

# ANAHITA

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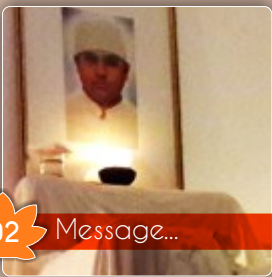
## I am Love

— A webseries by Divine Friend Dadashreeji —

Episode 3 . 26th March, 2017



4:00pm IST (India) | 11:30am CET (Europe) | 2:30am PST (USA)



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# From the Editor's Desk

MaitriBodh Parivaar is growing by the day with more dynamic people from various walks of life joining the Parivaar with a resolve to attain new boundaries with the message of Love and Peace. Every thought in this direction and every passion for achieving are given a direction to flow by our dynamic and inspirational Master, Dadashreeji working tirelessly towards achieving 'One World, One Community, One Truth'.

On 12th of February many across India, USA and UK, listened spellbound to His simple and profound teachings on 'Unconditional Love' in the 'I AM LOVE' web series by Dadashreeji. A simple process conducted by Him at the end of the talk resulted in devotees sending waves and waves of love to their near and dear ones, bringing them back once more to their circle of Love. The third episode of this enchanting series will be aired on the 26th of March.

Mahashivratri, was celebrated with great fervor during the Spiritual week at the ashram. In an elated and transcendental state, the participants, chanted until past midnight unlocking the spiritual potential the night promised. The 'Swayam Siddha' initiative was launched on this day which aims to empower underprivileged women thereby making them self-reliant. Mahashivratri celebrations were also conducted in the Aarohan Centers in Mumbai and Delhi.

Later in the month, we shall be celebrating the Chaitra Navratri at the Ashram with Havans and pujas at the Shaktipeetham from 28th March to 05th April 2017. The First V.E.D.S. workshop in South India will be conducted in the city of Chennai on March 11th. In this issue, read more about the importance of Padukas, the story of St. Francis of Assisi and spiritual insights shared by fellow seekers to enrich your life. Do read the excerpt from Dadashreeji's webseries 'I Am Love' - part 2.

This Holi, let us burn our past impressions, desires, all impurities of our mind and gear up for a new beginning by igniting the Love for God in our hearts. Let's celebrate life, our very existence! Wishing all our readers a Happy Holi!

- Stay Blessed!  
Love and Gratitude!



# Pearls of Wisdom

People keep asking us one question - Why do you talk about love? Why don't you mention about meditation, intense spiritual practices? Why don't you give more complicated spiritual concepts? Why do you talk about love only?

Remember seeing a child or a baby cry a lot. What do you do? Just to distract his attention, as that baby is crying, you show them some new tempting attractions- a new toy, a new mobile phone, new games- something or the other. The baby stops crying for a while, as far as the attraction is with them. The moment you take it away from them, they start crying again. But you know that as the child is going to grow by age, problems will still remain. In fact, their overall structure and appearance only becomes bigger.

Similarly, core issues of your life can't be addressed with these different toys. We want to straight talk about the core issue, the cause of everything and that's love. All those paths that you mentioned at the end are going to join together and become one and that is love. And we know, love is the cause of everything that you see around.

Today, you run for money, wealth, recognition and power, but somehow you don't value that love within you. I want all of you to understand what happens when there is no love in our life. If you feel that I don't want to love anyone, I don't want any love from anyone and take this as final truth of your life, then be in that state because whatever you think within you, the universe is going to respond to it. If you look for love, you would receive it. If you don't want love, nothing will come to you.

Today you may not feel the value of love but as you grow further, slowly, the entire humanity is going to feel for it and work towards it. Entire picture of current humanity will change into a much better state and that time everything will be filled with love. So, are you ready to walk on this path, carrying one thought, one emotion within you that I want to experience that love? You don't know whether you'll be back on this earth again. The only life that you have is this. And the only time that you have is now. So let's decide for this. Let's work towards this.

(EXCERPT FROM 'I AM LOVE' WEBSERIES - 2nd EPISODE, 12.02.2017)

This message has been adapted for Anahita



# Naari Tu Narayani

Discovering the **Shakti** within

Woman is the Shakti. She is the epitome of **Love, Care, Courage, Strength, Devotion** and has the ability to bring about the **transformation** in the world.

On the occasion of,

*International Women's Day*

MaitriBodh Parivaar celebrates the **Shakti** within each woman.

Join us for a session that helps experience one's true nature of Love and connects to the **Shakti - infinite strength**, through a profound meditation process.

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# His Words ...

“ 'Transformation' is an inseparable quality of 'Creation'. There is no end to 'Transformation', for it progressively continues forever. ”

A seed grows into a tree. It bears leaves, flowers and fruit. Leaves nourish the tree and eventually fall down during autumn. The fallen leaves decay and serve as manure for seeds to be sowed into. The flowers have colour and fragrance and attract bees and birds. They in turn feed on the sweet nectar of the flowers and also help pollinate the flowers far and wide. Once the life of the flower is over, it also falls to the ground to become manure for new seeds. Fruits are eaten by other living things. They provide energy and nourishment. Fruits contain seeds which fall down with the fruits, germinate in the fertile soil below and help maintain the species.

The mind thinks that every event is like a line with an end. But when events are observed closely one realises that one event merges into another. An event is not a line but a time point in a circle! Transformation is an integral part of nature, of creation.

Why does Dada so emphatically say “there is no end to transformation”? Because creation and transformation occur continuously due to the propagation of energy. Energy as we all know can neither be produced nor destroyed. One type of energy transforms into another type of energy. Hence transformation as rule continues for ever.





# Significance of Paddukas

*Guru Govind dono khade kake lagu pay  
Balihari Guru aapki Govind diyo batay*  
- SantKabir

SantKabir wrote this verse to sing the glory of the Guru, without whose help, one cannot cross this ocean of worldly life. He asks, "If both, Guru and God in the form of Govind were to appear at the door, whose feet would I worship first?" He answers, "It has to be the Guru's feet, because without Him, how would I have recognized (known) God?"

Such is the importance of a Guru in one's life.

ParamahansaYoganandji said

"He who faithfully follows a true Guru becomes like Him, for the Guru helps to elevate the disciple to his own level of realization."

The Guru-Disciple relationship is the highest expression of friendship, for it is based on unconditional divine love and wisdom. It is the loftiest and most sacred of all relationships. One who partakes of this relationship is on the way to wisdom and freedom. Showing reverence for the Guru is not meant to create or increase superiority of the Guru, but rather, to create and increase humility in the devotee.

