions.

Akhand Jaap

17th May - Pune | 21st May - Gurgaon

Akhand Jaaps or chanting for World Peace was held in Gurgaon and Pune while devotees joined over Skype from Los Angeles, San Francisco and Chicago. The surge in energy after the jaap was felt by all.

Stress Management Session

17th May - Delhi

A session on Stress Management was organised for the Delhi Traffic Police department. Traffic Policemen attended this session which gave them clarity about the causes of stress and the ways to cope with it. The session concluded with a meditation session to establish the connection with one's true higher Self. Immense calm descended on all participants during the meditation and some expressed that they lost the sense of space and time and felt themselves receiving Divine energy. MaitriBodh Parivaar has been invited for further sessions with the Delhi Traffic Police Department.

Meditation Sessions

21st May - Gurgaon, Pune

On the auspicious occasion of Buddha Purnima, the powerful 'Sambodh Dhyaan' was introduced to the participants. Extremely high energies and a state of profound inner peace was experienced by all. Some of the participants were so touched that tears rolled down their cheeks and they lifted their hands to receive the Grace that flowed powerfully on that blissful evening.



Bodh for Children

29th May - Mumbai

The children from 'The Little Angel orphanage' at Madh Islands, were a part of the enriching experience. The session started with making them aware of their strengths and weaknesses. The importance of Prayers was shared. Values like respecting elders and many more were imparted through stories. The children were absolutely engrossed during the interactive session and yearned to experience more.



Share to Care

8th, 11th May – Delhi



YGPT Delhi visited the Earth Saviours Foundation (an old age home cum asylum) and Prem Daan (an asylum for mentally challenged women) in its 'Share to care' drive. While food was distributed at the Earth Saviours', basic toiletries and other amenities were distributed at Prem Daan. It was heart-touching experience to spend some time with those beautiful souls there. There was much to share and care.

Jeev Karuna month

May 2016 - Delhi NCR

YGPT Delhi dedicated the month of May in Jeev Karuna (Animal Welfare) with a number of events. Through the month, water bowls were kept at various locations around Delhi and Gurgaon for the benefit of homeless dogs. The roadside vendors were sensitized to refill the water every day.

An interactive session on animal welfare was conducted in association with The Animal Fan Club, an animal-welfare NGO. The talk focused on homeless dogs and the need for animal care was highlighted, and issues like animal health and common ailments were addressed.

Visit to Gaushala (Cowshed)

7th May – Amritsar

YGPT Amritsar made a follow up visit to the local cowshed to examine the progress. The team introspected as to what further measures could be undertaken for the betterment of the shelter. The cows were fed with bran. Overall it was a great event on a beautiful day which reiterated team YGPT's belief that it's not we who save the animals, it's the animals that save us.



Reunion with Divine Love



20th May - Moers | 22nd May - Vienna | 24th May - Milano | 29th May - Winterthur

Seekers in Europe received Divine Energy and Love feeling the profound peace after the session with Dadashreeji. They found it difficult to express their experiences and feelings in words.

One of them shared,

"An encounter with Dadashreeji can change your life. Experience of unconditional love, new consciousness, a life full of joy, love and inner peace and so much more can happen. The only what you have to do is: Say YES and open your heart for the Divine Love. Thank You, Dadashreeji!"

It was truly an amazing experience for those who participated in the 'Reunion with Divine Love', the Darshan of Love Incarnate – Dadashreeji. Dada shared the hidden and deep truths of life that had a profound effect on the spiritual seekers present. The hall was filled to the maximum limit. Each attendee received answers to their specific questions and felt that the 'Darshan' was tailored for them alone. For them, it was the end of a lifelong search for answers.

"I have no words to express, I want to talk, but I'm unable to. I don't know what's happened. What's left is simply tears of sheer joy and bliss. There is SO much love and grace which has filled my heart. Thank you, thank you Dadashreeji for this most memorable evening in my life."

- From a seeker who attended 'Reunion with Divine Love' at Moers, Dusseldorf, Germany.

After nearly 2 years, the seekers at Winterthur received an opportunity to attend a Darshan of Divine Friend Dadashreeji in their home town. The seekers who attended, received His Grace with a deep sense of Gratitude. The room radiated with Love as each seeker came forward to offer flowers and prayers at His lotus feet, leaving behind with it all their worries and blockages, moving onwards with a deeper sense of purpose and inner connection to the Highest. Thank you, thank you Dadashreeji for blessing us with Your presence and bestowing Your endless Grace upon us.

