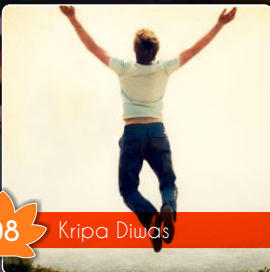


ANAHITA

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I AM LOVE



MaitriBodh

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From the Editor's Desk

Dear Divine Ones,

Greetings on the dawn of 2017!

We sincerely pray for the bounty of Divine Grace to flow in and around you each minute in this New Year. Pray that each will progress on the path to Inner Peace.

December 27 was celebrated as Divine Friend's birthday and it proved that with each passing day, Dadashreeji's presence is being experienced and felt very strongly - in all events and also during the moments when His devotees invoke His 'zikr' (mention) name. Stories are cascading from all parts of the world about experiencing a Love beyond all definition. Not only is His presence being felt strongly, it is also spreading - quietly and consistently - across all corners of this earth, reaching the many souls who are yearning and have been waiting all their lives. In this issue of Anahita, you will be pleased to read about devotees experiences and spiritual events held at the ashram, across India as well as in many countries around the world.

In the issue, you will be gratified to note that the work of Selfless Service has increased manifold in the Parivaar. Selfless Service (Nishwarth Seva), is the core of Dada's teachings and the Path He wants us to follow. We hope that the stories so shared will inspire you to initiate even more acts of Seva that benefit fellow human beings. We just have to look around and see how many people are in need. We invoke your Inner Dadashreeji to awaken and for you to join hands in reaching wherever humanitarian support is needed.

Do mark your calendar for the Webinar series 'I AM LOVE' which commences January 14 and will mark the beginning of the gifts this year that Dada wants to share in His benevolence. May our capacity to receive increase and may we be able to match that giving through His Grace!

Love & Gratitude
Maitri Bodh Parivaar



His Words ...

“Love and Selfless Service are my paths to experience that absolute truth in you. Only through this can you experience it and not by following any books, rituals, teachings or meditation techniques.”
- Love Incarnate Dadashreeji”

A very important saying by Dadashreeji which, seems simple but has to be understood very clearly. Let us first understand the second part of the saying as it eventually explains the first part.

“Books, rituals, teachings or meditation techniques are not the paths to experience the absolute truth!”

These no doubt are very important initially but, on their own may not suffice. Here Dada is hinting that the truth is beyond the triad of doer, doing and deed. This triad exists as long as ‘we’ (read ego) exist as souls **separate** from reality. The triad exists as long as the ‘we’ exists. ‘We’ read books (doer – doing – deed), ‘we’ conduct rituals and ‘we’ practice meditation. As long as the triad is perceived - the truth cannot be perceived.

“Love and Selfless Service are my paths to experience that absolute truth in you”

There are many paths to experience the absolute truth. All paths lead to the same goal. Dada has chosen love and selfless service as His main paths leading us to the Truth. These are simple and easy to understand and incorporate in our lives. However for each of them we are required to get rid of our selfishness. Pure Divine **Love** is experienced only when there is no ‘we’. With sadhana when the ‘we’ recedes from the foreground it is then that the back ground stillness/**peace** in us surfaces. **Selfless service** means that ‘we’ becomes immaterial. With these three when the ‘we’ dissolves, it is only then that He as the absolute Truth is revealed to us.

Stress

how to tackle it

Stress simply defined is not what happens to us but it is our response to what happens to us. It is the disconnect between what we desire and what actually happens that leads to it. The common effects of stress on your body, mood and behaviour are enumerated below.

During a period of stress important hormones like cortisol and adrenaline are produced by our endocrine glands. These hormones in turn cause increase in the heart rate, increased blood pressure, lack of sleep, overproduction of glucose etc. All this can be handled by the body if the stress is brief. However with persistent stress and constantly elevated levels of these hormones can cause organ system problems. Common diseases due to stress include: Headaches(migranes), Strokes, Blood pressure, Heart attacks, Increased attacks of asthma if predisposed, acidity, weight loss/weight gain, loose motions and persistent body pain.

How to tackle stress?

