

# ANAHITA

Issue: 02 || Volume: 5 || April, 2017

## **Spiritual Week**

**19th - 23rd April**

**Stress can be a  
good source of energy**

**True Devotion**



**MaitriBodh**

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

# From the Editor's Desk

The MaitriBodh Parivaar headed by our Guiding Light Dadashreeji has worked tirelessly over the past years to bring about a transformation on the planet earth. In the last part of the I am Love web series Dadashreeji has guided the viewers to live life in a most natural and happy manner by touching their Inner Divine and being guided in our daily lives by looking within rather than depend upon the conditioned mind. Dada's Grace flows ceaselessly upon all humanity regardless of their affiliation to Him.

This month, members of the Parivaar embarked upon a non-stop seven days relay chanting of prayers for mother Earth to bring succor and relief to her. Women's Day was celebrated at the Ashram in the rural settings bringing about a change in the perception we have towards women in the country. MaitriLight and Bodh's were conducted across the globe bringing help in the form of 'Prayling' – a combination of prayer and healing. This process of giving love and light to those who need it most is now being practiced by almost all Mitrs and Maitreyi's across the globe in India, Middle East, Europe and the US.

In this edition of the AnahitA read more about the importance of stress and how to use it effectively in one's life. Mitr Sut gives a detailed explanation about the concept of bhakti and harnessing its power. The process of worship and importance of the Guru's Paduka's has been explained elaborately. Those who are true seekers of the Absolute will find much to delight in their search of life.

In the month of April the MaitriBodh Parivaar celebrates Nari Tu Shakti, VEDS in New Delhi and Amritsar, Spiritual Week at ShantiKshetra Premgiri Ashram and other empowering and enlightening programmes giving guidance and help in living a balanced life in these tumultuous times. Come join us and become part of this family of friends whose only objective is your happiness.





## CONTENTS

**DADASHREEJI'S MESSAGE** 04

**HIS WORDS** 06

**IMPORTANCE OF GURU  
PADUKA** 07

**DADALEELA** 09

- ▶ Life Saving Grace
- ▶ My Secret
- ▶ My Dadashreeji and I

**FOOD FOR THE SOUL** 11

- ▶ True Devotion
- ▶ Do We Know Krishna

**WELLNESS & YOU** 14

- ▶ Managing Summer with Ayurveda
- ▶ Pranayam

**ONE WITH NATURE** 17

- ▶ How does Mother Nature Help us at an Individual Level?

Send us your experiences at: [experiences@maitribodh.org](mailto:experiences@maitribodh.org)





19



29



34

## REFLECTIONS

19

- ▶ Perspective
- ▶ Leadership Qualities
- ▶ Satsang
- ▶ Positive Being

## YOUNG IMPRESSIONS

24

- ▶ Stress can be a Good Source of Energy
- ▶ Faith

## @MBP

27

- ▶ I AM LOVE - Episode 3
- ▶ Bodh
- ▶ Sambodh Dhyān
- ▶ Relay Chanting
- ▶ Women's Day Celebration
- ▶ YGPT - Bin to Clean campaign
- ▶ Jeev Ashram visit

## WHAT IS MAITRI LIGHT

33

## AN APPEAL FROM

## MAITRIBODH PARIVAAR

34

## PRODUCT CATALOGUE

37

## UPCOMING EVENTS

38

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# Pearls of Wisdom

**Q- What will happen if there is no love in my life?**

**Dadashreeji:**

There are many impacts, but we will highlight the basic three that are essential for us to understand today.

These three impacts, one may experience as temporary, transient or maybe a transitional state in one's life but we are talking about these impacts mainly considering their influence on your thought processes. When these impacts influence your decision-making ability, everything changes and this is where we want to guide you further. These three impacts are nothing but states of your mind due to the lack of love. The 'first state' of your mind is the '**self-centred**' state of mind. The mission of this person's life is - self first. They can compromise with everything but not with self-gain. They'll try all possible ways to gain the best out of life.

Your mind infused with this tendency gets addicted to it. This addiction further leads to obsession and somehow you can't avoid it. The focus of your life changes to everything outside in the world. Your connection with the inner eye is lost but strengthened with the outer world. There is absolutely no connection with the inner world. No emotions. Sometimes these people are very rigid, very arrogant. They are not at all good listeners. It's difficult to talk to these people. They somehow forcibly convince you to accept their version of the truth. Even though you feel from within to convey what you feel, they avoid it. They neglect ignore your opinion completely. If this happens for a longer period of time then you need to start thinking about it and how to correct and move ahead from this state of mind. These people think that we have everything in our lives. We don't need anything. We are absolutely okay. But their happiness is actually a 'material happiness'. And if you can observe carefully well, you will see every person in their life witnesses one thing- a phase, a state of life, where all of a sudden material possessions become insignificant and this is where you start seeking something higher than that, something beyond this reality of life. So we advise you, if this is your state of mind, try to correct, align yourself with your natural state.