Obesity is simply defined as a disorder of body fat that can lead to health problems. It is often expressed as “Body Mass Index (BMI)”. BMI is calculated by the formulae weight divided by surface area in square meters (Kg/m²). For adult men and women, a BMI between 18.5 and 24.9 is considered healthy. Overweight is defined as a BMI between 25.0 and 29.9; and a BMI of 30 or higher is considered obese.

Causes

In simple terms, eating more calories than burning calories leads to obesity.

Diet & Obesity: The following are some of the most common dietary causes for obesity

- Food items which have more sugar and fat
- Excessive aerated drinks and alcohol intake
- Excessive fast processed food
- Comfort eating: especially when people are depressed.

Lack of physical activity

- Sedentary desk jobs
- Reduced walking/cycling and increased use of vehicles for transport.
- Sedentary past times activities of watching TV, browsing the internet or playing computer games.

Medical reasons

These include hypothyroidism (underactive thyroid) and Cushing’s syndrome (overproduction of steroid hormones). Certain medicines, including some corticosteroids, antidepressants and medications for epilepsy and diabetes can cause obesity.

Genetics

Although obesity can run in the family, genetic conditions leading to it are very rare. In most cases it is more to do with environmental factors such as poor eating habits propagated within the family from childhood.

Health Problems

- High blood pressure
- Diabetes
- Heart disease
- Stroke
- Joint problems: Early wear and tear of joints
- Sleep apnoea: Is a condition that causes people to stop breathing for brief periods, when they are asleep. This leads to sleepiness during the day.
- Cancer: Increased risk of breast cancer, colon, gallbladder, and uterus in women and colonic and prostatic malignancy in men.
- Metabolic syndrome: Metabolic syndrome consists of six major components: abdominal obesity, elevated blood cholesterol, elevated blood pressure, insulin resistance with or without glucose intolerance, elevation of certain blood components that indicate inflammation, and elevation of certain clotting factors in the blood.
- Psychosocial effects: Obese have low self-esteem and many times depression.

Management of Obesity

Careful assessment by a doctor and a dietician is essential before planning therapy. Patient education is the foremost as otherwise the treatment will be ineffective.

Dietary intervention is one of the pillars on which management decision is taken. From what you eat to how much is detailed. An exercise regimen that appropriate, feasible and is easy to sustain is crucial.

Medications to reduce obesity are given only when patients meet strict criteria. These medicines do have adverse effects and hence should not be taken without supervision.

Weight loss surgery, also called bariatric surgery, is sometimes used to treat people who are severely obese (BMI of 40 or above or 35 or above with diabetes, obstructive sleep apnoea or high blood pressure). In rare cases, surgery may be recommended as the first treatment if a person's BMI is 50 or above.

Practical tips while losing weight:

- setting realistic weight loss goals – even losing just 3% of your original body weight can significantly reduce your risk of obesity-related complications
- eating slower and being mindful of what and when you're eating – for example, not being distracted by watching TV
- avoiding situations where you know you may be tempted to overeat
- involving your family and friends with your weight loss efforts – they can help and motivate you
- monitoring your progress – for example, weighing yourself regularly and noting your weight in a diary.

Question: How do we fulfill our dreams even as we work in our daily practical life?

Dadashreeji:

Dear Friends,

All that you desire or dream of is within the realms of the physical world. There is nothing that one may wish for, which is beyond this world. All that which is experiential and achievable will be of this life and this world itself, even though one may feel or encounter conflicting paths as 'dreams vs practical day to day life'.

No matter which dreams you wish to fulfill and irrespective of their conflicts with mainstream life, one has to prepare oneself completely, both inwardly as well as externally to be able to experience this in reality. How can one practice this? By possessing five essential qualities within, that will allow you to live your dream in this life itself.

- A. Passion – Passion is your natural state. Your thoughts, energies and actions get automatically focused and pointed towards that which is your passion. You do not have to force yourself to be passionate about something. Passion is ingrained in you. Your dreams are the passion-driven purpose of your life. The very nature of passion is always positive and harmonious. A passionate heart will never compromise with aberrant, unproductive or materialistic attractions. It offers you an attitude of continuously moving forward and never stopping in life.
- B. Devotion – After having identified your passion, the most essential quality required is that of devotion towards accomplishing your dream. Your dream remains as an imagination unless you wake up and experience it as reality. That is what devotion does to you. It wakes you up to turn your dreams into reality. To put it simply, devotion is an unflinching commitment towards your dream. You gain a single-pointed focus to walk on this challenging yet fulfilling path.

Allow yourself to flow smoothly with devotion! A boon will be bestowed upon you.

(To be continued in the next edition of AnahitA...)

