From the Editor's Desk

Dear Divine Souls,

Welcome to the July 2016 issue of AnahitA! The smell of the first rains pervades the atmosphere and all over we are witnessing the incessant miracle and cycle of creation. The rains have given us some respite from the water woes.

This month reminds us that the year is halfway through and we only have six more to go! Every year seems to run faster than the last, with so much to do! With multiple Bodh's, Maitri sessions, Meditation & Healing Sessions, the Parivaar has been relentlessly working towards offering seva to humanity. 183 villagers benefited from the eye camp organized at our Ashram.

26th June 2016 will go down in the annals of history as the day Dadashreeji gifted an institution of holistic learning to the coming generations of the world. "The Sneh Sanskaar Vidyalay" was inaugurated at the "Gyan Sthal" in ShantiKshetra Premgiri Ashram.

19th July 2016 will also see the inauguration of our 'Kamdhenu Gaushala' at the Ashram. In India, cows are considered sacred by a large section of the society, yet their habitat and conditions for survival are deplorable. Our endeavour is to improve the living conditions of these animals, giving them proper care. This will be followed by the sacred 'Gau Daan' (donating a cow) ritual which will be performed by a Priest. It is believed that this act is done with the aim of acquiring victory over one's senses, thereby enabling one to successfully overcome the worldly challenges.

Mitrs and Maitreyis are working closely for the long awaited Gratitude Day (Guru Purnima) celebrations to be held on 16th & 19th July in Mumbai and Karjat respectively — as a day to offer our gratitude to Dadashreeji. This is that one day in the year which is for the sole benefit of the Devotee. A day when the Master's Grace and Love flows strongly and unceasingly answering all the prayers of His children who are under His care and protection.

- On behalf of MaitriBodh Pariyaar

ANAHITA

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July 2016

Monthly e-Zine from MaitriBodh Parivaar



Extend beyond the walls of your limitations, share and encompass all... only then will you experience being limitless.

Limitations that occur in experiencing the Divine are created by thoughts and the mind.

It is the mind with its self-serving ego which is at play. It convinces us that we are our body and our mind. At this point we are in the realm of thoughts. Once this occurs - we are outwardly focused due to the brilliant display brought in front of us through our senses. We become bound by these. It is again our ego which defines "us" and in doing so - defines "others".

However the fact is that we are part of the Divine and hence limitless. How can one experience this Truth?

The simplest and yet most difficult method is to completely surrender to the Guru and be guided by Him. Though this looks simple, it is often difficult to implement - mainly because of the obstinate ego.

The other method is to keep pushing against the walls which you have built around yourself. One day there will be a give - and in that instant, one will experience the limitlessness that we are. It is then that there is realization that there is no 'Other'. You are 'Everything' and 'Everything' is 'You'. What remains is Silence and Divine Love.

Offerings of Love and Devotion

A Very helpful Friend

Maitrevi Roopa

I am narrating an incident that took place in my journey with my true Friend, Dadashreeji or Dada as we lovingly address Him.

It was a very hot afternoon, as I returned home from college on my Scooty. I took a quick break, to indulge in a glass of cold Cane sugar juice and then continued on my journey. On reaching home, I found to my dismay that my handbag which is normally hooked to the vehicle was missing. It had fallen off somewhere between the Juice vendor and my home. In great distress, I retraced my route searching for my bag. I had put the house keys, my mobile and other important bank documents in the bag. The bag was nowhere in sight and I was crestfallen. Even as I searched for my bag, I was fervently praying to Dada to please help me to find it.

At a road junction, I saw few boys playing in their cycle. I stopped and asked them if they had found my hand bag. One of them said he saw the bag fallen from my scooter and that a person on a cycle had picked it up and driven away at great speed. Even as I heard this I became all the more sad as the chance of getting the bag was very remote.

As I was standing there and pondering what to do and no mobile phone, a colleague who works in the college as me came by. He inquired why I seemed upset. On being narrated the story, he took out his mobile and asked me to call my number (as my mobile was in my bag). If the person responds - your bag is safe; else we have to forget it he said.

After the first two rings, the person picked up my phone and told me that my bag was with him. He was a school van driver; he had seen my bag being taken by the cyclist and had followed him and retrieved the bag from him. He suggested I meet at a central location and collect the bag from him. My colleague told me to go home and wait till he retrieved the bag.

Finally after some more anxious moments I got my handbag back with all the contents intact. I thanked the driver who had made the effort to retrieve it from the cyclist and also my Divine Friend Dadashreeji who made it possible by sending people to help me even as I stood lost in the middle of the road and protected my bag from getting into the wrong hands.