The 'second impact' due to lack of love is **pleasure seeking**. And their purpose of life is to seek pleasure all the time. As if their discovered truth of life is to enjoy this life through physical senses and this is the only life. They term it as 'fun'. As you disconnect yourself from inner world, your entire focus is shifted to the outer world and then you try to seek pleasure - always. You don't value anything else. Soon this materialistic enjoyment turns into hurting someone, damaging one's life or maybe harming the self. This is where you stop and start working towards it. As you move ahead, you'll be able to see the difference between this state and the better real state of your internal being.

The 'third impact' due to lack of love is **being goalless and directionless**. In order to have a purpose or a goal in life, you need emotions to connect to anyone



or anything. If there is no love, there is no emotion. If there is no emotion, there is no purpose, no goal into your life. Whatever that you are doing today, you will be able to identify that emotion connecting to that purpose or to that act. So emotion is a very essential ingredient when it comes to defining your purpose or goal of life.

I remember one of my doctor friends who joined medical study just to make his mother happy. He wanted his mother to feel proud of her son. He worked hard and kept saying, "I am doing this only to make my mother happy because she is everything for me". He couldn't imagine life without his mother. But unfortunately the worst ever thing ever, which happened to his life was that his mother passed away. And his world was totally shattered. Everything became zero. No hope. No love. And he even stopped studying. No college. In that state of pain, he did all kinds of wrong things. He hurt himself and others. He went on for some years in his life until he found someone who could come and guide him further. And then his life changed. This is where we want to tell you- your love and your emotion is going to define your purpose and goal. So when you decide to earn money, thinking that you will be able to give security to your family members, value your people first because you are doing it for them. You're looking for love somewhere up in the sky, inside the cave but not in a person sitting next to you, staying with you, who is only thinking of your good. That is why we say "to have a goal you need to have love in your life". Without this, life is miserable, full of struggle and suffering. Identify this within you, connect again and go ahead.

The only option, only path, only way out is to connect yourself back to that Love, Love within you.

Love and Blessings,  
Dadashreeji.

(EXCERPT FROM "I AM LOVE" WEBSERIES-  
2<sup>nd</sup> EPISODE ,12.02.2017)  
This message has been adapted for Anahita.



# His Words ...

“ All your actions and reactions are directly influenced by your state of awareness. Lower the state, more FUTILE the action. The higher the awareness, the more FERTILE the action” ”  
- Dadashreeji

In this beautiful quote Dada guides us to contemplate on the 'states of awareness' and how these different states of awareness lead to either 'futile' or 'fertile' actions.

Actions are often futile when one is in a lower state of awareness. However, what does Dada imply by lower state of awareness?

The state of consciousness/awareness which is associated/identified with the ego is the lower state of awareness. Dada calls this state as 'Illness of the mind'. In that state the 'me' is always bigger than 'you'. 'I' am more important and 'I' am always right. This is the state most of us were in, before we started our spiritual journey. In this state any 'reaction' to things said or deeds done, is a norm. Often those reactions are hasty and consequently such hasty words and actions lead to hurting others. Further even such actions initiated by us in that state are often incorrect because we have acted with a limited vision. Hence these actions are futile.

What is higher awareness? This is the state of consciousness wherein you realize that you are more than this body/mind. You reach this state gradually through meditation and mind-full living. When you start to observe your every thought and action you move to a higher state. Slowly the 'I' and 'me' recedes to the back ground and 'you' and 'others' become important. At the zenith this leads to the state of 'undifferentiated love'. In this state you don't react impulsively. Whatever actions you take are for 'others', and hence never 'futile'. Whatever you do is with love. Dada has used the term 'fertile' since through your actions, you sow the seeds for further propagation of compassion and love.





# Importance of Guru Paduka

*Great are the Divine Feet, greater is the dust under the Divine Feet. Mythology and history is replete with stories and the importance of the Guru's Padukas right from the epic Ramayan.*

In the Ramayan, Bharat asks for the divine sandals from Lord Ram after he fails to convince Him to return to Ayodhya. The sandals take the place of the Lord for fourteen years as a symbol of the King in whose absence Bharat serves and discharges the king's duties.

*The Lotus Feet of the Divine are ageless and faultless, they eradicate our ignorance.*

All Gurus have time and again through their experiences explained the importance of the Guru's Padukas.

Do you know where Sai Baba's original Charan Padukas are?

They are held in safe custody by the Parulkar family living in Harda in Madhya Pradesh. It was in the year 1915, when Baba had given his Charan Padukas to Shri. Krishna Rao Narayan Parulkar. Baba used to lovingly call him ChottuBhaiya. During those days as means of transportation were inadequate, ChottuBhaiya used to take a ride on a bullock cart and thereafter walked for several days to reach Shirdi.

Once Sai Baba asked ChottuBhaiya why he underwent so much pain merely to see him, ChottuBhaiya replied, "Babaji I don't have any memento of yours and after some days when I go back, I start missing you. Hence I am compelled to come here to see you." Responding on this Baba immediately said him to take his Padukas which He was wearing as a memento. He asked him not to pain himself by coming to Shirdi again and again. It was in the form of these Charan Padukas that He Himself would come to Harda to stay with him and his family.