Love and Blessings!

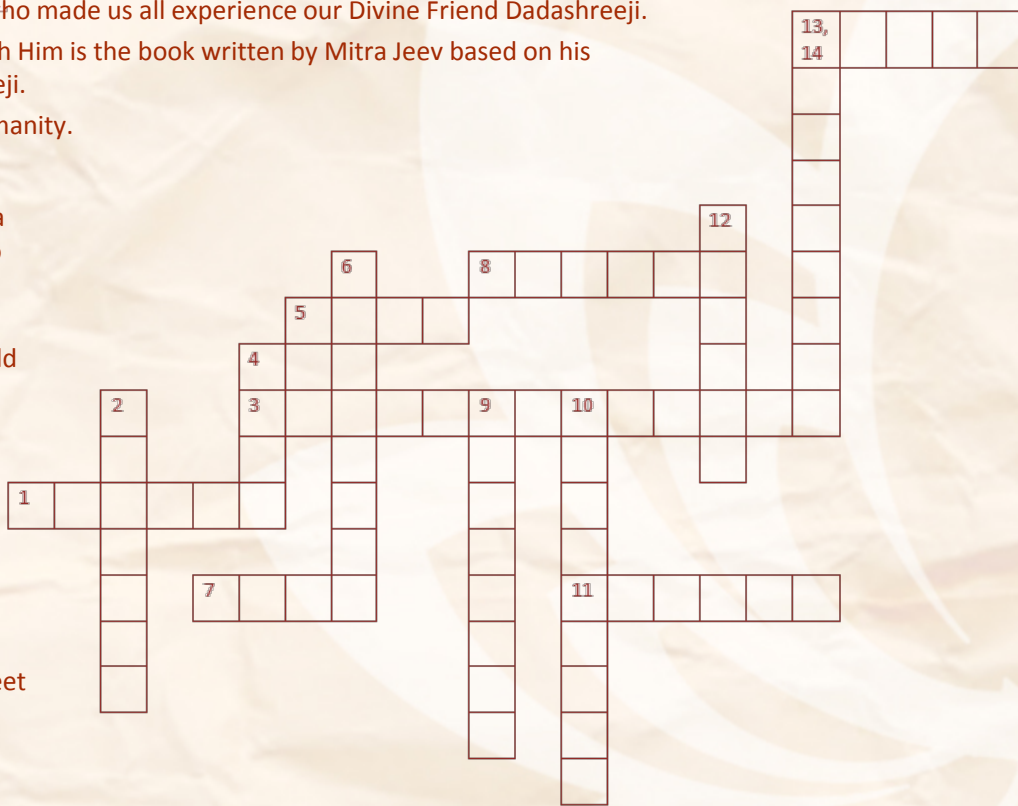
Dadashreeji

Across :

- 1) MaitriBodh Parivaar is a _____ of friends.
- 3) We can bond with our Divine through _____ love & selfless seva.
- 5) Let's _____ for others & spread love & peace all over the world.
- 7) Only true _____ is real, everything else is an illusion.
- 8) A big thank you to HIM who made us all experience our Divine Friend Dadashreeji.
- 11) My Spiritual _____ with Him is the book written by Mitra Jeev based on his experiences with Dadashreeji.
- 13) Be humble & _____ humanity.

Down:

- 2) _____ Dhyaan & chakra meditation is the path to our spiritual & physical well being.
- 4) Our topmost _____ should be to help others & do seva.
- 6) We must _____ what we have learnt through Dadashreeji's teachings.
- 9) We can ease our pain & suffering by connecting with _____.
- 10) Surrender at His lotus feet & see your lives _____.
- 12) Dadashreeji wants us to grow spiritually by doing this.
- 14) A true Master & Guide focuses on the _____ growth of His devotees.



Solutions for last month's game:

- 1) Dadashreeji 2) Medical 3) ill 4) Consent 5) Unconditional
6) Giving 7) Grace 8) Faith 9) Purification 10) Seva
11) Shakti 12) Goals 13) Help 14) Deed 15) Mauna

Upcoming events

Awakening & Purification (Bodh I & II)

ShantiKshetra Premgiri Ashram
Bodh I: 24th June
Bodh II: 25th – 26th June

Path Divine Bodh (III)

ShantiKshetra Premgiri Ashram
22nd – 24th July

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

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MBCS - V.E.D.S. workshop

30th July at Le Meridien, Janpath, Delhi

Some of our upcoming Social projects:

Aushad Arogya Kendra

(Free Eyes Check-up Camp)
Jamrung School, Karjat
12th June

Project Gyan Jyoti

(Note books distribution to underprivileged
students) | Jamrung School, Karjat
month of June