*Guru's Holy Feet*  
*If you have faith in the Guru's feet, if you have deep feeling for the Guru's feet*  
*If you imbibe the state of the Guru, then you don't have to look for God*  
*God will come looking for you*  
- SantTukaram

When we touch the Lotus Feet of the Guru, we are acknowledging, "I am your servant. I respect and revere your knowledge and wisdom. I acknowledge the countless hours of your sadhana and I accept even the dust of your feet as holy Prasad."

The Guru's feet are worshipped or revered because all the Guru's blessing flows through the feet. Research also shows that the vibrations of the inner self constantly flow out through the feet. **The nerves that come out from the heart are connected right down to the feet and hence people experience love when they touch the feet.** The feet serve as the support for the whole body. More Shakti (Energy) flows from the feet than any other part of the body.

The feet of the Guru are no ordinary feet. All holy waters, all deities, angels reside on the Guru's feet. The darshan of Brahma, Vishnu and Shivas possible through the Guru's feet.



The Guru takes us from ignorance to insight. Touching the feet of the Guru is not just a sign of respect and reverence but also of learning. We facilitate our own spiritual progress when we learn to be humble. Humility puts us in a place of learning. By touching our Guru's feet, we not only demonstrate that we are eager to listen to Him, but also that we are ready to transform and strengthen ourselves. The Manduka Upanishad says that the Guru's feet are like a foundation on which the building stands.

### *Guru Padduka*

*Salutations and Salutations to the sandals of my Guru,  
which is a boat, which helps me, cross the endless ocean of life,  
which endows me with the sense of devotion to my Guru,  
and through the worship of which, I attain the dominion of renunciation.*

- AdiShankaracharya

In ancient times, the Guru's footwear was known as 'Paddukas'. In the absence of the Guru, the disciples used to worship the Paddukas. It is said that the Guru stands on the Paddukas in his astral form when he is not physically present and if one touches the holy Paddukas, it is equivalent to touching the Lotus Feet of the physical Guru.

Pa means Paati, to protect. It is the grace of the Guru that protects. Not only do the Paddukas protect, but the Guru Paddukas promise that they will always be connected to Guru's feet to rise in love.

Du means Dunoti, it burns away. When we worship Paddukas regularly, it helps burn away all unfruitful tendencies slowly and steadily because the devotion that grows in one's heart will burn away all the hurdles and limitations.

Kaa means Kaashate, to shine. A person shines in one's true glory when all the unfruitful energies are gone. The Self within reveals itself and one gets established in one's true nature.

Paddukas represent the Truth or Self Knowledge. When we worship the Paddukas, we worship the Supreme Truth or Self Knowledge. To attain Self-Knowledge, Humility is required. Worship of the Paddukas represent humility. When we worship the Paddukas, we bow down the highest part of our body (Head) towards the lowest part (Feet). The head is the symbol of ego, therefore by worshipping the Paddukas, we surrender.

Another lesson taught by Paddukas is gratitude. When we worship our Guru's Paddukas, it is an expression of gratitude. We are grateful to the Guru for His blessings in our lives. When gratitude comes into our life, our life becomes more fulfilled.

*Salutations and Salutations to the sandals of my Guru  
which bestows all desires of the serving disciples,  
who are ever involved in carrying the burden of service  
and which helps the aspirants to the state of realization.*

- AdiShankaracharya





# Chaitra Navratri Havans :

At 'ShanktiKshetra Premgiri Ashram' from  
28th March to 05th April 2017

One of the greatest gifts from the ancient Indian culture is invoking and connecting with the Divine by performing 'havans'. It is an 'act of love'. The calling of a devotee, a seeker or a child to its creator, its 'Source'. However, one has the freedom to choose any other way to connect with your Divine, depending on ones' preference, understanding and convenience. 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.

The nine days of Navratri are highly auspicious for devotees, seekers and spiritual beginners to receive the Grace and Love of the Divine. 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.* 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.

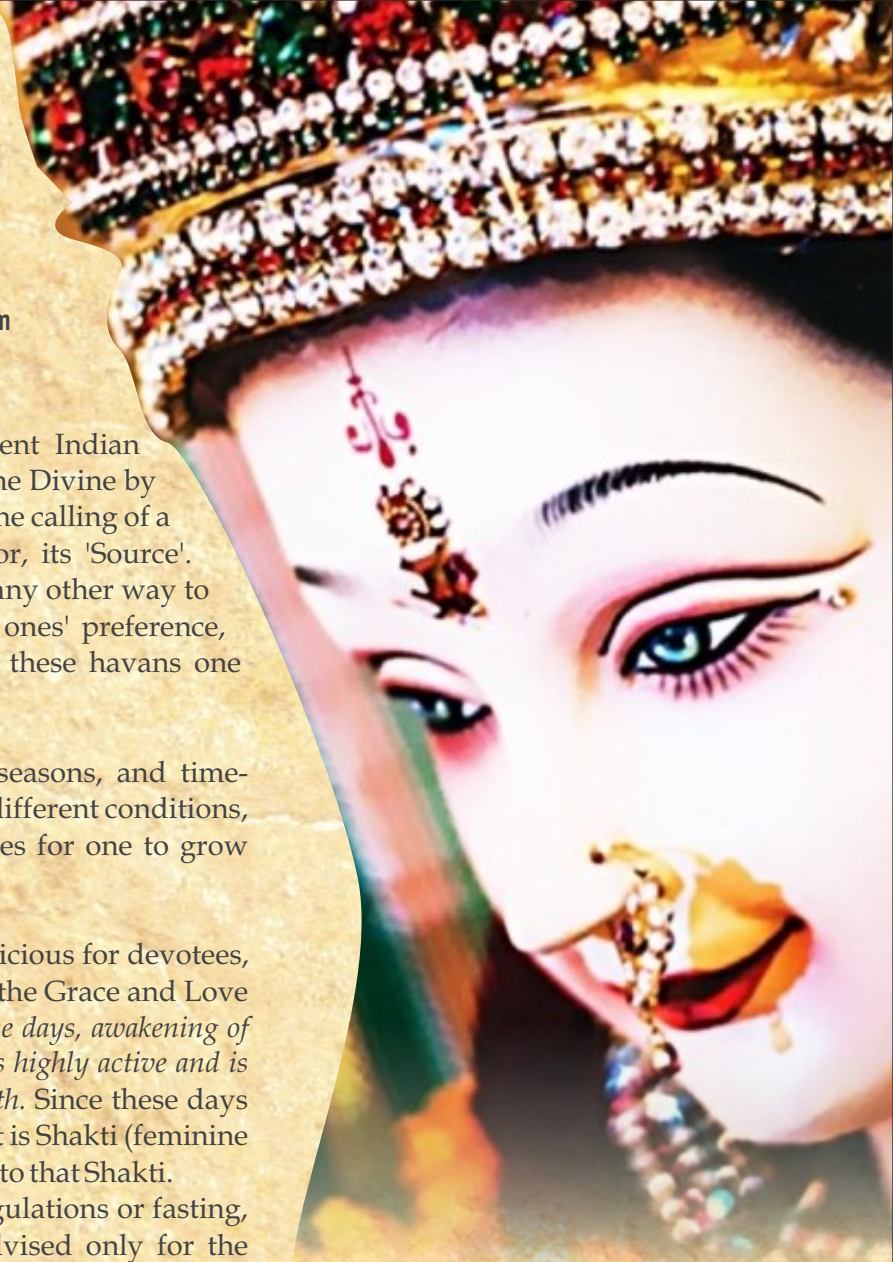
Many of us observe discipline, dietary regulations or fasting, austerity and spiritual practices. It is advised only for the reason to remain focused on our Divine and imbibe the best during this time. Nine days of relentless, committed practices with a prayer to receive the Grace of the Divine!!!