**For the sake of His devotees and followers, the Guru takes the form of Padukas. The Guru stands on the Padukas in the astral form blessing their devotees. Padukas have always been a part of worship all over world.**

Amir Khusro was a devoted disciple of Hazrat Nizamuddin Auliya. He was a poet who used to compose songs, riddles, rhymes and enigmas in the common man's language to reach their hearts. An incidence is related to Hazrat Nizamuddin Auliya and Amir Khusro. Hazrat Nizamuddin Auliya,



knew His end was nearing. He had gifted away all His belongings to the poor. When He was left with nothing, an old Brahmin came to him and begged for help for the marriage of his daughter. Hazrat Nizamuddin Auliya had already given away everything He had. He said to the Brahmin that he was late in coming to him. Nevertheless, Hazrat Nizamuddin Auliya gave him His shoes, which He was wearing. The Brahmin was very upset, but he could not say anything to Hazrat Nizamuddin Auliya. As he left the saint with a heavy heart, Amir Khusro entered from the other side. He had gone on a business trip and had earned a lot of wealth, which was laden on forty mules. Amir Khusro started smelling the fragrance of his Master-Hazrat Nizamuddin Auliya and started looking for Him. Soon he spotted the Brahmin as the source of that fragrance. He asked him whether he had met Hazrat Nizamuddin Auliya. The Brahmin narrated the entire episode to him saying that he could not get any monetary help from Hazrat Nizamuddin Auliya and instead had received His shoes. Hearing this, Amir Khusro's joys knew no limit. He requested the Brahmin to give the shoes to him and in return to take all the forty mules laden with wealth. The Brahmin was more than pleased, as was Amir Khusro. Amir Khusro put the shoes with great reverence on his head and marched towards the abode of his Master.

**Within the human body there are various centres through which energy flows in and out of the body, such as the head, palms and feet. The feet are directly connected with the heart through a nerve. Hence the devotee experiences both the love & blessings of their Divine through the feet.**

Around 1655 AD asking for alms, Samarth Ramdas, the well-known Saint and Guru of warrior king Shivaji along with some of His disciples once visited Shivaji in Satara fort. Shivaji dropped a letter in the Saints' basket giving away his kingdom to Samarth Ramdas. Samarth Ramdas asked him as to what would he do after giving away his kingdom. Shivaji replied that he would follow Him seeking alms from people. Samarth Ramdas, however, told him that his duty was to serve the people by ruling the kingdom. Shivaji, therefore, took the Charan-Padukas (the slippers) of Samarth Ramdas and kept them on the throne, thus establishing the 'Dharmrajya' in order to show his dedication to his Guru Samarth Ramdas.

**The Guru's feet are worshipped or revered because all the Guru's blessings flow through their feet. The spiritual master plants their lotus feet in the heart of the devotees. Therefore, worshiping the Guru's lotus feet is the best possible form of Bhakti. Any form of Bhakti is invoked through the feet (Charan). This is also the reason for the long standing tradition of touching the feet of elders to seek their blessings.**

Guru stands on those Padukas. A devotee may pray "O my beloved Divine, wherever my mind goes, may Your form always be there. Wherever my head bows in salutation, may Your feet always be there."

In the absence of the guru's physical presence his Padukas are the source through which His blessings flow. Since the physical Guru cannot remain present at all places to shower His blessings, the Padukas are the best possible mode through which the blessing can be received.

**Glory to the Divine Feet! Glory to the Padukas!**







# Dadaleela

..... Devotee's Experiences

## Life Saving Grace:

My maid's son was working in a building that was under construction. A few days back, a terrible accident took place. The boy fell down from the 13th floor of the building but fortunately his arm got stuck in a safety net on a lower floor. Miraculously he was saved and did not fall on the ground nor get hurt grievously for only his arm was fractured and there were some minor bruises on his neck.

My maid was in tears when she shared this incident with me in the morning. She told me that as soon as she was informed about this incident, she started praying to Dada and requested Him to take care of her son. Everybody around her asked her then why she was repeating the words, "Dada, Dada, Dada" but she continued praying to Dadashreeji. She then told us that it was Dadashreeji who had saved her son's life.

We were surprised to see such strong faith in Dada since she had never met Him as she had only heard about Him from us (when she started working at our place we had showed her Dadashreeji's Shrimurti told her about Shantikshetra Premgiri Ashram). She said that she was able to visualise His Shrimurti while praying to Dadashreeji. Later, we sat together in front of Dadashreeji's Shrimurti and prayed for her son's well-being.

Thank you Dadashreeji for being with her in her difficult time.

**Maitreyi Rashmi Malhotra,**  
**Pune**





## My Secret:

Life has been always busy with new challenges every day, due to which I used to have sleepless nights. I used to think all night long without any sound sleep. However now it's a thing of the past, because I practice Sambodh Dhyaan meditation every night before going to bed which helps me fall asleep effortlessly. When I do not have the time to practice Sambodh Dhyaan, I just pray to Dada and chant His mantra. That does the magic and I fall asleep immediately.