1. **Meditate:** A few minutes of practice per day can help ease anxiety. Daily meditation may alter the brain's neural pathways, making you more resilient to stress.
2. **Breathe Deeply:** Take a 5-minute break and focus on your breathing. The mind controls the breath and breath controls the mind. Deep breathing counters the effects of stress by slowing the heart rate and lowering blood pressure.
3. **Be Present:** This is also called mindfulness/awareness. Notice how the air feels on your face when you're walking and how your feet feel hitting the ground. Enjoy the texture and taste of each bite of food. When you spend time 'in the present moment' you feel less tense.
4. **Reach Out:** Your social network is one of your best tools for handling stress. Talk to others -- preferably face to face, or at least on the phone. Share what's going on. You can get a fresh perspective while keeping your connection strong.
5. **Decompress:** Place a warm heat wrap around your neck and shoulders for 10 minutes. Close your eyes and relax your face, neck, upper chest, and back muscles. Remove the wrap, and use a tennis ball or foam roller to massage away tension.
6. **Laugh Out Loud:** A good belly laugh doesn't just lighten the load mentally. It lowers cortisol, your body's stress hormone, and boosts brain chemicals called endorphins, which help elevate your mood. Lighten up by tuning in to your favorite sitcom or video, reading a comic, or chatting with someone who makes you smile.
7. **Listen to music:** Research shows that listening to soothing music can lower blood pressure, heart rate and anxiety.
8. **Exercise:** All forms of exercise, including yoga and walking, can ease depression and anxiety by helping the brain release feel-good chemicals and by giving your body a chance to practice dealing with stress.
9. **Be Grateful:** Keep a gratitude journal or several (one by your bed, one in your purse, and one at work) to help you remember all the things that are good in your life.

Common symptoms of stress

- Headache
- Muscle tension or pain
- Chest pain
- Fatigue
- Stomach upset
- Sleep problems

Common effects of stress on your mood

- Anxiety
- Restlessness
- Lack of motivation or focus
- Feeling overwhelmed
- Irritability or anger
- Sadness or depression

Common effects of stress on your behaviour

- Overeating or undereating
- Angry outbursts
- Drug or alcohol abuse
- Tobacco use
- Social withdrawal
- Exercising less often



To get us out of the storm...

There was once a man who didn't believe in God, and he didn't hesitate to let others know how he felt about religion and religious holidays like Christmas. His wife however did believe and she raised their children to have faith in God and the metaphysical meaning of Jesus the Christ, despite her husband's disparaging comments.

One snowy Christmas eve, the wife was taking their children to a Christmas Eve service in the farm community in which they lived. She asked him to accompany them, but he refused.

"That story is nonsense!" he said. "Why would God lower Himself to come to Earth through a man called Jesus who became the Christ? That's ridiculous!" So she and the children left, and he stayed home.

A while later, the winds grew stronger and the snow storm turned into a blizzard. As the man looked out the window, all he saw was a blinding snowstorm. He sat down to relax before the fire for the evening. Then he heard a loud thump.

Something had hit the window. Then another thump. He looked out, but couldn't see more than a few feet. When the snow let up a little, he ventured outside to see what could have been beating on his window. In the field near his house he saw a flock of wild geese.

Apparently they had been flying south for the winter when they got caught in the snowstorm and couldn't go on. They were lost and stranded on his farm, with no food or shelter. They just flapped their wings and flew around the field in low circles, blindly and aimlessly. A couple of them had flown into his window, it seemed.

The man felt sorry for the geese and wanted to help them. The barn would be a great place for them to stay, he thought. It's warm and safe; surely they could spend the night and wait out the storm.

So he walked over to the barn and opened the doors wide, then watched and waited, hoping they would notice the open barn and go inside. But the geese just fluttered around aimlessly and didn't seem to notice the barn or realize what it could mean for them.

The man tried to get their attention, but that just seemed to scare them and they moved further away. He went into the house and came with some bread, broke it up, and made a bread crumb trail leading to the barn. They still didn't catch on.

Continued on next page



Now he was getting frustrated. He got behind them and tried to shoo them toward the barn, but they only got more scared and scattered in every direction except toward the barn. Nothing he did could get them to go into the barn where they would be warm and safe.

"Why don't they follow me?!" he exclaimed. "Can't they see this is the only place where they can survive the storm?" He thought for a moment and realized that they just wouldn't follow a human.

"If only I were a goose, then I could save them," he said out loud.

Then he had an idea. He went into barn, got one of his own geese, and carried it in his arms as he circled around behind the flock of wild geese.

He then released it. His goose flew through the flock and straight into the barn and one by one the other geese followed it to safety.

