

## From the Editor's Desk

Dear Divine Souls,

We hear stories of the long drawn struggle between 'good' and 'evil', and the ultimate triumph of good. Throughout the ages history bears witness to events where all that is good triumphs over that which is evil –be it Lord Ram's battle with Ravan, or Goddess Durga's victory over Mahishasur. In the end, it is only the Divine – the Truth which remains. Our own internal conflicts are not so different from these stories. Even within us there is a constant struggle. Our true nature-that of unconditional love and joy- is hidden under layers of conditioning, our belief patterns ; but it ever awaits to be realized, so that all that remains is-that which is Divine. Just as the Mother Goddess battled with Mahishasur for nine days and nights (Navratri) and finally on the tenth day she brought realization in Him, let us all awaken to realize our own true self. Let us celebrate Dusshera with the realization of our own Divine self.

During Navratri an ancient sacred Vedic process of 'Havans' (which is a process of removing blockages on the spiritual path) was organized at ShantiKshetra Premgiri Ashram, wherein many devotees participated and benefitted from this. Do read through to find Dadashreeji's message on the same.

Last month, MaitriBodh Parivaar saw a new beginning in Russia. Many hearts were transformed as they now eagerly wait to attend sessions at the ashram. MaitriBodh Parivaar's three year journey continues through the USA with back to back Maitri Light and Bodh sessions being conducted as more and more seekers experience Dadashreeji. Many sessions were conducted in India and Europe as well. Being in the presence of a Guru is an opportunity that cannot be missed. There is a feeling of profound bliss simply by being in His presence. All worries and doubts of the mind seem to melt into 'knowingness' that everything is perfect here and now. Be a part of this experience, on 11<sup>th</sup> Oct'16 as we celebrate 'Dusshera Bhet' in the physical presence of Divine Friend Dadashreeji.

- On behalf of MaitriBodh Parivaar

# ANAHITA

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Monthly e-Mag from MaitriBodh Parivaar



Cover pic:  
Maitri Session in Moscow, Russia



# His Words ...



**“ One of the most important qualities of a seeker is observation without jumping to conclusions. ”**

**- Dadashreeji**

An infant observes without jumping to conclusions. At that stage everything it perceives is new and undefined. However as the infant grows, language makes its appearance. Objects are defined. Actions are defined. Gradually thoughts are defined. These definitions often depend on the situation and circumstances that the growing child finds itself in. However these definitions make a deep impression on the child. It forms the basis of its character. The child is encouraged to assimilate the inputs the senses give, assess it and come to conclusions regarding it. As the child grows into an adult these conclusions form the basis of a bias.

However time and again Dada has said that truth

maybe beyond the “earth-field”. The sense organs that we possess, are very limited in their capacity, and show us only a limited part of the truth. Our ego gives it a personal touch and colours it further.

A true seeker seeks the truth. He understands the limitation of the senses. He realises gradually that there is world beyond the senses. He gradually understands why and how events unfold. He learns to observe without bias. That is very meaning of this beautiful quote where Dada says that one of the characteristic features of a seeker is to be patient and observe without jumping to conclusions.



# MaitriBodh Parivaar's Journey continues through the United States (Month Three)



MaitriBodh Parivaar celebrated Bodh in the Quad Cities of Bettendorf, Moline, Davenport and Rock Island on the banks of the Mississippi at Davenport Iowa, US. A three hour bus ride away from Chicago and our smiling host waiting for us whisked us straight away to the Unity Church for an impromptu Maitri Light Session. Reverend Brenda welcomed us with a warm smile and six hours of patiently waiting seekers wanting Dadashreeji's blessings through Maitri Light.

An excerpt of her experience was ***"we had a wonderful experience of Maitri Light and after you left there was a feeling of pure Peace about the building that still lingers there today. It seems to me and a few others there is a "light" in our church that wasn't there before."***

The next day witnessed a series of Sambodh Dhyaan meditations and Maitri Light sessions. Thereafter two Bodh sessions were conducted back to back with a dramatic number of participants. On the fourth day we started early, with a reunion and a warm and loving family was created in Davenport full of music, dance and singing. They sang and danced for Dada!



Davenport Iowa, US

The journey continued in New Jersey and thereafter in New York. Meditation sessions were conducted for the doctors of Bronx-Lebanon Hospital in New York followed by three Bodh's sessions in the two cities each weekend.