Thank you Dada for watching over all of us and taking care of our smallest issues.

- A devotee from USA

## My Dadashreeji and I

I have been sharing a lot about my relationship with Him. Today I'm going to share the Silence between us. The profound Silence we share takes the unconditional love between us to a profound level. This Silence has a language of its own, a language where words are not needed nor needing to be in His Physical Presence.

All that is needed is to go within, feel and experience Him, Share with Him, Express to Him. He is there deep within, so deep that every breath I take only has His name on it. He is the sound on my lips, He is the prayer in my heart, He is the joy you feel in me, He is the image you see in my eyes, He is the feeling of completeness within me.

In Solitude when I just want to be by myself that is the time when He sits quietly with me helping me to connect even more deeply with the Divine within. All He wants is my happiness and my growth. What more could I have asked for in a relationship. Don't we all want, for someone to love and care for us unconditionally without any questions and judgments? Well that is what I have got from Him. Unconditional Divine Love and Unconditional Acceptance. A beautiful relationship that knows no boundaries. All that this relationship recognises is the language of Love and all that it does is share this Love with the world.

Is this something I can explain? No I cannot. All that I can do is share so everyone may experience it through me as we are all One. Thank you Dada, for in this Silence I am no longer lonely, no longer seeking, no longer craving, all the unfinished emotions have been filled with your love and Grace making me complete from within.

He is no one but you, your Higher Sacred Self. All of us have Him within us. Immense Gratitude at your lotus feet Dadashreeji for you gave me the vision to recognise this truth of experiencing the Divine Within.

**Love You to Eternity and Beyond**  
- Maitreyi Sonee  
Delhi



# True Devotion

True Bhakti is not just love of 'One', but 'Oneness with All'. It may begin as dedication, a bond or love of 'One Higher Source', but eventually expands to All, as you start seeing the reflection of that source, in everyone, says **Mitr Sut**

The word 'Devotion' is derived from the word 'devote', which in the English dictionary means to 'give all' or most of one's time or resources to a person or activity. However devotion goes far beyond these words. In Sanskrit this is translated as 'Bhakti'. Bhakti or devotion is when through your heart and soul you dedicate, all your thoughts and actions, for someone else. This may only be done out of a deep bond and love. Bhakti shifts one's thoughts and acts, from one's own self, to something or someone else.

To understand Bhakti, is to look into the lives of saints like Meerabai, who embellished her deserted life with the grandeur of the metaphysical prevalence of the Divine i.e. Krishna. Nothing mattered to her thereafter - even when she was poisoned by her family. The idol of Krishna which she worshipped came alive to her and for a true bhakt, idol worship is not just an outer ritualistic act. It is the inner feeling, emotion and a sense of belonging which other worldly persons may not be able to relate to!

Bhakti is not just idol worship, but the true experience of the source of the idol, alive and real within and around you. The ritualistic acts of doing hours and hours of worship, without any feelings is not Bhakti!

Tukaram, a saint from Maharashtra saw, heard, and spoke and acted only for his Lord Vitthal. He says towards the end of his life, "Me Vitthal Jhalo", meaning - "I have become Vitthal" which is a profound statement; which describes his internal state of complete merging with the Lord.

"A bhakt begins with a duality of separateness between him/her and the Lord, but at the end merges and becomes one with the Lord." True Bhakti is not just love of one, but oneness with all. It may begin as dedicated devotion, a bond and love of the one higher source, but eventually expands to all, as you start seeing the reflection of that source, in everyone and everything.

Let's try and understand how devotion / bhakti help in the quest of our spiritual growth. From morning to night, birth to death, we are inundated with innumerable thoughts of just me, mine, my work, my home, my problems, my people, my money etc. It may appear strange, but the same also applies to spiritual seekers who focus on my meditation, my growth, my space, my happiness, my seva and so on and so forth; which in reality is no different from any other worldly person.

Our entire life just revolves around ourselves and fulfilling our unending never satisfying, insatiable innumerable desires. So, what will be the condition of an individual in such a state, who cannot or does not think just beyond himself/herself? All this is nothing but striving to firmly establish this 'I' and selfishness deeply engraving in one's system! The attitude of complete and dedicated focus on only one's selfishness, comes with a free but deadly gift of innumerable attachments. Consequently with both these, a hundred percent pain, sorrow and suffering in life is guaranteed. Such a person will never be able to look beyond, to reach out to the true purpose of his/her existence on this earth.

Our sole purpose of our entire spiritual journey is getting oneself away from this 'I'; selfishness and detachment from the innumerable attachments. The path of Bhakti or Devotion is one of the most profound paths to walk and succeed on. (Selfless service or KarmYog also follows the same principles). Bhakti takes you out from this selfish 'I' and takes you to 'I' + you (the Lord)'. Eventually as you see the Lord in all beings, the process starts off the process and the beginning of your ability to see all-in-one and one-in-all.