**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.**

On the auspicious occasion of 'Chaitra Navratri' our core Mitras will be performing Havans at 'ShanktiKshetra Premgiri Ashram' from 28th March to 05th April 2017. Seekers can choose to perform individual/samuhik havans at the ashram OR even get a havan performed at their residence too.

For prior bookings and more details please contact on:  
9350415563, 9320234596, 9819673185







# Dadaleela

..... Devotee's Experiences

## The Preparation:

He told Dadashreeji how in 2005 during a meditation Mahaavtar Babaji came to him in a vision and since then he has felt connected to Babaji but after meeting Him today he realised it had been Dadashreeji and Babaji. So he asked why it took Dada 12 years to call him back.

Dadashreeji told him “yes I know, and you were being prepared for something big. There were lessons and learning you had to go through but during those times I was with you. He said the time had come for him to be back and so the way was created for you to reach here”. Dada also said that today a new life begins for you and you will leave all the unwanted things behind and the coming time will be with Divine Blessings and Grace. The participant then asked Dada that my 80% life has gone by and only 20% left, will you remain with me now always. Dada replied you have your 100% life waiting for you and your new journey begins from today itself.

Later on the participant shared that he was now ready to go back and face all the challenges of life with courage and Divine Grace from Dadashreeji. He also shared that he saw a vast ocean during Shakti Pravaah and it seemed he was looking through a transparent glass.

- Debashish Bhattacharya



# All knowing:

I have been deeply connected to Dadashreeji when I did Bodh 2 in October 2016 and started having an internal dialogue with him

ever since. The deep love that I experienced from him is totally unaccountable and indescribable. Bodh 3 for me, in Feb this year, was much anticipated and I went with full surrender and submission to the Divine. Most of the processes there had me go into meditation and soaking in everything at a deep level. There was total gratitude flowing from deep within me. After the Shakti Pravah (again much anticipated) from Dada, I had a strange feeling of not being in my elements. There was so much turmoil and unrest in me that I could not explain why this is happening. Not expected this at all. So I had questions. Questions for Dada, the universe and all the masters. What is it that I was going through? Why was there no sign of peace? Even though I was going through

all this, I still had that underlying faith in Dada that all will eventually be well.

Then came the question and answer session with Dada himself. This was the turning point for me and my relationship with Dada.

I mustered the courage to ask him about some nagging doubts that I had in me. I said to him, when I came for Bodh 3, I had a lot of expectations from it and felt totally let down after Shakti pravah from you as I did not feel at peace. There was so much turmoil

and unrest in me. Also, I told him there is a lot of resistance regarding my association with Dada in my family and that blocks me in some way.

Dada first gave a big smile and then explained that for me there were some deep blocks that came to the surface during the Shakti

Pravah. He then explained that for anything to be cleared, it has to first come to the surface and then can be worked upon. He assured me that it is a temporary phase and it will soon be cleared. For the other question, he said that he will always be in my

heart wherever I am even while I am fulfilling my family responsibilities. He said he will always be with me guiding and showing me the way. The experience was so surreal that it created a deep shift within my being.

So far I had only experienced my personal relationship with him but during the question and answer session I realised that everyone

had their own unique relationship with Dada. He was completely aware what was happening in each and every devotee's life. In fact one of the devotees asked him a question about an incident he already knew and gave the answer promptly. This was an out of the world

experience for me to know that my guru is the Divine himself guiding and protecting each and every devotee of his. My being is always in total surrender at His lotus feet.

- Richa Handa







## Dada's unconditional love for one and all:

Human life is such that not everyone is in the frame of mind to recognize or understand Divinity. Even when we are surrounded by Divine reflections all the time, we move around with blinded vision.

Apparently Papa, a father like figure in my life, was in the same frame of mind when he met Dada. Papa did not approve some of the things that were associated with Dada. Based on that, Papa's mind started to steer him into a negative spiral about Dada. Although it did not make any sense, all adverse things happening to Papa were blamed on Dada.

A few weeks back Papa was diagnosed with bladder related terminal illness. He became bedridden.

One evening Papa told me that he saw Dada standing by him & Dada said to him, "Do not speak ill about me". Then Dada put his hand on Papa's stomach. That day, the bloating in his stomach subsided.

I did not ask Papa how he processed that incident or what it meant to him. Because I was afraid that Dada's topic might trigger negativity in Papa that was not good for his condition.

However, I found the proof in the pudding. Regardless of his physical condition & ripe age of 92 years, I saw Papa exuding purity & innocence of a child that I did not experienced before. His optimism & will power was striking to me. The air around him seemed clean & clear. I felt very thankful that no matter what would happen in the future, Papa seemed to have dropped his baggage. His journey onward seemed lighter & blessed.

I am so thankful that Dada is watching out for us. He is guiding us to what is best for us. Blessed are those who enjoy the honor of His divine friendship!