***A participant gushed that ever since attending the Bodh that despite a difficult superior in the office she found a startling way of dealing with the constant criticism – with love and a prayer. "Something that I never thought I would ever be capable of."***





## Visiting Ground Zero at New York ~ September 11



Mitr's and Maitreyi's went to Ground Zero and the One World Observatory at New York to pray and meditate on the anniversary of the destruction of the Twin Towers. They gave the message of Universal Love and Brotherhood and we are One Family – One World – One Truth.

## Mitr and Maitreyi Oath Ceremony in the US.

On the 18<sup>th</sup> of September – a new chapter was opened in the US chapter when Mitrs and Maitreyis from Los Angeles, San Jose, Bozeman, Chicago and New York took the Maitri Oath in New York in the presence of Dadashreeji. One day training on various aspects of the Parivaar was also held on this wonderful day when all got together and bonded into a well-knit US team.





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Everyone got what they needed...

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Joseph Hodgett-Davenport, Iowa, US



"I had a wonderful opportunity of attending the Spiritual Week in the ashram starting with the Guru Purnima celebrations on 16th July in Mumbai. I was fortunate to see Dadashreeji on many occasions as I was at the ashram offering my seva till I attended Bodh III.

Now that I was back home, I was really missing Dadashreeji. I longed to see Him again. Knowing my state the Ocean of Grace blessed me in my dream. I dreamt that I was in the ashram and I saw Dadashreeji playing with small children. He was enjoying Himself. I suddenly saw a Gurudwara (Sikh temple) behind me.

I turned to Dada and told Him in wonderment, "*Dadashreeji see there is a Gurudwara here.*"

Dadashreeji very sweetly said, "*Yes – indeed there is a Gurudwara here.*"

Then I said to Him again, "*Dadashreeji, the Gurudwara is here but I can't see the path or the way to the gurudwara.*"

Then Dadashreeji took me aside and pointed out a path that led straight to the Gurudwara. He started walking with me and took me to the door of the Gurudwara.

I walked inside the Gurudwara and sat there.

Dadashreeji went back to playing with the children

and I suddenly woke up. It was 5am. That day we had planned for conducting Bodh I at my home. The whole day I was very energetic and felt Dadashreeji's presence very strongly at home. I realise now that in my dream Dadashreeji was making me understand that people know that Gurudwara exists but don't know how to go there. Dadashreeji is here to show you that forgotten path. He would take you there as a friend. He even walked with me till I had safely entered the Gurudwara. In the vision, He was joyfully playing with children as their 'Friend', although He is the great One who knows the path to Salvation and the Divine abode.

He is here to take us all back to our real Home and the best part is that He is walking with us.

Love you Dadashreeji.

Be in my life always.

Be with me always.

In gratitude

~

Kamal Grewal

Ludhiana

## Life As A Jewel

One afternoon Guru Nanak and his company were resting on the banks of the Ganges at Patna. Mardana was idly inspecting a stone he had picked up along the road, thinking of the vast throngs who had come to hear the Guru. "Master," said Mardana, "you teach a way for every person to find liberation. But many of those who listen still seem to spend much of their time in conflict, and in seeking out excitement and other idle pursuits. Why do they waste their lives away so?" "Most people don't recognize its value," replied the Guru, "although human life is the dearest treasure on this earth." "Surely everyone can see the value of life," said Mardana. "No," said Nanak. "Each man places his own value on things according to what he thinks. A different man with different knowledge will place a different value. That stone you found in the dirt will make a good example. Take it to the marketplace and see what you can get for it." Puzzled, Mardana

took the stone to the marketplace and at a stall that sold sweets asked what the vendor would trade for it. The man laughed. "Go away, you're wasting my time." He next tried a produce seller. "I have paying customers to wait on," said the grocer. "I'll give you an onion for it just to get you out of here." Mardana tried several more shops with no better response. Finally he came to the jeweller. The jeweller's eyes opened wide when he saw the stone. "I'm sorry," he said, "I don't have enough money to buy your gem. But I will give you a hundred rupees if you will let me look at it a while longer." Mardana hurried back to the Guru to tell him what had happened. "See," said Guru Nanak, "how when we are ignorant we mistake a valuable gem for a worthless stone. If someone had told you its value before you knew what it was, you would have thought they were crazy. Such a jewel is human life, and whatever you've traded for it, that is what is yours."