Any thought or action that is dedicated to someone else will automatically make you happy, cheerful, with positivity and energise you. As one dedicates oneself to a higher cause/to a higher purpose in life, it takes the spiritual aspirant to a higher realm. When one dedicates all thoughts and actions to a higher cause in totality, it becomes true bhakti - true devotion.

True devotion has an inherent surrender within - to the 'source' of the devotion. When this surrender becomes complete, then 'I' ceases to be and is replaced by simply - the 'Divine Will'.

A true bhakt becomes fearless of any consequences because he/she knows that the Lord is with him/her every single minute of every single day. The very notion of worry is removed for what is the need to worry when the Lord is with you? It is interesting to note that the bhakt may seem to undergo a lot of pain and suffering in the world; but this is what the others in the world see! To the true devotee the pain and suffering are only 'prasaad' / a gift of the Lord while internally his/ her state is tranquil, calm, full of love and good cheer. It is simply because his/ her mind and attachment is only to the Lord, with complete detachment with the worldly actions and consequences. The focus of all actions and thoughts of the devotee is towards the Lord and nothing else. This is the internal state of a true devotee.

One of the most profound definitions of bhakti is by Narad Muni, in Narad Bhakti Sutr, where He says "Bhakti consists of offering one's every act, to the Supreme Lord and feeling extreme distress in forgetting Him". Such a state is beyond imagination for worldly individuals. But it is easy to understand this state, as when one falls in love even in the world (although the worldly love and this state are only transient, incomplete and conditional). It is said that, to get to the state of true bhakti itself, it requires grace or kripa of the Divine. But once you are bestowed with it, the spiritual aspirant is charged up and comes alive with love and devotion, indeed the whole world gets transformed, as you start seeing, hearing, walking, talking, dwelling and experiencing the 'source', every second.

It is amazing to share this inner state and experience of so many of us, in the MaitriBodh Parivaar, who are able to experience this devotion/bhakti towards our Divine Friend Dadashreeji, for which words are inadequate to describe the state. Perhaps it is His Grace/ Kripa bestowed on us to receive the devotion and experience the most profound peace and love within, which seems to increase every moment as we bond and surrender unto Him.

**- Mitra Sut**

A doctor by profession, (currently working as a Consultant Neuro-Radiologist in P.D. Hinduja Hospital, Mumbai) Mitra Sut - as he is fondly called also teaches and conducts spiritual sessions and shares the insights gained from his Master Dadashreeji.

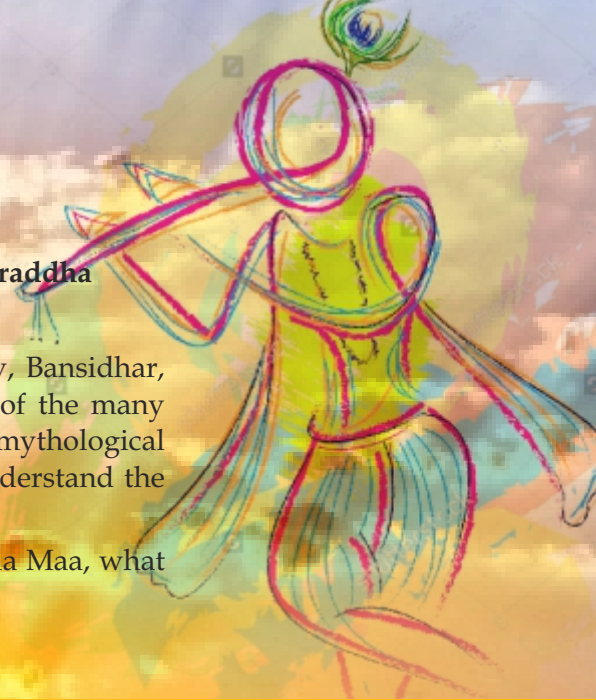


# Do we know Krishna?

Do we know Krishna? Has anyone seen Krishna? asks **Maitreyi Shraddha**  
Let's try and get to know our Krishna.

We know Krishna by so many names- Gopal, Govind, Madhav, Bansidhar, Murlidhar, Kaanha, Kanhaiya and so on. However, he is one of the many manifestations of the Divine. Taking insights from His life, from a mythological perspective at large, Krishna has set examples in helping us understand the importance of relations and their relationships.

When we think of the relationship between Krishna and Yashoda Maa, what kind of emotion do we experience?



**1** **vaatsalya Bhaav, meaning, the love that elders have for their young ones.**

When we think of the relationship between Krishna and his friends, what kind of emotion do we experience?

**2** **Maitri Bhaav or Sakha Bhaav. Krishnaa had a close circle of friends with whom He shared a close bond, especially with Sudama.**

When we think of the relation between Krishna and Sudama, what emotion do we experience?

**3** **Daas bhaav. Sudama considered himself as a servant of the Lord.**

When we think of Krishna and Gopis or the relationship between Krishna and Radha, what kind of emotion do we experience?

**4** **Prem Bhaav**

Krishnaa had a devotee whose bhajans are still popular, Meera Bai, when we think of their relationship what emotion do we experience?

**5** **Bhakti Bhaav**

And when one thinks of the relationship between Krishna and oneself, what does one experience?