**- Maitreyi Mridula Nathan,  
Los Angeles, California, USA**





# THINK DADA

A Mitr once asked Dada, "how can I spread the name of Dada and His message of Love and peace to the world?"

Dadashreeji shared this story with us- A little girl was once visited by God in her dream. She felt His presence in her life, experienced His Grace and His love, and then the Divine told her to tell the world about Him. She was just seven years old and didn't know what to do. So, she started sharing her experiences with a few close friends. Listening to her, this tiny group of innocent hearts started sharing her experience with everyone around in all possible ways that they could. They encouraged everyone with a simple message - think of the Divine.

Inspired by this story, the Maitri team got a name for the message to be spread to the world. Hence came, 'THINK DADA'

Here, Dada is the Divine embodiment. He represents the Supreme Divine Consciousness. Thinking of that Divine is thinking of Love within; connecting within to the Highest source of all Love and Peace. Your one true friend, the supreme guide, an incarnate of Love, the Saarthi- who better to turn to in the highs and lows of life?

Dadashreeji loves you unconditionally and guides you on the Supreme path of Divine Union with utmost care and maternal love.

'THINK DADA' would raise the curiosity of the masses. A seeker would delve into it and with Divine Grace, reach the true source, Dadashreeji. However, an onlooker would read it and forget about it for the time being but in a time of difficulty, he/she will subconsciously remember Dada. Dada, the ocean of Grace and Love, will be right there for His distraught child with His arms wide open and His eyes brimming with love and compassion to the rescue of His child.

All we have to do, is spread these two words. Share these words till they reach every broken heart and soul crying out for Divine Love in their lives. We have experienced His Grace and His Love, now is the time to share it with all. Let's SPREAD - THINK DADA.

When in trouble, when in pain, THINK DADA.  
When you're low and need a hug, THINK DADA.  
When you have erred, sinned or hurt someone, THINK DADA.  
When you have helped the needy and gone to bed with a smile on your lips, THINK DADA.  
When you're happy and want to jump with joy, THINK DADA.  
When you're proud of yourself and need a pat on the shoulder, THINK DADA.  
When you've had a good day and you count your blessings, THINK DADA.  
When you are grateful to the Lord for His Mercy and Grace, THINK DADA.  
Someday, for no rhyme or reason, THINK DADA.  
One day, in every breath, in every sigh, THINK DADA.  
Experience love. Become love... Celebrate life...  
THINK DADA. THINK DADA. THINK DADA.





## An internal conversation between dada and one of us:

**One of us-** "Do you love me Dada? I cry for you day and night but you seem so far away."

**Dadashreeji with his loving smile and sweet voice replied,**  
"How many times do I have to prove my love for you? When you stay awake in the night with dried tears in your eyes.

I stay awake with you.  
You do not see me as  
You are drowned in your imagined sorrows and  
cling to self-pity for support.  
I walk with you day and night.  
Stop you when you are saying unkind words;  
I hold you when you are tripping or making a wrong choice.  
Suddenly you find something you misplaced days ago!  
Who do you think retrieves your lost favourite scarf for you?  
It is yours truly,  
your Dadahreeji..

Still every-time I have to prove my love for you!

Listen to my words which I utter very softly in your ears. Just listen.  
Quieten your chatter in your mind. Love yourself and every soul around you as much  
as I love you all,

And then my words will be audible to you. Then my form will be visible to you.  
Then you will feel my touch in your hands. But till then I have to go on proving my  
love for you. "

**- Maitreyi Bharati**



## St Francis of Assisi

(1181/1182 – 3 October 1226)

St Francis was born in Assisi in 1181 as Giovanni di Pietro di Bernardone and informally named as Francesco. His father was a wealthy silk merchant and the initial period of his life was filled with all that comes with wealth. He even fought wars as a soldier. During one of these battles, he was captured and was imprisoned for a year. It is said that he turned towards spirituality during this period. Within a year or two he also survived a near fatal illness which pushed him further towards God. On returning to his home town he gave up a life of plenty and decided to be poor and beg for his day to day living. He spent time contemplating on God and also started nursing lepers. The final push towards a life dedicated to God came when he travelled with a group of poor people on a pilgrimage to Rome and along with them, begged on the streets adjoining St Peter's Basilica. He also had a mystic vision of Jesus Christ asking him to repair the church in San Damiano.

In 1209 Francis heard a sermon about Mathew. Clad in a rough garment, barefoot, He began to preach repentance. Within a year a motely group of eleven people followed him. The group was called "Frates Minores"-The lesser brothers. He also composed a simple rule for them called "Regula Primitiva" or "Primitive Rule", which came from verses in the Bible. The rule was to follow the teachings of Lord Jesus and to walk in his footsteps. In 1210 under the Papal in Rome his group was coined "Francisian Order".

The size of the group grew and included women as well. In 1212 "Clare of Assisi" established the Order of Poor Ladies called "Poor Clares". Subsequently Saint Francis travelled extensively. He even went as far as Egypt to talk to the Muslims to end the crusades.

The other facet of this great Saint was his compassion to everything around him. He is always shown with animals and birds around him. It is said that he even gave sermons to them and maintained that even they yearn for salvation. There is even a story about a dangerous wolf which was preying on His village and how he went alone fearlessly, spoke to the wolf and tamed him!

On 3rd October 1226 at a young age of 45, Saint Francis breathed his last and was buried in Basilica in [Assisi, Italy](#). [His life and work will remain as an example for years to come to all those who tread the path of spirituality.](#)







# Prayer of St Francis

"Lord, make me an instrument of thy peace.  
Where there is hatred, let me sow love;  
Where there is injury, pardon;  
Where there is doubt, faith;  
Where there is despair, hope;  
Where there is darkness, light;  
Where there is sadness, joy.

O Divine Master, grant that I may not so much seek  
To be consoled as to console,  
To be understood as to understand,  
To be loved as to love;  
For it is in giving that we receive;  
It is in pardoning that we are pardoned;  
It is in dying to self that we are born to eternal life."

The above prayer is probably one of the most beautiful prayers ever to be offered to God by any human being. Each line of this prayer is filled with humility, compassion, understanding and love.

The last 3 lines summarise spiritual truths which are universal. It is in giving we receive, in pardoning that we are pardoned and in dying of self (read ego) that we are born to eternal life.