Dada Where are You?

Maitreyi Bharti

You cry day and night.

Be one with me.

I cry to your deaf ears, "I am one with you always

I was with you before your birth! I will come to take you back.

In the morning when the tears also make noise,

I come to you in noiseless steps to wake you up.

When you wake up from slumber, you hear me with the ears of the soul. But you turn over to spend a few more extra minutes of inaction.

You choose oblivion when you are offered eternity.

In the afternoon, when the sun burns down on the face,

I come in the guise of the soft shadow of the Banyan tree.

I bring the soft scented breeze with

I beckon you, "Come spend some 'us time'."

You reply, "There is no time for me. I am too busy to sit under a tree." In the evening when you return home from work,

I am the dirty hands of the lone girl selling roses at the traffic signal. You roll up the window of your car. You do not want noise and dirt. Again I go away empty handed. I'm the night, you cry your heart out. "Dada why do you not listen to me? I cry so much. Where are you?"

I, your Dada cry and laugh.

"I am you! I am with you! "

You look beyond me missing me when I beat in your heart.

I embrace you in loving grace! Still you sob, "Dada, where are you?"



Awakening to Self Realisation (Bodh.1)

5th June: Delhi | 12th June: Gurgaon 15th June: Thane | 19th June: Amritsar, Delhi

Bodh (Level 1) was held in many cities in India and abroad. Seekers were deeply touched and expressed their gratitude for the Divine Grace received. Many seekers shared their profound experiences during the meditation session.

Maitri Session

8th June: Vienna (Austria) | 11th June: Mumbai

Participants shared their experiences about their transformation and life-changing events, ever since they first met Dadashreeji. It was a deep and touching exchange of personal experiences.

The Maitri Session conducted for the Laughter Club of Five Gardens, Dadar saw enthusiastic Senior Citizens at 7 am sharp for the session. The participants understood the real purpose of meditation and Sambodh Dhyaan.



Meditation Sessions

4th, 5th, 18th June: Mumbai | 12th June: Pune
The 90 plus strong Support staff of an IT Company in
Borivali which included people from Security,
Canteen, Housekeeping and the Maintenance
departments experienced the Sambodh Dhyaan.
Each attendee flowed beautifully and felt a deep
sense of peace. They were all spellbound after the
session and couldn't find words to express their
wonderful experience but the smiles on their faces
said it all.

A Prayer and Blessing session – **Maitri Light** – was conducted in Goregaon (West) on 11th June.

Sneh Sanskaar Vidyalay

26th June 2016 will go down in the annals of history as the day Dadashreeji gifted an institution of holistic learning to the coming generations of the world. "The Sneh Sanskaar Vidyalay" was inaugurated at the "Gyan Sthal" at ShantiKshetra Premgiri Ashram. The intention is to create a space where children will be stimulated, given opportunities to make social contact and learn at a pace that individually possible and crucial for their overall growth. The Vidyalay will also support the academic needs of the older children who already go to local schools. It will provide the children with the critical inputs that will aid their creative and spiritual development. A number of children have taken admission in the Vidyalay. The session began with a universal prayer and a Maitreyi shared the vision of the school with the parents.

Eye check-up Camp

at ShantiKshetra Premgiri Ashram

On 19th June 2016, we conducted an eye check-up camp which was attended by 183 villagers. As a part of the campaign, free spectacles & eye drops were distributed to villagers. Patients diagnosed with 'cataract' would be provided with free surgery very shortly. The youngest beneficiary was a 6 year old boy and the eldest a 95 year old man. Heartfelt thanks to Dr. Jaywanti and her team who attended to all patients with love and care as also the sevaks whose efforts made this noble cause a great success.



Growing Trees

'Plantation' is a worldwide action that symbolizes conservation & green action... a very easy & important step for a better tomorrow. Plants being the only producers, they form the base for life.

Plantations are useful for lowering the temperatures, improving aesthetics, for greening barren lands, provide food source, stop soil erosion and many other uses.

Plant species vary as per various agroclimatic zones of India. Right from Himalayas, to deserts of Rajasthan, to semi-arid region of central Maharashtra to evergreen forests of Kerala and mangroves of Sundarbans, the plant diversity keeps on varying.

Species that occur & flourish naturally in any given landscape or climatic region are called as 'Native' plants. Native species of each region are co-evolved with changing environmental conditions and are base of food for local fauna. They are most suited for the area in terms of soil conditions, micro-climate, ecology & topography.