He stood silently for a moment as the words he had spoken a few minutes earlier replayed in his mind: "If only I were a goose, then I could save them!"

Then he thought about what he had said to his wife earlier. "Why would God want to lower Himself to be like us? That's ridiculous!"

Suddenly it all made sense. That is what God had done. We were like the geese--blind, lost, perishing. God had His Son become like us so He could show us the way and enlighten us.

That was the meaning of Christmas, he realized. As the winds and blinding snow died down, his soul became quiet and he pondered this wonderful thought.

Suddenly he understood what Christmas was all about, why Jesus who became the Christ had come, so that we could become the sons and daughters of the Living Christ.

Years of doubt and disbelief vanished like the passing storm. He fell to his knees in the snow, and prayed his first prayer:

**"Thank you God, for coming in human form
to get me out of the storm!"**





Blood Donation

13th & 14th December

On the auspicious occasion of Datta Jayanti, Western Railways in association with Sion Hospital organised a mega blood donation camp at Dadar Railway Station. Sevaks from the MaitriBodh Parivaar volunteered and worked tirelessly for the smooth running of the drive. With the Blessings and Grace of Our Divine Dadashreeji the event was a huge success.



Love festival in Vienna

4th December

Love, Love, Love,

is all you need! Love, Love, Love, is all we need!

The first festival of love celebrated at the MaitriBodh Parivaar Soul Nourishing Centre was filled and soaked with Love. The heartfelt music by Shanti Omkara, dance by a beautiful oriental dancer, made everyone, even the non-dancers sing and dance in joy and love, with Divinity.

* Meditation (SambodhDhyan) and OM chanting sessions are held around the world regularly.

Maitri Diwas

17th December

Maitri Diwas was celebrated on 17th December in Delhi, Mumbai and Pune. It was a day of celebration for all with a shower of love that was beyond what any of the participants expected to receive. Everyone felt the session was held especially for them and Dadashreeji Himself was present to guide and give them their answers. Quite a few of them felt they got the answer to their question of WHO AM I..... I AM LOVE not just words but all experienced it in Oneness. The participants in Pune connected deeply with MahaAvataarBabaji. They connected with Dadashreeji immediately and felt unconditional love and the presence of both in their hearts. Everyone accepted Dadashreeji as their Dear Friend and The Driver of their destiny. The practice of Bhajan Sandhya and Sambodh Dhyaan took the experience of the seekers to an ethereal level.



Veds Heartfulness at Work

3rd December Mumbai



MBCS Signature Program VEDS Heartfulness at Work was the 3rd such program conducted since its inception in April 2016. Participants from various organisations embarked on the Heartful Journey and received an insight on how to use the powerful combination of the mind and heart at the workplace and experience success with Heartfulness. The guided meditation process helped them connect with their inner self and understand the importance of re-establishing Heartfulness at work.

A participant shared that the program took her on a different journey altogether and left her feeling wonderful. Another had two 'aah' moments of sudden understanding and took them as her critical takeaways to implement in her life and bring Heartfulness in all that she did.



Bodh - 1

Awakening To Self-Realisation

5th December - Pune, 10th December - Delhi, 17th December - Pune, 20th December - Vienna:

BODH— Seekers everywhere are looking for answers to the turmoil and sufferings in their lives. They search for a way to live a life of meaning and purpose that can only be experienced and nurtured with the Grace of a Guru. This spiritual seeking leads them to our Maitri sessions and gives them a glimpse of the Love and Peace they are looking for. The connection they make during Sambodh Dhyaan and Shaktipravaah leaves them feeling overwhelmed and gratitude flows spontaneously. The Bodh's conducted in Pune, Delhi and Vienna were profound days for the spiritual seekers. The participants learnt how to connect with their Inner Divine and the importance of inner transformation for all.





Grace Day was celebrated in ShantiKshetra Premgiri Ashram (Karjat) as well as all over the world with our devotees in India, Europe and the US. This day was celebrated with a pure heart and the essence of practicing gratitude as the key element for abundance of Grace. All Devotees, Sevaks, Mitrs and Maitreyis gave of themselves to bring about a smile on someone's face.