# The Villager & the Happy Man

In a small village, in the valley, lived a man who was always happy, kind, and well-disposed to everyone he met. He always smiled, and had kind and encouraging words to say, whenever it was necessary. Everyone who met him, left feeling better, happier and elated. People knew they could count on him, and regarded him as a great friend.

One of the village dwellers was curious to know what his secret was, and how he could always be so kind and helpful. He wondered, how it was that he held no grudge toward anyone, and always remained happy.

Once, upon meeting him in the street he asked him: "Most people are selfish and unsatisfied. They do not smile as often as you do; neither are they as helpful or kind as you are. How do you explain it?"

The man smiled at him and replied, "When you make peace with yourself, you can be in peace with the rest of the world. If you can recognize the spirit in yourself, you can recognize the spirit in everyone, and then you find it natural to be kind and well-disposed to all. If your thoughts are under your control, you become strong and firm. Your personality is like a robot programmed to do certain tasks. Your habits and thoughts are the tools and programs that control your personality. Become free from the programming, and then the inner good and the happiness that resides within you will be revealed."

"But a lot of work is necessary. Good habits have to be developed. The ability to concentrate and to control the thoughts has to be strengthened. The work is difficult and endless. There are many walls that need to be climbed. It is not an easy task," lamented the villager.

"Do not think about the difficulties, otherwise this is what you will see and experience. Just quieten your feelings and thoughts, and try to stay in this peace. Just try to be calm, and do not let yourself be carried away by your thoughts."

"Is that all?" Asked the villager.

"Try to watch your thoughts and see how they come and go. Stay in the quiet that arises. The moments of peace will be brief at first, but in time they will get longer. This peace is also strength, power, kindness, and love. In time, you will realize that you are one with the Universal Power, and this will lead you to act from a different dimension - point of view - consciousness, not from the selfish, small and limited ego."

"I will try to remember your words," said the villager, and continued, "there is another thing that I am curious about. You do not seem to be influenced by the environment. You have a kind word for everyone, and you are helpful. People treat you well, and never exploit your goodness."

"Being good and being kind do not necessarily point to weakness. When you are good, you can also be strong. People sense your inner strength, and therefore, do not impose on you. When you are strong and calm inside, you help people, because you can and you want to. You act from strength, not from weakness. Goodness is not a sign of weakness, as some people erroneously think. It can manifest together with power and strength."

"Thank you very much for your advice and explanation", said the villager, and went away happy and satisfied learning the secret to living a happy life.





# Spiritual Ego

The most dangerous type of ego out of them all is a spiritual ego. Every person on a spiritual path has to be very careful about developing it. After many years of spiritual practice or reading many spiritual books or sometimes even after reading one book we start feeling a level above everyone else. We generate an attitude of 'I know better' or 'what does he know!'. That is why spirituality begins with awareness. We have to keep a very careful watch on ourselves about feeling bigger than the other.

When I first met my Guru Shri Dadashreeji, after many years of being on the path, he told me – “Come to me only with a clean slate. Forget about your entire spiritual journey and what you have learnt otherwise I have nothing to offer you. I am going to make you start from scratch”. A person with spiritual ego holds on to their knowledge and will always make it a point to add their bit. I have experienced many such people in my workshops. They come with the intention to run me down with their spiritual gyan. Such people are called Sabotagers.

We once had a meeting with my earlier Guru. He asked for a handful of us to come and meet him for some work. We all felt extremely glorified to be the selected few. As we all went in and settled, the first thing he told us was to stop feeling so special. He said that the older you are into spirituality the more baggage you have. He said if you are close to me it is only because you are unique cases and need more guidance. This gave me the answer to my question which bothered me for years as to why some big temples have money launderers as trustees. Why would God select such a terrible lot to be so close to him? It is only because they need help the most.

I've met so many spiritual people who do not share but exhibit their knowledge and experiences. They feel they have answers to everything. Unfortunately, such people, under the pretext of spirituality, blind themselves from actual God realization. They never accept another Guru's teachings. They block themselves out, thinking what they have learnt and what their Guru has taught them is the ultimate.

You have to realize there is no competition in spirituality. With one upmanship comes the struggle to prove superiority. It is very stressful to be on the edge all the time. Jealousy, insecurity, inferiority etc are many other emotions that are tagged along with a spiritual ego. No one understands that there is always more to learn. If you are very knowledgeable, there's no harm in listening to what the other has to say and brush up on your information. Spirituality is a never-ending journey and you are always a learner. It only makes you humble. One has to be a student all his life.

- Maitreyi Smita Jayakar



# Maa Narayani Mantra

॥ ॐ कारुण्यै पद्महस्तायै नारायणी नमोऽस्तुते ॥

## Meaning in Hindi

हे करुणामयी, हाथों में कमल धारण करने वाली, (देवी)  
नारायणी! आपको सादर प्रणाम (नमन)।

|| Om Kaarunyai Padmhasthayai Narayani  
Namo s stute ||

## Meaning in English

Epitome of love and compassion  
beholding flower of lotus  
To Narayani we humbly offer our obeisance



## Brief:

The year 2017 is truly Grace Year. Our Love Incarnate Dadashreeji has blessed us with Narayani Mantra

Maa Narayani - The Shakti (Divine Power) empowering Dadashreeji 's Mission represents the epitome of Love, Compassion and Prosperity.

Chanting of Maa Narayani's mantra will bless seekers with prosperity and abundance in life.

Thank you Dadashreeji and Maa Narayani for showering your Grace as One Consciousness in our lives. Humble Prostrations at Thine Lotus Feet





# What is our connection with nature?

Some of you may wonder whether this is even a question to ask! – What is our connection with nature! – Isn't it self-evident that we are a part of nature. But the real question here is -do we realise this relationship? Do we live with the feeling of being connected with nature? Does our everyday lifestyle incorporate this umbilical tie that we share?

We go on with our lives each day with ignorance and indifference towards the environment that surrounds us. This ignorance has distanced us from our own planet. We don't even realise that all of nature and we are related to the extent that we share the similar DNA with trees, animals, insects and other organisms. Science has proved that we all are actually one. We have come from one source. Genetic mutation split us up as different species. Somewhere on the path of evolution, unlike other species, we humans got disconnected. With this disconnect we have not only harmed ourselves but also harmed our environment. If only the connection or the realisation of the connection was carried forward as an integral part of our growth.