**6** **Love or Prem Bhaav**

All the Bhaavs mentioned above such as vaatsalya, Maitri, Daas, Bhakti are different paths which lead to Prem, Love. Krishna is a form of the Divine and Divine is Love. Therefore, Krishna is

**7** And finally, where do we experience love?  
**In our heart**

Therefore, Krishna is within our hearts as love. We need to strengthen our bond with our inner Krishna so that we experience him as Love.

Maitreyi Shraddha is a student of life. By profession, she is a Special Educator at The Shri Ram Schools, Delhi, Gurugram.





# Managing Summer with AYURVEDA

**Dr. Ruchira Joshi**, shares simple tips to beat the summer heat. A medical professional with over a decade of proven success in the practice of Modern Medical science (Allopathy) & Ancient Indian Science (Ayurveda) & the most ancient science of the world (Yog practice).

## Ayurved :-

It is a Upaved of Atharvaved, one of the ancient written scriptures of the world. Ayurved, an ancient Indian medical science which not only helps in the prevention, curing and healing of diseases but also grants people a philosophy of life.

It focuses on eliminating the cause of disease rather than treating just the symptoms. Ayurved provides a range of daily routine guidelines (Dinacharya) and seasonal routine guidelines (Ritucharya) to enable healthy living.



## Summer according to Ayurved

According to Ayurved, there are six seasons (Vasant, Greeshm, Varsha, Sharad, Hemant, and Shishir) in a year. Each Dosh (Vat, Pitt and Kaph) get imbalanced (Prakop) in its own season. During the summers, Pitt Prakop (Imbalance of Pitta) is a natural change in the body which has the following symptoms ---

1. Dryness of mouth and the throat
2. Burning of eyes, palms and sole
3. Body ache
4. Decreased appetite
5. Psychological irritability
6. Soreness of voice
7. Chest pain (In severe cases)
8. Unconsciousness (In severe cases)

Along with Pitt imbalance, there is an increase in Vat. This is primarily due to the rise in temperature and a dry atmosphere. The following symptoms may be attributed to the imbalance in Vat:

### Dehydration

1. Tiredness
2. Intolerance towards noise
3. Vertigo
4. Tremors
5. Excessive thirst
6. Cracked sole and palms
7. Dissatisfaction even after drinking water

### Changes in body due to Pitt Prakop and Vat viruddhi

Imbalanced Pitt and increase Vata increases Pitt at the cellular level leading to a decrease in inter and intracellular fluids. This leads to a reduction (Kshaya) of Ras Dhatu and Strot (water channels of circulation) whose roots are at the palate and the pancreas. Ras Dhatu maintains and regulates water and fluid throughout the body. During the summer, Ras Dhatu and Strot get obstructed due to excessive heat resulting in a decrease of body fluids and water level due to which the above mentioned symptoms occur.

### Beating summer with Ayurved

Ayurved can help us to get rid of all the above symptoms in the summers. During this time, Pitt Prakop (Imbalance of Pitt) is a natural change in the body which has to be kept under control. We are not supposed to increase it with our food and behaviour pattern. Here, we need to change our food and behaviour pattern in the summer months.



### Here are some tips for the summers from Ayurved

1. Always cover the head while getting exposed to the Sun. It protects Bindu and Sahasrar chakr.
2. Drink lots of water and juices but not as a whole. Take sips of water or juices and take a longer time to drink it. It nourishes the palate which is the root of RasDhatu. Instead of drinking water fast, taking small sips decreases the thirst. This is called Achamanavidhi.
3. Gargling with lemon juice or milk is also helpful.
4. Do not drink chilled water or drinks as it causes obstruction of Ras Strot which gives symptomatic relief but increases thirst. Instead, drink water or juice at room temperature or a bit cold.
5. Taking cold water baths should be avoided for the same reason.
6. Drinking water in which silver or gold is soaked overnight is beneficial.
7. Drinking water should be stored in clay pots.
8. **Mrudbhrasht Jal** is extremely beneficial in summer. A piece of clean clay pot has to be heated on fire and immediately dropped in water to cool down for 10 – 15 min. The properties of the water changes as a result of this process and is useful in the summer. This water can be consumed after removing the piece of clay pot.
9. Consuming fruits like grapes, pomegranate, watermelon, muskmelon, sweet oranges helps in keeping one hydrated.
10. Juices like lemon juice, Kokum juice are beneficial.
11. 2- 3 tsp of Cumin and coriander seeds should be soaked throughout the night in one litre water. The next day, this water should be drunk in sips throughout the day after filtering.
12. Dairy products like milk, buttermilk should be included in your meals. Sweet buttermilk can be drunk at night.
13. Soup of Mung bean (*Vigna radiata*) is easy to digest and decreases dehydration.
14. Cut down the consumption of tea, coffee, or carbonated beverages. Carbonated beverage contains acids which causes dehydration. Caffeine also induces dehydration. Replace all these harmful drinks with fruit juice, buttermilk, and traditional beverages like lemon juice and others made of Indian gooseberry, kokum, and raw mangoes or coconut water.
15. Reduce the intake of alcohol throughout summers.
16. Consumption of green tea/herbal tea increases energy and provides relaxation.
17. Carrot, saffron milk and cucumber may be incorporated in the main course.
18. Food made up of rice, jawar and ragi should be included in the diet.
19. Food should be made with Ghee (cow milk).
20. Avoid working late in the night. Instead working early in the morning i.e. at Brahm muhurt (2-3 hours before sunrise) is beneficial for our health.
21. Have sips of water in between meals.
22. Wear cotton, loose & comfortable outfits.
23. Heavy exercises should be controlled in summer.
24. Have one tablespoon of Ayurved medicine like Paripathadi Kwath, Drakshasav, Ushirasav, Chandanasav per week (under the guidance of a doctor).
25. Go for night walks (before 10 pm) 10 pm to 2am is Pitt Prakop kaal (time for natural imbalance of Pitt).
26. Wash palms & especially soles with water frequently during the day.