In the Ashram the day started with the felicitation of villagers who work at the Ashram and the Sneh Sanskar Gurukul (Primary school run by the Parivaar). Gratitude was offered to Mother Nature, to animals, and the 'Female principle' (as Shakti or source of power). Participants were sensitised to the need to offer all possible encouragement to women who are the most important yet vulnerable component of society. Participants were also given an introduction on the possibility of learning new skills for seeking employment in today's modern society. Participants also undertook a pledge to save and take care of one tree each over the entire year.

The 'Wall of Grace' a novel concept of sharing was offered to the participants. In this concept all offerings and donations of materials like clothes, food etc are placed at a 'wall' where needy people could come and take the required clothes and household materials donated by the Parivaar members. The astounding part was that people came quietly and took only as much as was needed by them leaving other materials behind for those in greater need than themselves. A lesson in itself for all who participated on this occasion.

Grace Day in Delhi started with Seva, with a group of people serving Langar (free food) and applying medicine and bandages for the hurt, the sick and the homeless. In the evening Sambodh Dhyaan and Maitri Light was conducted where participants experienced Ma Narayani's and Dadashreeji's Grace and Love in abundance. The blessings of Guru Maa and Dadashreeji works consistently on humanity and we can only offer our heartfelt gratitude for the Grace we keep receiving in our lives.





Grace Day in the US started with Dadashreeji's words---- There cannot be a better day than Christmas when you experience love in your life and share it with people around you, making them part of your Love. Christmas meditation was held at MaitriBodh Parivaar's Soul Nourishing Centre in Orange County, CA. Love, Friendship and Dada's Grace filled the day as all joined hands and experienced boundless love as one large happy family. Despite being bitterly cold outside, inside the Soul Nourishing Centre there was only warmth, care and love in each ones heart.

Sevaks from MaitriBodh Parivaar Los Angeles visited two old age centres in Orange County, California to spread the joy of Christmas to the senior citizens there. The Mitrs and Maitreyis sang various Christmas carols, spent time with the inmates, and chatted with the folks of the old age home. The happiness of the inmates as the Sevaks interacted with them was contagious and had all offering Gratitude to Dada for showing them this side of Selfless Service that none had ever experienced before, wishing they had done this earlier in their lives.

Sevaks from MaitriBodh Parivaar San Francisco cooked and packed a full meal of chilli, dinner rolls, rice and cookies and took it to downtown San Jose, where it was distributed to a group of hungry and homeless people. One of them shared that it had been a long time since he had eaten any hot homemade meal and was very grateful for this gift of love. The whole team in the US with gratitude in their hearts thanked Dada for this opportunity to be of service to humanity.



Anandotsav

(Selfless Service Day)

27th december

The Divine day when Our Sat Guru, Our Beloved, Dadashreeji came on Earth to hold our hands, bless the Earth and all His children. This day is celebrated with glorious rejoicing hearts, in Oneness and Love offering Selfless Service. In the Ashram a special ophthalmic medical camp was organised with support from Hinduja Hospital doctors where more than 290 villagers availed the benefits of their expertise. Over 980 villagers visited our Ashram offering Gratitude to Divine Mother and Dadashreeji Shrimurti on this special day.

Mahaprasadam was served to the villagers throughout the day. Devotional bhajans and Kirtan (hymns) sung by our singers and their team, and by the Jambrung village bhajan team had all swaying with the music and experiencing joy. It was a glorious moment of Oneness for the villagers and the Parivaar members as they all danced and sang to the beautiful rhythm of Vitthal Gajar. Sevaks from Indian, Europe and the US all worked enthusiastically for the success of the Event.

In Delhi the day started with Havan at the Aarohan Centre. A Sankalp for Dadashreeji's good health was taken during the Havan followed by cutting a cake. During the day Annadaan (offering of food) was in held different areas in Delhi. Food was served in Ashok Vihar for over 400, in Janak Puri for over 500 people. In Vasant Kunj food and toys were distributed to children and their families. In the evening warm clothes and food was distributed at the Anandgram leprosy home and night shelter in East Delhi. A day filled with Selfless Service and Grace where all felt the Love and care despite the cold weather in Delhi.

In Indore Langar (free food) was served to 121 people at Khajrana temple, followed by a Maitri Session and Paddukas Abhishekham, with gratitude in the hearts of all sevaks.

In Pune an Akhand Jaap (chanting of the Lord's name) was organised for 2 hours, followed by a teaching of Dadashreeji.

Mitr's, Maitreyi's and Sevaks from the US in Los Angeles, New York, San Francisco, Davenport and Bozeman, celebrated this day with hearts full of Gratitude for the Grace and Love that is constantly showered on them by Divine Friend Dadashreeji.