## Dadashreeji's Grace ~ Healing my Daughter Isabella

Dada gave Bella energy during the Maitri Light session. I saw a rose go down inside my daughter and blossom until she was simply one big white rose (her name is Isabella Rose). Talking with her was interesting later that day. For one, I apologized for the past and asked if we could be friends. My daughter was touched. Dadashreeji told me to tell her would go to dinner, wherever she chose. She choose the Indian restaurant she loves. We were all very happy and in a joyous mood. She admitted her pain had gone away suddenly that day. She attributed it to the medicine she had taken earlier, so we didn't tell her any different. But she admitted right after the pain went away - she lay down in bed to sleep for several hours, unusual for the time of day. At any rate, we asked her to share her day with us. I kid you not - she began by saying "Weeeeeell, I woke up today and said to myself 'I am Beautiful Flower' (she pronounced it booooooooootiful flower)". I laughed so hard, the whole restaurant was staring at us. The staff treated us like kings and queens. They sensed Dada's presence so strongly. What gifts and miracles. Thank you Thank You THANK YOU!

How nature recognizes love – Dadashreeji's Love and Grace at Central Park New York – Maitreyi Cecilia Fernandes, New York, US.

We went to spread Dada's Grace at Central Park. At a small lake the turtles, ducks and small birds responded to the Love they recognized in the hearts of the Mitr's and Maitreyi's and surrounded us. Later a gentleman came up and requested for a photograph. When he asked what we did our response of we spread Divine Friend Dadashreeji's Love and Grace – he was spellbound and spent the next 15 minutes asking for more information – smitten by the constant outpouring of Love he sensed in our hearts. His last sentence was how much he wished that the world recognizes that it is only Love that makes the world go around and his respect be offered to our Master.

~

Lori Monzyk, Davenport, Iowa, US

## Healing Energies and Grace through Maitri Light

At the Maitri Light session I deal with anxiety most days so it was awesome to just relax and feel safe and protected with Divine Grace which has stayed with me since. I had helped a lady move some furniture and things earlier that day and was in some burning pain in my shoulders and neck. Towards the end of our session I could feel the pain recede and in a few minutes it was all gone. I was so relaxed I was nearly limp, what a blessing. Afterwards I received a call at the church that one of our long time members had transitioned home to God and when the Mitr and Maitreyi heard of this they came to me and took my hands and prayed for her safe journey home to the ONE and left me knowing that she was finally healed and whole once again and in a much better place. I missed the Sunday session due to a call for more work, which pays well and I really thought I needed the money more, which turned out to be a

big mistake on my part. The day was extremely trying and the woman I worked for, very angry all afternoon - to the point I finally left all the while beating myself up for not going to the Bodh-Awakening to Self-Realization which they had offered to me at no charge after hearing of my finance challenges. Just goes to show that money can get in the way of healing and happiness. However I was given a second chance at the MaitriBodh family reunion next morning during the meditation that I did attend and found my Peace once again. I will always be grateful to these lovely souls for coming into my life just when I needed them. I pray for all of you everyday and I know that the day will come when we will meet again. Blessings to all who do this wonderful and healing work.

~ With much Love, Joseph

I entered the room where the Maitri Light was being conducted by the Maitreyi. I was stunned to see that the Lady who was sitting in person and Dada's Shrimurti were exactly whom I had seen the night before in my dream. Dada and Babaji had come to me in my dream and given me Maitri Light. A few hours later here I was re-living the dream yet again. I was touched to the core of my heart. Thank you DADA. What a validation of your presence!

~

Mary Bridgett  
Davenport, Iowa, US

## Maitri Diwas at Mumbai



"Maitri Divas" - A friendship day spent with friends. It was not only a day for meeting friends but a day to help understand our core values which Divine Friend Dadashreeji wishes us all to inculcate. His profound teachings have such transient meanings that each time we imbibe them – they give us something different, much needed and applicable to our state at that moment in time. Therefore it's important that we keep aligning ourselves with His words. These core values and teachings not only transform our lives but also the lives associated with us. Our Divine Friend Dadashreeji is the 'Source' guiding us towards our individual purpose as also the purpose

of MaitriBodh Parivaar's mission of Love and Peace. The saptsheel – seven point code conducts for a Mitr / Maitreyi was shared along with practical ways to implement them in our daily life. He shared the vision of our Parivaar and Dadashreeji's teaching of the 'Spiritual Triangle'. A short 'fun activity' was role-played out by the participants to understand the essence of the teachings through individual experience. The session ended with a Sambodh Dhyaan meditation session which helped the participants connect with their internal Dadashreeji even more strongly.