These are some tips to make the coming summer enjoyable & comfortable. Hope we can avail it to the maximum. Ayurved, the most ancient Indian medicinal science is a life style which can be adopted by anyone & is useful for all.

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# Pranayam

In Sanskrit, Praan means "life energy ", Yam means "control" and Ayaam means "expansion". The practice of Yog keeps our inner body and mind calm and helps in leading a healthy life. The practice of yog or asans can improve one's health, increase resistance and develop one's mental awareness. **Yog instructor, Sangeeta Tanniru\* shares the benefits of practicing Shitali and Shitkari pranayam in the summers.**

## **Shitali pranayam – it means to cool oneself**

This breathing exercise helps to cool the body. It is best done in hot weather or at the end of a vigorous yog session.

### **Steps:**

- 1) Sit in sukhasan or padmasan
- 2) Calm and relax the body by taking deep breaths
- 3) Roll the tongue lengthwise curling the sides in towards the centre to form a tube. Stick the end of the tongue out between your pursed lips
- 4) Inhale through the tube of the tongue
- 5) Withdraw the tongue, close the mouth and exhale through the nose
- 6) Repeat 5 to 10 times to feel the cooling effect

### **Benefits:**

- 1) It cools the entire body as well as the nervous system
- 2) It has a pacifying and relieving effect for various ailments such as headache and fever.
- 3) It activates the liver and spleen, improves digestion and relieves thirst
- 4) Shitali pranayam is highly recommended as an immediate remedy for nervousness

## **Shitkari pranayam**

### **Steps:**

- 1) Gently press your lower and upper teeth together and separate your lips as much as you comfortably can, so that your teeth are exposed.
- 2) Lightly press the tip of the tongue against the lower front teeth.
- 3) Inhale through the mouth over the tongue with a kind of hissing sound like the sound of the letter 's'.
- 4) After filling the lungs completely close the mouth and exhale through both nostrils without retention.

### **Benefit:**

It reduces heat, clears the complexion and helps in controlling thirst, hunger and sleep.

**Sangeeta Tanniru** is a Yog instructor specializing in yog, meditation and power yog. She holds a degree in Philosophy in Yog from Kalina University (Mumbai).



# How does Mother Nature help us at an individual level?

Maitreyi Shreshtha Jayakar explains how nature is designed to support and guide us.

Time and again we are reminded by doctors, family and friends about the importance of being surrounded by nature. We all know the basics of how being in nature helps us breathe better air, our stress levels go down, we feel refreshed etc. But beyond these there are many other hidden treasures that our environment has to offer. Let's just look at a basic few-

## Physical Balance

According to Ayurveda our bodies are made up of the panch mahabhutas (the five elements) - Prithvi - Earth, Jal - Water, Agni - Fire, Vayu - Air, Akash - Sky. These elements play a vital role in keeping our health in balance. It is said that the role these elements play in our atmosphere is similar to how they react within our physical body. Our inner nature is similar to the outer nature.

Humans are the only species that are out of sync with nature. Unlike plants and animals that are in perfect synchrony, our lifestyles are completely out of order. Being in sync with nature helps us in restoring the natural balance in our body.

## Emotional balance

Every element of nature dominates a particular emotion in us. For instance the fire energy represents ego and power. If we do not take care of this element and allow our mind to constantly feed the fire, there will be disastrous consequences. Similarly if the air element in our body is ignored our stress levels tend to rise. So, before that happens we need to balance the fire within so that it gives us warmth and balance the air within so that we remain calm. By bringing the inner elements under control we can handle our emotions far better and control our mind. If our inner fires, tornados, draughts and earthquakes are taken care of, the mind will cease to interfere.

## Release

Nature is said to be a cleansing agent that washes off unnecessary energy which we tend to pick up from time to time. Our bodies take on unwanted energy even with a single handshake. A simple touch can put our body through another person's physical experience. We also pick up energies from different places and spaces. More often than not these energies may not be harmful but there is always a chance of collecting unwanted baggage. This baggage can cause a lot of problems which do not even belong to us.