In Davenport, the Sevaks visited a Nursing Home and a Rehabilitating Centre. The focus was on spending quality time with the long term residents, who were away from their familiar or had no families. The intent was clear. To know them by their names and share gifts and love with them. All the Sevaks contributed and helped in offering gifts like silk flowers, non-slipper socks, tissue boxes and a lot more. They celebrated with singing and dancing, while music was played by a devotee, with the staff also joining in. All had a wonderful time where only laughter and joy was experienced. A few dressed as Santa Claus went about sharing the Love and Grace of Dadashreeji with all those who basked in the Divine Love.

That day Dadashreeji's children from all over the world came together in Oneness, to pray for His good Health. Heartfelt wishes and unlimited love was sent on His birthday by devotees, whose hearts were full of Devotion and Gratitude for the unconditional Love and Grace they receive in abundance. It seemed the Whole Universe was chanting His Mantra that day.



International Bodh – ShantiKshetra Premgiri Ashram

(5th – 18th Dec'16):

The month of December 2016, witnessed 8 beautiful souls, travel all the way from United States to India to experience The Ocean of Love – Dadashreeji, whose grace they had experienced through a series of Bodh-An Awakening, Sambodh Dhyaan and Maitri Light sessions . The deep yearning to meet the source of it all- Divine Friend Dadashreeji got them to travel miles to our Ashram in India.

Spellbound by the simplicity and abundant love that they received from Dadashreeji and all Mitrs and Maitreyis, they were left in tears of joy and hearts full of love that wanted to reach out and serve.

As they emptied unwanted thoughts and spiritual concepts, they were filled with rivers of love, that's still overflows from their hearts. They found their love of their lives in their best buddy –Dadashreeji.

One of the participants spontaneously decided to stay back till the end of the year to offer himself in selfless service at the Ashram.





The call of love was irresistibly strong. This was the sole the reason why each of us travelled from the United States to the abode of Love Incarnate home to all beings- ShantiKshetra Premgiri Ashram.

During the Both 1 sessions in the United States, our Mitri Maitreyi had shared the beautiful wisdom of Dadashreeji, a loving Divine friend. These sessions had opened our hearts to a yearning for more love. This was the reason for our accepting the invitation that took us onwards to India to attend the US International Bodh.

On arrival in India, we were welcomed by the warm and smiling faces of Mitrs and Maitreyis of the MaitriBodh Parivaar. We were lodged comfortably in a secluded resort tucked away from the busy city of Mumbai.

Day 1 - Bodh 1: The Awakening. A Mitri shared the inspiring story of his personal journey with the Master. It was like rekindling the fire within as we prepared ourselves for a beautiful week ahead. Everyone sat in peaceful bliss before the Shrimurti of Dadashreeji and MahaAvataar Babaji in the Dhyaan Mandir (Temple of meditation). Strangers to each other yet deep within we all knew we were connected.

Day 2 & 3 - Bodh 2: The Purification. Everyone was up early, shared quick introductions at the breakfast table at and our miraculous stories of reaching India despite the incredible challenges of sudden international travel and low finances. Once we arrived at the ashram, there was a subtle peace within, like we had come to our cozy home. We experienced a journey of rituals and teachings. Every participant's experience was unique- some were in tears all along, some had physical ailments that surfaced and healed, others just experience pure love within their hearts leaving them in a state of natural bliss. We were peeling away the layers of our material minds and connecting to our true nature - that of unconditional love. Amidst all this we had a young 12 year old boy who was constantly smiling, listen and observe his surroundings and sketch away beautiful images of nature around us. Ah! the innocence of childhood, the wisdom of youth. The experience was total, way beyond words, it was something that each felt and experienced within. We felt like a family.





Day 4 - A day of rest. No one could stay away. We all rushed back to the Ashram to enjoy the stillness and take in the awesome energies. A lovely heartfelt session and a deep understanding on 'how to pray' left us stunned and humbled. We could only marvel at that Divinity on how lucky we were to have been chosen to partake of this incredible spiritual feast.

Day 5 & 6 – Bodh 3: Walking the Path Divine. In silence we returned for Bodh 3 - an extremely special day. We were greeted by the kindest most loving face ever seen - the young smiling face of Dadashreeji. He shared His wisdom which could be summarized in one word - Love!