# MaitriBodh Parivaar now in RUSSIA ...



We held our first ever Bodh in Moscow on 25<sup>th</sup> September. A Maitreyi shared her experience:

Dadashreeji blessed all participants with unconditional Love who came to attend the Awakening sessions in Moscow. After the very intense session all were full of love and bliss, hugging each other with tears of love. They took Dadashreeji's Shrimurti with them to start communicating with the Divine.

We are now so full of joy and love. It was an honor for all of us to support the Highest, beloved Divine Friend Dadashreeji, and His mission establishing love and peace on earth and transformation of all beings.

Dadashreeji said once: "let me drive your car. I am the best driver in your life. Sit down, relax and enjoy your journey of your life." My deepest gratitude from my heart for everything you give us! You

continuously give us real experiences, real love, real guidance and ARE the best driver ever! I bow down at Your Lotus feet. You are the greatest gift for my soul!"

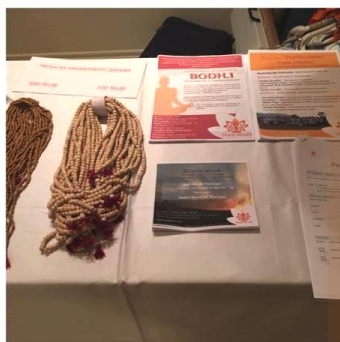
Regular 'Sambodh Dhyaan' sessions have been planned over the coming weeks.

Bodh - The journey towards the truth is embellished with thought provoking questions and meaningful discussions culminating in the Shakti Pravaah subsequent to which a serene calm has been experienced by seekers. When the light shines in us, we are able to bring thousands to share the same light. It is heartening to see that the light that has been kindled all over and is being passed on to others by the seekers who have found the connection to the heart.



## *Sending Love, Peace and Happiness from Russia !*

**Maitri Session ~  
Moscow, Russia held on 24<sup>th</sup>  
September, 16**



Seekers travelled a distance of 1,500 km to experience this session. With tears flowing and hearts flowering the participants were lost in an ecstasy of love as they connected beautifully during the session.

## What humans couldn't feel....

Our Ashram is so full of love and the Divine that animals too feel it. "Three days ago, a man with whom we had entered into a deal for the purchase of cows for our **Kaamdhenu Gau Dhaam** called me. He informed me that he had mistakenly sold a cow to us which belonged to another person - someone who had given the cow to be cared for. The owner of the cow was requesting that his cow be returned along with the calf she had delivered. We all were very upset and requested that the cow and her calf not be taken back as we had become very attached to them. We were caring for the cow in the same way we would take care of our mother. However the owner was not ready to listen. Very reluctantly, we let them take the cow and the calf back to their home.

Yesterday again I got a call from the same person, but this time he was requesting me to take the cow and the calf back. I was amazed. He said that ever since they had taken them back home, both the cow and the calf had not been eating food or even drinking water. Both seemed upset. They asked us for forgiveness and pleaded with us to take the animals back. Oh Dada! What we could not feel as human beings these animals easily sensed. The love that they had received from all of us at the ashram and from our Divine Mother Maa Kali and Dadashreeji was unmatched. They had tasted the real nectar of love and could not live without it now. How lucky are we that we get to visit the Divine Abode and immerse ourselves in Your Grace!!! Thank You for loving us and blessing us unconditionally. Our ashram indeed is Shantikshetra Premgiri Ashram, the centre of Peace and Love."

~ Mitr Jeev



## Om Dada OM

*Poem by Joseph Hodgett  
Davenport Iowa, USA*

Om Dada Om  
Thank You  
I love You

You sent two of your dear devotees  
To transform minds into hearts  
You knew Gurudev  
That the garbage was piling high,  
So You sent your two angels  
The Divine clean-up crew!  
And they sent it all to You.  
What Grace my dear Dada!  
That You would receive  
Our garbage with a smile  
And transmute it into Premajyoti  
How lucky are we  
How lucky are we...