To delve beyond the science of DNA and look into Vedic science – Ayurveda believes that every human is made up of five elements. It believes that the role the elements play on the outside is the same role they play within us. Time and again concepts of Oneness have been insisted upon by great Masters and Healers. But as usual we tend to ignore these facts. It has now come down to unified physics which is an ongoing stream of study to prove how sciences and spirituality are the same at their roots. Unified physics takes a deeper look into how the entire cosmos is connected and how it resonates.

When we start tracing back to how we are so deeply connected with the world that surrounds us we start our process of self-healing. When the realisation of connection dawns upon us as an experience our life on Earth gets a makeover. Nature has the power to heal us in mysterious ways. We spend large sums of money on therapists and doctors taking for granted what our planet offers us free of cost. Simple things like a walk in the rain or a stroll in the forest can be most healing. Luckily now these simple pleasures come on a doctor's prescription so they are finally being taken seriously.

There are many self-healing processes which automatically change our perspective of the world and make us more respectful and grateful of our surroundings. Though, this may not be enough to reverse the damage done to the planet but at least it's a right step in that direction.

- Maitreyi Shreshtha Jayakar



# I Am Love

## Webseries, Part 2

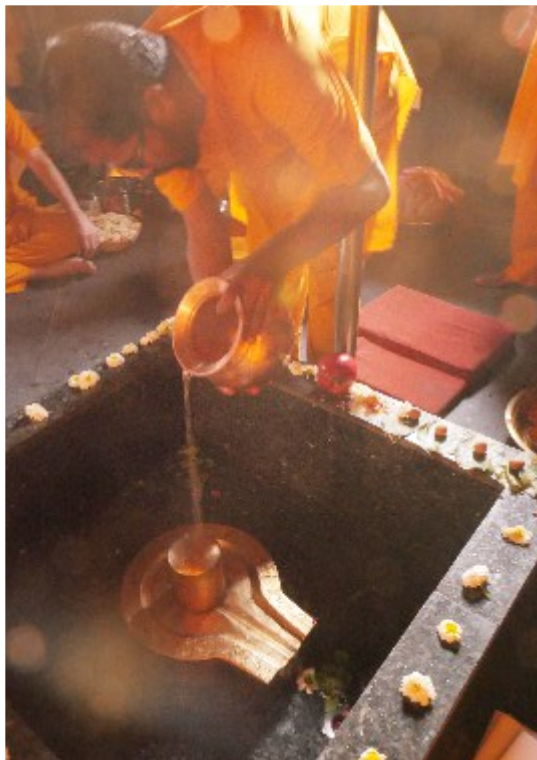
In the part two of this web series, Dadashreeji spoke about 'LOVE'. He said that the cause of all things was love. It was about time that humanity valued love. A person lacking love would be self-centered, pleasure seeking and direction-less. We look for love far and wide while we forget the person sitting next to us. Instead of asking for love, we should focus on giving love, for it resides in our hearts. The path of love will bring about a much-needed change. We could begin this by expressing our love for our near and dear ones. He also suggested the following three steps to experience love in our hearts:

1. **Accepting the person whom you are very close to as they are, with all good and bad.**
2. **Giving them the freedom to do what they want to do in life.**
3. **Internally conveying your love to them,communicating how much you love them. By doing this we will experience love in our heart. This gift would change everything for us.**

Practicing these three steps every morning for a month would ensure a change in our life. When we connect to love, we invite positivity. **The only thing worth giving is love. So, give love....**

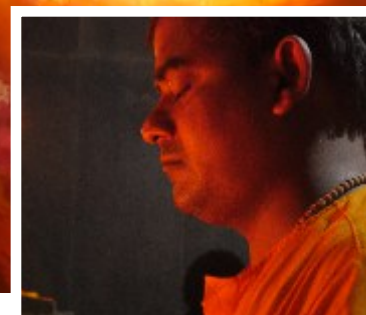
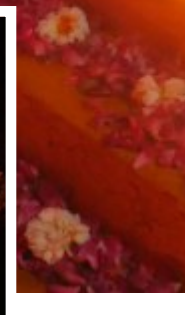
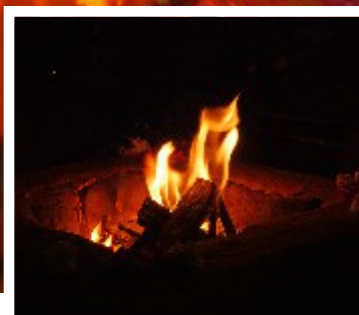
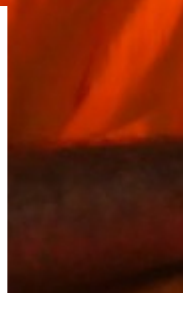






# Mahashivratri

24thFeb.



Mahashivratri was celebrated on 24th February in the Ashram. The rush of devotees to receive Divine Grace and Love was constant throughout the day. Villagers poured in to pay their respect and offer gratitude. In the evening Pooja and Abhishek was conducted followed by chanting. The celebrations continued till late at night and everyone received Divine blessings.

A rare darshan of Mahakaleshwar Shiv Ling was bestowed on all devotees visiting the Ashram. On this auspicious day of Mahashivratri the Kavach (outer covering) is removed and Pooja and Abhishek is done directly on the Shiv Ling. The Shiv Ling is the Energy Centre which spontaneously emits energy. The experience of peace within the Temple is an effortless process and everybody visiting the temple is not only touched by the peace but also with the sweet nectar of love showered as blessings by Mahakaleshwar.

It was a sight to behold for the Shaktipeetham was lit up with love and joy, all devotees were swaying to the rhythm of Divine Grace. With immense gratitude they poured out their hearts at the Lotus feet of Lord Shiv, offering milk and flowers at the Mahakaleshwar Shiv Ling.

Mahashivratri was also celebrated in for the first time outside the Ashram at Aarohan Kendras at Thane - Mumbai, and Gurgaon - Delhi. Pooja and Abhishek was held at the centres at the same time as the Ashram and with the same purity and chanting of mantras. Participants went back feeling loved and blessed with Dadashreeji's Grace.

Mahashivratri also marked an important day for project "Tejasvini". A training and employment program for underprivileged women aimed at creating and providing assignment based employment opportunities. The project commenced on Mahashivratri and with heartfelt gratitude at the Lotus feet of the Divine Mother all volunteers got together to help the women take a step towards self-sustenance. Two assignments were given to 23 women thus paving a way for them to start earning and feeding their families.