All participants experienced this love in their hearts in His presence. It was fulfilling, the mind was silent and our hearts overflowed with unfamiliar emotions.

Following this life changing experience of BODH 1-2-3, everyone shared their understanding of Dadashreeji and their Bodh experience. One participant shared "Dadashreeji is my true friend, someone I talk to at all times and can share everything with. He walks with me and I feel His love at all times." Another participant described her experience saying "I have been searching for peace within myself through different paths, always searching and seeking, but coming here to the Ashram - I now feel I have finally ARRIVED!"

It was a week filled with overwhelming roller coaster of emotions of the nicest and purest kind, of simple love towards each other and within us. It couldn't be contained within and had to be shared. We smiled, laughed, hugged, danced and rejoiced. Spontaneously the entire group decided to share the love. We visited a nearby village school run by the MaitriBodh Parivaar with gifts and presents for the little children, we felt grateful to be allowed to share this joy as we saw Dada in every beautiful innocent smiling face.

Each one left feeling transformed and rejuvenated. We left with our hearts full of love and bound to each other in love. We became a part of Dadashreeji's family of friends - MaitriBodh Parivaar and our mission here on is to spread love to one and all, uniting humanity with Love!

Cecilia Fernandes, New York, USA





Dadaleela

..... Devotee's Experiences

The Search is Over

Four months ago I met the Maitreyi and Mitr sent by Dadashreeji to the US and our home town of Quad Cities. They introduced us to the wonderful family of MaitriBodh. Since then, I have discovered the very thing I have searched for my whole life-something more beautiful, expansive and meaningful than anything I could have ever imagined.

Experiencing Bodh, Maitri Light and Sambodh Dhyaan was such a significant experience that I travelled all the way from the U.S. to India, with my 11 year old son, in search of...more of this. Within our time at the ashram; I unearthed my own misconceptions and cynicism about of love and found myself able to let go, allowing my heart to return to something it has always known quite well... its divine origin.

The journey was especially significant because I was able to share all this with my son who is extremely perceptive and sensitive. I was able to travel back home with this wonderful sense of hope in my heart for our future- as now I had my Divine Friend Dadashreeji to take care of me, to guide me and love me. There are amazing wonders out there, it just depends on what you look for and all the tools we need to cultivate love in this world; it just depends on what you connect with within your heart.

- Kylee DeCuir
Mother and Artist
Quad Cities, Iowa, United States



Dadaleela

The journey to find the missing link

I travelled with my mom and friends to the Ashram in India. It was the most amazing experience ever! I learned so much and now all I have to do is 'Think Dada' and He is there for me instantly. How I wish my friends could have shared this with me. I will be back soon Dada for more of your love and grace.

Bodh 1 was the beginning of my journey to the Divine. All the years before, I always had the feeling that I'm missing a very important part in my life. Although I have a loving great husband and 3 wonderful girls, I was often dissatisfied with my life. I was missing the spiritual part and did not know how to integrate it in my daily life.

Then I read about Bodh 1 and felt within, that I must attend it. *Since that day, I feel a connection with the Divine. I have become much more calm and relaxed in many things, hear more and more in my heart. It is a pleasure helping people selflessly and spreading love unconditionally.* There are also periods when I do not feel the connection because of work pressures, but I do know that the connection is still there and that is a wonderful feeling.

For me the greatest gifts are Dadashreeji as a Divine Friend and feeling the deep Divine trust in my life. I can only say thank you, thank you, thank you to Dadashreeji. I wish from my heart that all the people around the world receive the deep Divine experiences in their life.

-Manuela Harrer, Vienna, Austria

I met God

I attended Bodh 1 more than a year ago. At that time I didn't have a job, my relationship was broken, I felt disheartened, confused and misunderstood. My mind was circling

around the question, what is my purpose in this life. How can I reach my goal to work as a life coach and to live a life full of love, joy and peace?

I was working so hard on myself but I felt that I was struck under a big rock, where nobody could reach me. *I went to Bodh 1 because I heard that Dadashreeji could help me. I don't know why I believed what other people were saying. I had no idea what MaitriBodh Parivaar was doing or who Dadashreeji is. But I listened to people who were already part of the MaitriBodh Parivaar and their words reached my body and my soul.* I loved it when they explained about Dadashreeji and His goal of transforming the world with Love and Peace. My mind still did not understand how He could do that. But my soul believed in it and was so in need of unconditional love.