Project Vasundhara

(Tree Plantation Campaign)
From Kashele to Jamrung village
Month of June-July

For more information about these social projects,
you can connect us on: **86550 42813**

About MaitriBodh Parivaar

MaitriBodh is a path reconnecting you with your higher sacred self. It is an inner awakening whereby one experiences an insightful bonding with the source of creation – within. MaitriBodh Parivaar, founded by Divine Friend Dadashreeji is an organisation of a 'family of friends' bonded by a common mission to develop, nurture and strengthen the human bond of friendship and love. MaitriBodh Parivaar's work is aimed at transforming humanity through self-realization and selfless service. The Mitras and Maitreyis of the MaitriBodh Parivaar are all working voluntarily towards this vision. For practical functioning of the organisation, there are different verticals to oversee the different socio-spiritual events and projects under the MaitriBodh Parivaar umbrella:

Team Sat

The SAT team delivers spiritual teachings and conducts various meditations and processes like the Sambodh Dhyaan, Bodh (Awakening to Self Realisation and Purification) sessions, and are mediums for Shaktipravaah under the guidance of Dadashreeji. The Team through its various spiritual programs are working for transformation and the upliftment of human consciousness. To know more write to:

sat@maitribodh.org

Events and Execution Team

As the name suggests, this team organises & executes events in any part of the country. The backbone of this vertical are the Sevaks who are relentlessly working towards the successful execution of all events. To offer seva or to know more write to: **events@maitribodh.org**

Team Dhyeya

As the wind scatters the seeds of the dandelion flower, the role of the Team Dhyeya is to disseminate the words and teachings of our beloved Dadashreeji and about the MaitriBodh Parivaar to the world at large. Team Dhyeya incessantly works towards taking forth the message of Love and Peace as given by Dadashreeji, and the Social Media Team, focusing specifically on the various Social Media platforms for diffusion. It provides internal support to the other teams in providing a medium to share information - through different media. To offer seva or to know more write to:

dhyeya@maitribodh.org

Team Outreach

Divine Friend Dadashreeji's message of 'Love and Peace' has touched all our hearts and helped us experience a positive inner transformation. It's our mission as a team to take this message to the world, making sure we reach maximum people, spreading this Love and Joy that we have experienced and uniting the world with this powerful bond. Join us in 'Spreading the word'. To offer seva or to know more write to: **outreach@maitribodh.org**

MaitriBodh Corporate Services (MBCS) Team

MBCS, the Learning and Development arm of MaitriBodh Parivaar is a global company specialising in transforming the workplace culture. Our programs, delivered by expert facilitators, help organizations achieve sustained superior performance by awakening the Spirit of Contributorship through Heart Consciousness. Our open signature program VEDS is focused on awakening Heartfulness and co-creating a road map for a transformed, heartfelt workplace.

In addition to VEDS, we also work together with organisations in designing customised interventions, in order to bring about sustained growth and transformation. To know more write to: **mbsc@maitribodh.org**

Ashram Team

This team is responsible for the growth, expansion and maintenance of the Ashram premises. To offer seva or to know more write to: **ashram@kalkitejomaya.org**

YGPT Team

Youth for Global Peace and Transformation is a youth initiative with the vision of empowering today's youth to create and establish one happy global family. The vision of YGPT is to unite the diversified youth of this country by transforming them into "ideal youth" who would contribute at all levels for the betterment of the region, community, country and thereby achieve the ultimate goal of world peace and harmony. We want to achieve this by educating & training the youth to grow as individuals, setting their goals through personal counselling and conducting sessions towards excellence of life. To offer seva or to know more write to:

ygpt@kalkitejomaya.org

Team Peace projects

Peace Projects are an initiative of Kalki Tejomaya Social Welfare Trust. Our mission is to conceive, initiate and implement projects that bring comfort, succor, awareness, opportunity and evolution for the needy and underprivileged. To offer seva or to know more write to:

peaceprojects@kalkitejomaya.org

Team Peace Products

The MaitriBodh Parivaar has put together a Peace Products Team with the Grace of Dadashreeji to develop and execute a quality product line ranging from devotional, stationary, food and decoration items keeping in mind our core values and a spiritual theme. We gladly welcome anyone who would like to offer their seva to help our Parivaar in this endeavor. To offer seva or to know more write to:

peaceproducts@maitribodh.org

You can also make a difference! If you wish to volunteer or contribute in any form, we warmly welcome you for the same. Please get in touch with your local Centres to know more about the service projects in your area and get involved!

India

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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**