Millions of trees are planted each year all over India. But, it is seldom thought what kinds of trees are being planted. If the list of saplings is scrutinized, it can be observed that very few, some Gulmohor, Eucalyptus, 20-25 species like Australian Acacia, Gliricidia, Subabhul, Mangium, etc are planted all over India. The origins of these species is Australia/ Africa/ America. They are fast growing, beautiful; make quick green cover for ground, easily available in nurseries, promoted by most government departments. But these 'nonnative' or 'exotic' species have negative impact on environment, bio-diversity. They outnumber the 'Desi' plants, germinate & spread fast, creating mono-cultures which are very dangerous to our bio-diverse regime. They are being used in every plantation activity, knowingly or unknowingly. Harmful impacts of such previous plantations can now be seen in many parts of the country. Be it Subabhul, growing all over very fast, or Lantana in understory of a national park or Raanmari along roads & open patches of Western Ghats & Konkan or fast spreading & beautiful Cosmos along highways or uncontrolled Australian acacia in Konkan. Surely these are escapes from our gardens, plantations which are threatening our wildlife & natural flora.

Planting a tree is not enough & right, planting NATIVE trees is appropriate. Vegetationtype & species also changes as per these bio-climatic zones from Evergreen to scrub or grasslands. We should follow this pattern while selecting the plants to have enhanced results & better environment. Only being 'Indian' cannot be sufficient criteria, but locally appropriate plants should be selected for streams, slopes, hill tops,

rivers, wetlands, coastline, or plains. The diversity in landforms & current status of land is equally important apart from climatic conditions during plant selection.

Many people do plantation with plants available in government nurseries, road contractors' plant thousands of trees after a road is constructed without any knowledge of the same. This needs to be changed. There has to be a complete shift in our understanding, awareness level & choices so that our small action of planting a tree will be more meaningful for environment. Following are a few tips for plantations:

- Do not remove any existing vegetation, try to know them.
- Integrate existing vegetation, be it grasses, thorny shrubs or trees in the plantation activity.
- Existing vegetation do not compete with new plantation in majority of cases.
- Know plants in all seasons
- For uses like specific cultivation and harvesting of the same, e.g. fruits, timber, medicinal, oil, it is fine to use non-natives.
- Use NATIVE plants in any plantation/greening activity.
- Use NATIVE in any kind of plantation in countryside.

Say NO to these non-native plants:

Rain tree, Acacia, Mangium, Subabhul, Nilgiri, Gliricidia, Cosmos, Gulmohor, Kashid, Silver oak, Singapore cherry, Sitaranjan, Peltoforum, Jacaranda, Spathodia, Mohogani, Powder puff, Bitti, Bramhadanda, Tecoma, Suru, Gorakh chinch, Vilayati chinch, Kailaspati, Tabebuia, Ashok, Jatropa, Mulberry, Badam, Bixa, White sawar, Umbrella tree.

Our own 'Native' plants have potential & right to be planted in gardens, on hills, roadsides, virtually everywhere to support & start healthy processes in Nature & surrounding. They deserve to be preserved!

So, let's prefer our own, indigenous plants which have deep roots in our culture, are strongly associated with wildlife & have evolved for thousands of years with nature.

- Manasi Karandikar & Ketaki Ghate, oikos for ecological services: www.oikos.in



Water Borne Infections and how to prevent them

The Monsoon rains are a welcome sight for the parched earth. However the rains also bring along with them epidemics of water borne infections. Flood waters carry human and animal feces. The most common way by which the spreading of microorganisms takes place is through drinking contaminated water. However, apart from that, water borne diseases can be spread through other means such as dirty clothes, hands, foods, materials used for cooking, eating, and drinking.

The usual symptoms of these infections include stomach ache, fever, vomiting, diarrhea, loss of weight and fatigue. Typhoid fever, dysentery, diarrhea, cholera and hepatitis are some of the common water borne diseases (see Table).

How Water Borne Disease Transmitted?

Most of the people get infected when the contaminated material enters their mouth. Other possible modes of transmission include:

- Dirty contaminated hands, clothes, cooking vessels, mugs, etc.
- · Uncovered food and drinking water
- · Contaminated water
- The practice of defecating in the open
- · Via flies

Ways to Avoid These Diseases

In order to prevent infectious water borne diseases, it is important to take necessary precautions. The quality of water should be improved at the source itself. In certain areas, the

quality of water supply might be of question. In such cases, it is necessary to disinfect the water before use. Water that is used for all purposes like drinking, cooking, and brushing of teeth should be disinfected properly. The common household ways to avoid water borne diseases by disinfection include:

Vigorously boiling water for one minute can kill most microorganisms.