# Spiritual Week 22nd Feb - 26th Feb

The Spiritual week started with great enthusiasm to learn and grow on the spiritual path. The hearts were opened to receive and as each session progressed the participants connected deeper within, preparing them for the moment that all had been eagerly awaiting - to meet and receive in abundance, Love and Grace from Dadashreeji Himself. The immense gratitude each and every participant felt after receiving unconditional love from the Divine was a shift felt by all. In the presence of Dadashreeji, the participants, with wet eyes gathered the will to go back and resume their life with right action and a positive attitude. The conductors and Sevaksworked hard in helping the participants through selfless service and sharing the unconditional love all received from Dadashreeji. The only purpose of the MaitriBodh Parivaar is to help each soul receive Dadashreeji's Grace and unconditional love and was felt in abundance by all the participants.



## Bodh - 1

**Delhi: 18th February, 26th February**

Seekers from all walks of life come to experience the unknown and go back with the knowledge of the Self. One participant visualised a white light in the region of her third eye during meditation and felt light after the session. The connection and ease the participants feel during the session left them wanting more and gave them the start needed to live more meaningful and transformed lives.

**Maitri and Maitri light sessions were held in USA, Europe, Russia, Mumbai, Delhi, Pune, Indore, Coimbatore.** These sessions keep all connected to their Divine as everyone shares their experiences and journey with Dadashreeji.

**Maitri Sambodh Dhyaan sessions are being held regularly worldwide.**





# An Appeal from MaitriBodh Parivaar...



“Love, Peace and Selfless Service are the routes to experience absolute truth” –with these inspirational words of our founder, visionary and Divine friend Dadashreeji was laid the foundation of the MaitriBodh Parivaar Charitable Trust. Today, MaitriBodh Parivaar Charitable Trust is one amongst the prominent Socio-spiritual organizations of India, working tirelessly to improve the lives of people in society and to ensure health, education and dignity to the underprivileged. We are striving for a society where every child can look forward to a new day, a day free of hunger, suffering, abuse and poverty; a society where women feel secure, self-reliant and respected; a society in which the ecological balance is maintained and our natural resources are protected, nurtured and conserved.

In addition to our Spiritual activities and classes conducted at the Premgiri Shantikshetra Ashram and at devotees homes all over the world, our Social activities are aimed towards child education, women empowerment, providing attention and care to senior citizens, to name a few. Some of these activities, are below:

**1. Sneh Sanskar Gurukul:** There are a large number of young children who cannot afford quality education due to their poor financial background. In response to this malady, we have started schools in Jamrung Village near Karjat, Maharashtra and Amritsar in Punjab. The schools are designed to bridge the gap between ancient wisdom and modern understanding and our vision is to replicate this model pan India. As a first step to alleviate poverty, we provide free noon meal to all our students. There are no compromises on the standard of education - our teachers are well trained and the education is comparable to any other school.

**2. Project Tejaswini (Empowering women):** When we help women and empower them, the whole society benefits. Their families become healthier, children become skilled and educated, income levels improve and communities flourish. But in India, far from being empowered, most women are denied even their basic rights including health, education, employment and decent status in society. Realizing this social disorder, we have undertaken a number of initiatives in order to provide skill based vocational training to the women of Jamrung, Karjat. They are being specially trained to make products that we sell, so that they become self-reliant, confident and secure.

**3. Kamdhenu Gaudham: Cows -** being one of the most sacred animals of our society - we are working to provide them a free and loving environment to live peacefully. It is our goal to protect as many cows as possible. Though we made small beginnings by opening a small cow shelter at Jamrung, Karjat, we intend to have bigger facilities at different places in order to accommodate much bigger numbers of abandoned and hapless cows.

**4. Aushadh Arogya Kendrac -** Nothing is more important than good health. Lack of access to decent health care is the bane of rural India. The underprivileged population are forced to ignore their health problems till they become critical. Therefore, after observing this grave disadvantage, we also organise free medical camps with the kind help of doctors from P.D.Hinduja National Hospital and Research Centre, Mumbai, who bring their expertise and equipment and provide basic healthcare facilities to the village folk in and around Jamrung, Karjat. Our plan is to expand the scale and type of medical check-ups, as a part of our service to humanity.



## 5. Premgiri Shantikshetra Ashram

The nerve centre of MaitriBodh Parivaar and the Energy Centre of the World for Human Transformation is the Premgiri ShantiKshetra Ashram. The Ashram is where we conduct our Spiritual Courses called Bodh - where a seeker is bestowed with the knowledge and blessings for his transformation. The key places in the Ashram are the **ShaktiPeetham** - the abode of the Kali Maa - **Dhyaan Manthan Kshetra** - the learning centre where the Bodh processes are held and **GyanSthal** - where the Akhand Havans (continuous prayers for global transformation) are performed. The Ashram also has a small Kutir (home) for Dadashreeji. The Ashram is the home of every spiritual seeker and its doors are always open to all those who want to enter.

As you know, we are heavily reliant on generous contributions and donations for the implementation and sustenance of all our ever increasing activities and running the Premgiri ShantiKshetra Ashram. If you've ever wished to be able to do something for the greater good, this time could not be more right. If you are interested, you may make the following donations:

- (a) Sponsoring the education and food of a Child - monthly Rs. 1500, annually Rs. 18,000
- (b) Sponsoring the food and shelter of a Cow - monthly Rs. 1000, annually Rs. 12,000
- (c) Contribution for the Administration/Running expenses of Ashram - at donor's discretion

Remember! You don't have to make radical changes for your efforts to count, as it is the small changes that make a big difference. You may make a lump sum donation or a monthly contribution, as per your convenience.

### Our Account Details are as follows:

Account Name: MaitriBodh Parivaar Charitable Trust  
Bank Name: Axis Bank Ltd.  
Bank Account No: 916020085172999  
Bank Branch: Kamothe Branch  
IFSC Code: UTIB0000885  
PAN NO: AAETM7552K

### Mailing Address:

Registered Office: B-4/54, 3rd Floor, Safdarjung Enclave, New Delhi - 110029, India  
T +91 11 4132 9444, +91 11 4135 9444 | Einfo.india@maitribodh.org

Regional Office: #1, Sai Pride CHS, Plot No. 219, Sector 21, Kamothe, Navi Mumbai - 410209, Maharashtra, India. T +91 22 6562 1999 | Einfo.india@maitribodh.org

Kindly provide your mailing address, PAN Number, purpose of the donation and Email address while sending your donations. The receipt will be couriered/ sent via email to the address provided to us. For further details please contact Mitra Archit on +91-9821038020

Thanking you with our deepest gratitude.