Om Adi Shakti Mahakali!  
Om Mahakaleshwara!  
Om Babaji!  
Om Dadashreeji!  
Om Guru om Guru om Guru om Guru om  
Guru om Guru om!  
Please guide me in my dreams  
To Shantikshetra Premgiri  
Show me the path  
That leads to Bhimashankar  
Let me serve the ashram  
As I sleep each and every night:  
A greater dream I cannot imagine!

Om Dada Om  
Please make me an instrument  
Of Thy Peace  
Of Thy Bliss  
Of Thy Love  
I pray to You sweet Sadguru  
Purify my being  
Make me hollow  
Then fill me past the brim  
With Your Love.  
Only then  
Will I be fit to truly, Serve You !



# I am LOVE

~

## Upcoming Events

There exists in the universe a power of such tremendous and enigmatic force, that its sheer presence creates ripples - the effects of which can be felt in every being. That undying, unwavering, blinding light is that of **'Universal Good, of the Creator, of the ONE'**.

The ONE is that from whom each of us has originated. We came into being when the One became many. That ONE, that **'Universal Force' - is LOVE.**

Love Incarnate Dadashreeji says, **'Love is your true nature.'**

He continuously reminds us of our origin and where each one of us hails from. **We are all of The One. We are all part of Him for HE is LOVE.**

Over the years, through countless births and experiences we have forgotten what it feels like to be truly connected to Him - we have forgotten our true nature. We have started operating with our minds and reacting to our environment, as He resides in us - a 'Voice' we have unfortunately learnt to ignore or disregard. We have forgotten who we are and where we have come from. We have forgotten Him! In this process we are suffering, for we have been smitten by the material world for we give the highest value to the material world and all its attractions.

Divine Friend Dadashreeji says, **'The cause of suffering is the Lack of Love.'**

He reminds us of who we are, our true nature and where we have come from. He coaxes us to look within, for He resides in each one of us

as we have originated from Him. The stronger our internal connection with the Highest, the more we bond with Him. His Voice starts getting clearer, louder, guiding us, correcting us, helping us grow, taking us to the **'Highest Source'**. Dadashreeji shows us the way by establishing and guiding us on how to nurture a strong internal bond with our Higher Self.

We move from the material to the spiritual. We move from the external to the internal. We move from suffering to Love.

He affirms that, **"The only hope for humanity in the current time is spirituality"**.

To know and experience Love, we have to transform ourselves - for when we transform, the world around us too will transform. We need to constantly work towards self-improvement and selfless service and strengthen our inner bond with the Divine. Love is the only way take us back to where we have come from.

Love Incarnate Dadashreeji through His Grace is guiding and help us bond with our inner Divine. These sessions of spiritual learning are called **'I AM LOVE'**. A simple statement, with a profound meaning, that will lead us straight to our origin – our **'true self'**. This will be through a series of live interactive streaming sessions with **Dadashreeji**.

The first such session will take place on **14th January 2017**. To know more please subscribe to our **MaitriBodh Parivaar Channel on YouTube**.

# Upcoming Events

*"It is in giving that you shall receive."*  
~ Dadashreeji

## Dusshra Bhet

'A Guru, ordained by God to help individuals in response to their deep prayers, is not an ordinary teacher; but is a human vehicle whose body, speech, mind, and spirituality God uses as a channel to attract and guide lost souls back to His home of immortality. We meet various teachers in the beginning, through our vague desire to know the truth. But a Guru is a living embodiment of scriptural truth and an agent of salvation appointed by God in response to a devotee's incessant petitions for release from the bondage of matter.'

Being in the presence of a Guru is an opportunity that cannot be missed. There is a feeling of profound bliss simply by being in His presence. The atmosphere is serene with peace. There is an absolutely magical feeling in the air that one could never feel anywhere else, as though we are existing on a heavenly plane of consciousness. Every step feels like a step on holy sacred ground, and one becomes much more conscious of every thought, action and movement of the body. All worries and doubts of the mind seem to melt into 'knowingness' that everything is perfect here and now. Each moment seems to take on a deeper depth, beauty and significance.