Common household items such as chlorine bleach, tincture of iodine, and iodine tablets can be used to disinfect water.

Another important measure that should be taken to avoid the spreading of pathological microorganisms is the interruption of routes of transmission such as protecting food from flies, chlorination of water, and maintaining proper sanitation, etc. It is vital to change ensure proper hygiene in order to avoid waterborne diseases.

- Keep hands clean
- Clean the utensils regularly and thoroughly
- Drink only filtered/bottled water.
- Eat freshly cooked foods. Always keep food well covered
- Use proper toilets and dispose off infant and animal feces properly
- Avoid consuming foods, fruit juices, and milkshakes from roadside vendors.
- Rivers and creeks can be breeding grounds for bacteria; avoid swimming in such waters.
- Always take a bath if you have waded through rain water.

Disease & Spread	Sources of agent in water	Clinical features		
Common Diarrhea	Contaminated water	Severe loose motions, abdominal pain and vomiting		
Typhoid fever (Oral)	Raw sewage, water supplies with surface water source	High grade fever, headache, stomach ache, rarely loose motions and abdominal tenderness.		
Cholera (oral-fecal)	Untreated water, sewage, poor hygiene, crowded living conditions with inadequate sewage facilities	Watery diarrhea, stomach ache, vomiting, dehydration, fever.		
Hepatitis	Raw sewage, untreated drinking water, poor hygiene.	Fever, stomach ache, jaundice, loss of appetite and weight		
Leptospirosis	Bacteria present in animal urine enters the body either through the skin or by ingestion	Fever, headache, abdominal pain, muscle ache, rash and jaundice. If untreated hepatic and kidney failure results.		

Reflecting into your Life

Once there was a king who had presented his daughter, the princess, with a beautiful diamond necklace. One day, the necklace was stolen and all the people in the kingdom tried to help find the necklace, but in vain. Some suggested that a bird might have stolen it. The king then announced that he would grant a hefty reward for anyone who found it.

It so happened that, after a few days, a clerk was walking home along a river next to an industrial area. This river was completely choked with pollution, but as he walked that day, he saw something shimmer among its murky waters. When he looked carefully, he saw that it was the diamond necklace that everyone was searching for. He decided to extract the necklace and claim the king's reward, but as he put his hand in the filthy, dirty river and tried to grab it, it slipped from his hand. He tried again; this time he waded into the river and dirtied his pants in the filthy river and put his whole arm in to catch the necklace. But strangely, he still missed the necklace! He came out and started walking away.

Then again he saw the necklace, right there. This time he was determined to get it, no matter what. He decided to plunge into the river; although it was a disgusting thing to do as the river was polluted, and his whole body would become filthy. He plunged in, and searched

everywhere for the necklace but yet again he failed. This time he was really bewildered and came out feeling very depressed at the thought of not getting the reward.

Just then a saint who was passing by, saw him, and asked him what the matter was. The clerk didn't want to share the secret with the saint, thinking the saint might take the necklace for himself, so he refused to tell the saint anything. But the saint could see this man was troubled and, being compassionate, asked him again and promised that he would not tell anyone about it. The clerk mustered some courage and decided to put some faith in the saint. He told the saint about the necklace and how he tried and tried to catch it, but kept failing. The saint then told him that perhaps he should try looking upward, toward the branches of the tree, instead of the filthy river. He looked up and true enough, the necklace was dangling on the branch of the tree. He had been trying to capture a mere reflection of the real necklace all this time.

Moral: Material happiness is just like the polluted river because it is a mere reflection of the TRUE happiness in the spiritual world. We can never achieve the happiness we are looking for no matter how hard we endeavour in material life. Instead we should look upwards, toward the Almighty, who is the source of real happiness, and stop chasing after the reflection of this happiness in the material world. This spiritual happiness is the only thing that can satisfy us completely.