**Dear Parivaar,**

Greetings from MaitriBodh Corporate Services!

We begin with our deepest gratitude for your contribution and support in making each MBCS event, a success.

Our work focuses on transforming the workplace culture by helping employees raise their level of consciousness and build their inner resilience to give and receive the best in a complex and ever-changing work environment.

We take this opportunity to introduce our signature program 'VEDS: Heartfulness at Work'. The program provides guidance on how employees can find meaningful purpose in their work, resulting in stronger collaboration, trust and a sense of fulfilment leading to organisational excellence.

It is our pleasure to share with you the MaitriBodh Corporate Services calendar of events for the year 2017. This year we plan to take our programme 'Heartfulness at Work' to the cities of Chennai, Amritsar, Pune and Bengaluru apart from Delhi and Mumbai. We hope to share Dadashreeji's blessings and touch as many lives as possible.

**The forthcoming events are scheduled on the following dates:**

1. Chennai – 11th March
2. New Delhi – 22nd April,
3. Amritsar – 29th April
4. Pune- June
5. Bengaluru – September
6. Mumbai - November

**For further details,** please, please log on to our [website www.mbcsglobal.org](http://www.mbcsglobal.org)  
**Or call +91 9930436236, +91 9930030935**

Request you to keep supporting us this year too in our endeavour to fulfil Dadashreeji's vision and mission.

Warm Regards,  
Team MBCS



## I AM LOVE . EPISODE 3

“

Entire picture of today's humanity  
will change to a much better  
state and that time everything  
will be filled with love. Are you  
ready to walk on this path? ”

- **Divine Friend Dadashreeji** -

**Experience Love on 26th March, 2017**

4:00pm - 5:30pm IST (India)

11:30am - 13:00pm CET (Europe)

2:30am - 4:00am PST (USA)



To join **free live streaming** please subscribe to our YouTube Channel;  
**YouTube - Maitribodh Parivaar** or log on to **[www.maitribodh.org](http://www.maitribodh.org)**

**MaitriBodh**

'I Am Love' Series, part 3 is back again with another opportunity to receive abundance in your life effortlessly. The Blessings sent your way by Divine friend Dadashreeji are felt to the very depth of each and every heart watching it and connecting to it. We are like the tree that withers away because of lack of water and soil, but then the roots of the tree go deep into the earth and extend themselves to take nourishment from the nearby trees and their roots. We also get the nourishment to live our life in a more fulfilling way by just being in the presence of the Divine for a few hours as He guides us on the right action of giving and receiving love, so as to love ourselves and have more beautiful and fulfilling relationships. Imagine the roots are extending themselves to nourish you and we fall short of time and space to receive the nourishment and love coming our way.

**Do connect to the Divine through the Web Series 'I Am Love' on 26th March at 4.00 pm IST and fill yourself with unconditional love and Grace showered in abundance by Dadashreeji.**





# MaitriBodh Celebrations

## Products Catalogue

The MaitrBodh Celebrations Range of products is dedicated to providing you with the highest quality spiritual tools, inspirational gifts, and memorable treasures.

Created with fine crafting tools, along with colours and motifs that represent India and enriched with this land's ancient wisdom, MaitriBodh Celebrations products presents to you an inspired and authentic range of products.

So bring in more of MaitriBodh in your daily life. Connect with the Parivaar – connect the land!

[www.maitribodh.org](http://www.maitribodh.org)



We also send monthly kits which include agarbatti, dhoop and a month's supply of havan samugri.

To place an order and for more details please contact: +919702564986



# Upcoming Events

Maitri Diwas & I AM LOVE-3 Web series by Dadashreeji	26 <sup>th</sup> March 4.00 PM (IND) 11.30 AM CET (EUR) 2.30 AM (USA)	To view, please subscribe to our YouTube channel ; <a href="http://www.youtube.com / MaitriBodh Parivaar">www.youtube.com / MaitriBodh Parivaar</a>
Chaitra Navratri Havans	28th March to 5th April	ShantiKshetra Premgiri Ashram
Bodh 1	10th March, 12th March 11th March 12th March 12th March 12th March	Thane Pune Andheri Nerul Thane
VEDS: Heartfulness at Work	11th March	Chennai

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

## Mumbai

Maitreyi Monica  
Mo : 98203 79973

## Delhi

Maitreyi Sonée  
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.

## India

Baroda - [maitreyi.jagruiti@maitribodh.org](mailto:maitreyi.jagruiti@maitribodh.org)  
Coimbatore - [maitreyi.roopa@maitribodh.org](mailto:maitreyi.roopa@maitribodh.org)  
Delhi - [mitra.prawesh@maitribodh.org](mailto:mitra.prawesh@maitribodh.org) | 93504 15563  
Indore - [mitra.arun@maitribodh.org](mailto:mitra.arun@maitribodh.org) | 97525 31945  
Kolkata - [maitribodh.kolkata@gmail.com](mailto:maitribodh.kolkata@gmail.com) | 98306 05180  
Mumbai - [mitra.sut@maitribodh.org](mailto:mitra.sut@maitribodh.org) | 98199 46594  
Pune - [maitreyi.varsha@maitribodh.org](mailto:maitreyi.varsha@maitribodh.org) | 94220 07104  
Punjab - [mitra.shivam@maitribodh.org](mailto:mitra.shivam@maitribodh.org) | 92168 22222

## International

Austria - [info.austria@maitribodh.org](mailto:info.austria@maitribodh.org)  
Denmark - [info.denmark@maitribodh.org](mailto:info.denmark@maitribodh.org) | +4528309364  
Germany - [info.germany@maitribodh.org](mailto:info.germany@maitribodh.org) | +491775260902  
Italy - [info.italy@maitribodh.org](mailto:info.italy@maitribodh.org) | +393939897457  
Middle East - [maitreyi.manjiri@maitribodh.org](mailto:maitreyi.manjiri@maitribodh.org)  
Switzerland - [info.switzerland@maitribodh.org](mailto:info.switzerland@maitribodh.org) | +41792861137  
US - [info.usa@maitribodh.org](mailto:info.usa@maitribodh.org) | +415 418 7666

You can also send us  
your own experiences at:  
[experiences@maitribodh.org](mailto:experiences@maitribodh.org)

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