For me Bodh 1 was the beginning of my new life. After Bodh 1 I started to go to Maitri Bodh Parivaar Sessions regularly, I found a new job and started to do new things, which I would have never done before. *I'm still in a big shift of transformation at the moment and it's still not easy especially with money, but I feel and see the difference.* The change did not come like a big firework, but it was like a soft whisper bringing new people in my life, changing my life's direction to a new adventure.

I discovered the biggest gift which you can get in a life-time: my beloved Divine Friend Dadashreeji. I always believed in God, but I didn't know that I would meet Him for real in this life-time. Dadashreeji changed my life – that sounds so big and of course it's big. He is a present from the Divine to me and to the world. I love him so much and I'm so grateful that He came into my life and that I found him. Thanks God, thanks Dadashreeji!

Anita Stix, Vienna, Austria



Dadashreeji - The Doctor Divine

I thought of sharing an experience of Dadashreeji's Grace. In November, we went to our native place for 10 days to attend a family function. My father is a schizophrenic over the last 40 years. Schizophrenia is a mental disorder wherein the patients thoughts are disorganized It is always a challenge to take him anywhere.

But then, this year was different! In July, I had the opportunity of taking Dadashreeji's darshan during Guru-Purnima for the first time at the Ashram. I prayed to Dadashreeji to take care of Dad and make the journey smooth for all of us.

To my astonishment, during the 10 days starting with the train journey, throughout the functions and return back to Mumbai, my Dad was perfectly normal. He did not display any symptoms of his disorder. This is a very rare occurrence because even with medicines, he would behave normally for a maximum of two days.

Imagine my surprise when without any medication my father behaved absolutely normally. Words fall short to describe Dadashreeji's boundless love and His care when he rushes to His devotee's aid. We just need to tell him and surrender. There is no refuge other than Him.

With eternal gratitude,
Vijayalakshmi



I Am Love

Love, a four-letter word but one that encompasses our whole being. How it came about in my life is a marvel in itself. Love turned out to be like a magic wand that filled the voids in my life. Remember the feeling we all had when we were a year old and were constantly attached to our mother's side all the time. How pure and true that feeling was, the love between a mother and her child. Imagine how life would be if we felt that same love all the time?

Today I have experienced a Love so pure, so true, that it goes beyond anything I have ever felt before. In the presence of Love Incarnate Dadashreeji the 'I' stops existing and only 'I am Love' remains. An unconditional love that is so vast that it embraces the entire universe. The desires and wants of the body and mind fall away and all that remains is the soul's only wish to constantly experience the 'Divine Love'.

The joy of experiencing love so joyously is beyond any experience. It can be your truth only if you have felt and tasted it yourself. What if someone told you about a new chocolate that is delicious. It would become your reality and truth only after you taste it yourself. Well allow yourself to taste this love as well. A love that fills you to the brim so much so that, it overflows into the world for all to experience as well.

'I Am Love' is one such web series that guides and shows us the way to experience love in its entirety and actually become 'LOVE'. The absolute truth is that our core is love - but we have forgotten it. With our Divine Friend Dadashreeji's guidance we can re-experience the love that is limitless and ready to pour into our lives and the world around us.

Make the most of this opportunity and spread the message of Love to your family and friends by hosting a screening of 'I AM LOVE' webseries.

To be a part of the experience of listening to Love Incarnate Dadashreeji talk about the true Divine Love; subscribe to our YouTube channel; www.youtube.com/MaitriBodhPariivaar



"Divinity is more willing to help you than you are. Divinity always wants each one of you to be happy. The problem comes when you are not willing to transform for good."

~ Love Incarnate Dadashreeji

#iamlove

I am Love

A WEB SERIES BY

Love Incarnate Dadashreeji

Jan 14th 2017

6:00 pm - 8:00 pm IST (IND)

1:30 pm - 3:30 pm CET (EUR)

7:30 am - 9:30 am EST (USA)

Free Live Streaming on

You Tube

Channel: MaitriBodh Parivaar

www.maitribodh.org



Under the Grace and Guidance of our **Divine Friend Dadashreeji** MaitriBodh Parivaar lovingly presents,

Spiritual Week

22nd Feb - 26th Feb

A week long retreat to rejuvenate your soul through a series of profound spiritual experiences,
at the tranquil and divine ShantiKshetra Premgiri Ashram, Karjat (Maharashtra)