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Contact us

Un-Puzzle 15	Across			
3 10	2) Ma	aitriBodh Parivaar's website dress is www.mairibodh		
	,	r real nature is not to hoard t to selflessly.		
11 5		cording to Dadashreeji thing is		
6		ink Dada, Dada, Thank da.		
8		e need a to help us gro iritually, faster.		
	11) Ha	ving complete faith in & your abilities		
7 13 9		minates the need to worry. grow spiritually we don't		
12		ve to give up oursires.		
		is world will only		
14		ve are all able to spread love peace.		
Down:				
1) The first part of the Bodh process is		Solutions for last month's game:		
3) When is there you can pass through any rough phase smoothly.		1)Family 2)Sambodh		
5) The 1 st Eye check-up camp organized by MaitriBodh Parivaar was held a ShantiKshetra Premgiri	t our	3)Unconditional 4)Duty		
6) Ask & you shall		5)Pray 6)Practice 7)Love 8)Babaji		
9) Gratitude Day will be celebrated by MaitriBodh Parivaar on the 16 th & 1	9 th	9)Divinity 10)Transform 11)School 12)Giving		
13)We all need to be & humble while doing seva.		13)Spiritual 14)Serve		
15)We need to be aware of our especially while performing seva.				
Upcoming events				

Gratitude Day

(Guru Purnima Celebrations)

16th July: Swaminarayan Hall, Dadar, Mumbai 19th July: ShantiKshetra Premgiri Ashram

Gau Daan

19th July: ShantiKshetra Premgiri Ashram Contact: 8655042813

Samuhik Havan

20th July: ShantiKshetra Premgiri Ashram Contact: 9350415563

Awakening | Purification | Path Divine

Bodh.1 + Bodh.2 + Bodh.3

ShantiKshetra Premgiri Ashram 20th July: Bodh.1 | 21st-22nd July: Bodh.2 23rd-24th July: Bodh.3

MaitriBodh Corporate Services (MBCS):

V.E.D.S. - Heartfulness at Work

Corporate program for leaders and entrepreneurs

30th July | 9am-6pm: Le Meridien, Janpath, Delhi For registrations or more information:

9930030935/9930436236 | mbcs@maitribodh.org

Upcoming Social project:

Project Vasundhara

(Tree Plantation Campaign) July | Kashele to Jambrung village Contact: 8655042813

For regional Awakening to Self Realisation (Bodh.1) or other spiritual sessions / social events,

please connect with us on the details given in the Contact Us section in the previous page.

Pearls of Wisdom from Love Incarnate Dadashree

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

(... continued from last month)

Dadashreeji:

C. Seek Guidance -

When one firmly decides their path to pursue their dreams, it is only proper guidance that enables him/her to accomplish those.

Although you are aware of your passion, without right guidance, it is difficult or rather impossible to step further. Not knowing what to do in life or knowing what to do in life, but without proper guidance, are both equally ineffective and unproductive states of the mind.

The lack of proper guidance disorients the mind making you incapable of achieving your vision of life. It paralyses the mind in its decision-making ability, especially during critical and difficult situations. You may be well aware of this dilemma when you enter a shop to buy clothes. You know what happens to your mind. Various options are offered to tempt you. Not knowing what to buy causes struggle and confusion. Unclear desires and a restless mind may lead to wrong choices and wrong decisions. This confusion is not only limited to purchasing new things but also to important decisions of your life. Being exposed to the competitive and challenging nature of the material world, your mind starts wandering thereby succumbing to the pressure. This is where a confined and stuck mind needs genuine nurturing and guidance.

You are just required to convey your need out there to the universe loud and clear! Let your expressions compel the Divine or the Creator to provide guidance in any manner required to elevate you. When you identify the guidance thus offered, be ready to receive it. You must possess an open mind, and nothing else, to receive that Divine Guidance. Freely embrace that path defining guidance. You must discard all acquired layers of the false identity to liberate your potent and powerful energies.

Guidance is the force which paves the way towards your goal; it bridges the gap between you and your vision of life.

Hence, seek that guidance to restore your true connection with your inner Higher Self! There cannot be a better day than Guru Purnima for this purpose. Coincidentally this month's day of the Full Moon is blessed with the occasion of Guru Purnima. You can derive guidance, growth and fulfillment on this auspicious day. It is the day to express your gratitude to all those who guided you or blessed you to attain growth and happiness. Gratitude towards your teachers and your Guide will further extract blessings in your life. You can smile and shed tears of joy and happiness in connecting with your own Higher Divine. This day is yours and this day is of your Guide.

Experience this blissful Divine connection!

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

The importance of Guru Purnima

अनेकजन्मसम्प्राप्तकर्मेन्धनविदाहिने । आत्मञ्जानाग्निदानेन तस्मै श्रीग्रवे नमः ॥

Aneka-Janma-Sampraapta-Karme[a-I]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 Guru Purnima 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

Date: 16th July 2016 (Saturday)

Time: 5 - 9 pm

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

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 (disciplebrother), express their solidarity to one another in their spiritual journey.

This year Guru Purnima 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: 19th July 2016 (Tuesday)

Time: the celebrations will begin at 7 am

Venue: ShantiKshetra Premgiri Ashram, Karjat