On the auspicious occasion of Dussehra MaitriBodh Parivaar invites you to celebrate **Dusshra Bhet** and experience the Joy of 'Sharing and Giving' in the sacred presence of **Divine Friend Dadashreeji**

Also join us for two profound spiritual processes; Havan for **Love, Peace** and **Harmony** in the world and **Paduka Abhishek**

Date : **11th October, 2016** (Tuesday)

Time: **7:30 AM to 4:00 PM** (IST)

Venue: **ShantiKshetra Premgiri Ashram,**  
Karjat, Maharashtra

**Note:** Every person is requested to bring a gift. The gift should be inexpensive but kindly avoid bringing food or other perishable items.

For further details please contact on :  
+91 9029004920, +91 9819946594



# Upcoming Events

On the day of *Dashami*, celebrate Dusshera and experience the Joy of Giving and Sharing in the Divine presence of Dadashreeji in

## Dusshera Bhet

**11<sup>th</sup> October** at  
ShantiKshetra Premgiri Ashram

**Maitri Diwas** is a monthly celebration of Mitr's and Maitreyi's to come together and share **Maitri Bhaav** in Mumbai, Delhi and Pune.

**Bodh Month** is being celebrated from **15<sup>th</sup> October to 15<sup>th</sup> November** by MaitriBodh Parivaar. Bodh process will be conducted on each day during this month all across India.

To host a Bodh at this time please contact ;  
Maitreyi Shraddha ( +91 9811702884)  
Maitreyi Sonee ( +91 911061282)

## Purification (Bodh.2) alongwith Awakening to Self – Realisation (Bodh.1)

For the first time happening in North India.  
**14<sup>th</sup>-16<sup>th</sup> October** | Amritsar, Punjab

## Spiritual week at ShantiKshetra Premgiri Ashram

**Awakening to Self Realisation (Bodh.1)** - 23rd November, 2016

**Purification (Bodh.2)** – 24<sup>th</sup>, 25<sup>th</sup> November, 2016

**Path Divine (Bodh.3)** - 26<sup>th</sup>, 27th November, 2016

## International BODH

**5<sup>th</sup> – 18<sup>th</sup> December** at  
ShantiKshetra Premgiri Ashram

## I am Love

The first of the sessions will take place on **14th January 2017**. To know more please subscribe to our **MaitriBodh Parivaar Channel on YouTube**.

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](mailto:anahita@maitribodh.org)

### India

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**Q. You talk about love as the Highest, then why does MaitriBodh perform 'havans' (fire ritual) for nine days during this month? Why do you advocate it?**

*Dadashreeji:*

I appreciate you for rightly pointing out the message of MaitriBodh, which is Love, and nothing else. Hence, know this for sure that whatever we do, we do it with the sole purpose of connecting you with the Divine. For you, a 'havan' may be an act of an old custom or a ritual but for MaitriBodh, it is an 'act of love'. It is the calling of a devotee, a seeker or a child to its creator, its 'Source'.

Let me help you understand it better! MaitriBodh, apart from other days of the year, conducts 'havans' (fire ritual) mainly during the nine auspicious days (Navratri) of this month. We observe that during these days, awakening of Shakti (feminine Power), is at the zenith. It is highly active and is available as Grace for a devotee to connect with.

One of the greatest gifts from the ancient Indian culture is invoking and connecting with the Divine by performing 'havans'. However, one has the freedom to choose any other way to connect with your Divine, as per your convenience, depending on your preference and understanding. MaitriBodh feels that with the help of the Sanskrit language, which is also the language of God, during these havans one can easily experience spiritual elevation.

Just as you witness day-night, various seasons, and time-bound planetary movements resulting in different conditions, you also notice good and auspicious times for one to grow materially and spiritually. These nine days are highly auspicious for devotees, seekers and spiritual beginners to receive the Grace and Love of the Divine. Since these days express the highest form of the Divine, that is Shakti (feminine power), one has to devote oneself and pray to that Shakti.

Many of you observe discipline, dietary regulations or fasting, austerity and spiritual practices. It is advised only for the reason to remain focused on your Divine and imbibe the best during this time. Nine days of relentless, committed practices with a prayer to receive Grace of the Divine is celebrated on the tenth day as Dussehra. You celebrate it as winning over evil; all negative and unwanted thoughts of your mind are annihilated by the Grace of the Divine, transforming you into your 'pure self'.

In short, it reflects your journey of life from unhappiness to bliss and from darkness to light.

Remember, Flow with the Divine Grace to experience true Love and bliss within!

*Love and blessings,  
Dadashreeji*