Awakening to self realization Bodh I 3PM – 7PM . IST  22nd Feb	Purification (Chitta Shuddhi) Bodh II 9AM (23rd Feb)– 5PM (24th Feb) . IST  23rd Feb - 24th Feb	Maha Shivratri offer prayers to Mahakaleshwar Shivling at Shaktipeetham on the auspicious day of Mahashivratri and receive Blessings and Divine Grace in abundance  24th Feb	Path Divine Bodh III 9AM (25th Feb)– 5PM (26th Feb) . IST  25th Feb - 26th Feb
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Please note, Purification and Path Divine (Bodh II & III) are residential processes.

For further information and registration, please log on to our website; www.maitribodh.org

or write to us at: info.india@maitribodh.org

or call us on:

9216822222 (North India) | **7718805555** (West India) | **9830605180** (East India) | **9591427000** (South India)



MaitriBodh



Upcoming Events

Bodh 1	8th January	Malad
I AM LOVE- Web series by Dadashreeji	commences 14th January 06:00 p.m - 08:00 p.m (IST)	To view, please subscribe to our YouTube channel ; www.youtube.com / MaitriBodh
Parivaar		
Maitri Diwas	15th January	Mumbai
Spiritual week	22 nd -26 th February	ShantiKshetra Premgiri Ashram

The following Mitr's / Maitreyi's shall function as 'Regional Events Representatives' (REPS)

Mumbai

Maitreyi Monica
Mo : 98203 79973

Delhi

Maitreyi Sonæ
Mo : 98110 61282

Bangalore

Mitr Manikandan
Mo : 95914 27000

Pune

Mitr Gaurav
Mo : 95605 73908

Indore

Maitreyi Samiya
Mo : 70247 25555

In case you wish to organize any of the events in your region, kindly contact the REPS first. They shall guide you through the process.

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You can also send us
your own experiences at:
experiences@maitribodh.org

For articles, stories,
poems or spiritual
questions email us at:
anahita@maitribodh.org
Selected ones will be
published in our future
issues.



Pearls of Wisdom

Dear Friends,

Divine new year to you all! New day, new light and new life! Passing through 2016 indicates that you have successfully faced challenging life lessons and proved to be eligible for next phase of the time. All those tiny moments of conflicts, issues and discord have become insignificant. Critical and sensitive issues do leave their mark on your subconscious mind as lessons learnt. Remember these lessons and not the issues! Life is a flow, hence flow with it.

This new year will bring forth prosperous and fulfilling lessons to augment your spiritual growth. Welcome these lessons wholeheartedly and embrace them! These challenging moments are ways and opportunities for your elevation. This year will be one of the most remarkable years to cherish, as it will lay the foundation for Divine Age. While progressing towards this Divine Age, earth would unburden itself of all dirt and unwanted pernicious elements. MaitriBodh Parivaar earnestly urges you all to express love and care for Mother Earth. This year, pledge to serve Mother Earth and free Her of all that is ill and painful.

The last year provided direction for all. Similarly, this year will help you in taking the decision to move towards Divine Age. Hence, decide for yourself in this year, for your spiritual fulfilment. The whole mankind is getting prepared for this Divine Age. As we have mentioned time and again, just participate to be a part of this new era.

The Divine Age is of the Divine, by the Divine and for the Divine. Being Divine means being you. Being Divine does not mean levitating in the air, fortune reading, mystical, miraculous or supernatural. Instead, being Divine is being natural, discarding fake identity and remain simpler than simple. You are free of restricting judgements, misguiding influences and illusionary ignorance. Devoid of this state, you remain disoriented in life and act in haphazard manner. It further lowers your state of mind making you vulnerable to suffer. Hence, know that this is the right time for you to be aware of this reality and start your journey at the earliest. All of you together unitedly keep this vision of Divine Age and passionately flow towards it.

We share three essential points to remember and practice in this year so that you face challenges, flow with life and succeed in achieving your goal set for this year:

- 1) **Learn from past mistakes:** That means never repeat mistakes.
- 2) **Listening:** Listen patiently and attentively.
- 3) **Gratitude:** Express your gratitude wholeheartedly either internally or externally.

Keep flowing with the Divine till you are awakened to the reality!

Let there be Love, Guidance, Grace and Divine (always is) in your life!

- Love and blessings,
Dadashreeji!