Our planet acts as a natural cleanser to wash off all this unnecessary energy. A hike, a walk on a breezy day or even a simple bath taken with awareness can heal tremendously. Everything we collect can be released in nature. Every single element acts as a sanitizer to maintain the hygiene of our energy field.



## Movement & Flexibility

Every element of nature has a motion or movement. This motion causes it to vibrate at different frequencies. When we are born our body frequency is pretty much in sync with nature. But as we age we tend to lose this harmony. The busier we get the more out of line our body clocks become. It is difficult to rise with the sun and sleep when it sets. Therefore it is of great importance to take time out and reconnect with nature. When you start working with the forces of nature and match the flow there will be an automatic shift in your energy vibrations. The first sign of this will show in the exercise you practice like yog, walking, running, swimming etc. Your movement will change. Your body will start showing you instant results.

## Chakrs

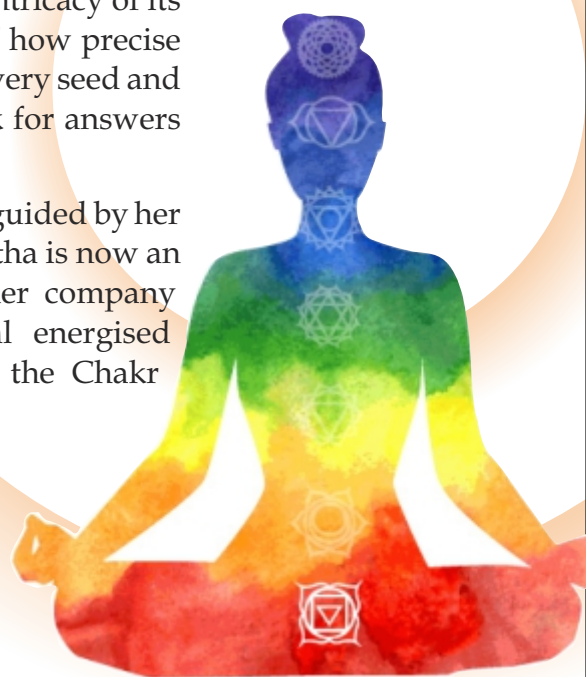
Chakrs are secrets revealed by the Ved's in leading a fulfilling life. They balance our physical, emotional and practical wellbeing. Every Chakr is dominated by an element of nature. Chakrs resonates the vibrations of the five elements. We can work on our chakrs not only through meditation but also by connecting with each element associated to them. Synching our energy with the energy of the elements automatically fine tunes our chakrs.

## Lessons of Life

Once Lord Dattatreya was asked “who his teacher was” to which he said “*I have taken shelter of twenty-four gurus, who are the following: the earth, air, sky, water, fire, moon, sun, pigeon and python; the sea, moth, honeybee, elephant and honey thief; the deer, the fish, the dancing girl Pingala, the kurari bird and the child; the young girl, arrow maker, serpent, spider and wasp*”.

Mother Nature can be the supreme teacher if we have the hunger to learn. Awareness, observation and contemplation of the world around can help us grow by leaps and bounds. Not only does mankind seek inspiration from nature for making machines and art but also learns values and morals from nature. The study of nature has made man realise the intricacy of its functioning. Fibonacci and Cymantics are both examples of how precise and sophisticated nature is, in its design. Every little insect, every seed and every grain of sand has an insight to offer. We tend to look for answers everywhere else. Sometimes we just need to look outside.

**Shreshtha** has been a seeker from an early age of 14. She was guided by her Masters who then further guided her to Dadashreeji. Shreshtha is now an integral part of MaitriBodh Parivaar. An entrepreneur, her company Metaphor Soul Shoppe crafts offers handmade spiritual energised products. She also conducts a spiritual workshop called the Chakr Nature Camp.





*Like every coin has two sides, similarly whatever one perceives to have known is not the ultimate reality. What is essential is to be open to different paradigms of thoughts, which though run across time and space; yet provide a divergent viewpoint and food for thought thus paving the way for broadening our horizon. This is indeed building on perspectives and incorporating them to the said knowledge we possess.*

Let me begin by narrating a story.

There is a small room and Ram Chandra Saini is lying on his bed. The window of the room is open and the door is locked from inside. Suddenly a thief enters the room through the window. Both Ram Chandra Saini and thief look at each other. Ram Chandra Saini is still lying on his bed. The thief immediately turns towards the room and fills his bag with items whatever he considers as precious and useful. Finally he looked at Ram Chandra Saini again, closed the window and swiftly moved out of the room through the main door.

The question is why didn't Ram Chandra Saini do anything? Before you scroll down for the answer, I request everyone to think. Also please remove all your preconceived notions and knowledge; try and give a perspective. Think this is a test.

Thought? Was it tough? Ready to receive another perspective!

Ram Chandra Saini was none other than a four month old baby. Shocked? It is our conscience which makes us believe that Ram Chandra Saini can only be an adult and not a baby; because babies often have nick names such as babu, nanha, chiku, xyz and not such heavy duty names such as Ram Chandra Saini. Isn't it? Do you agree with me?

I believe that it is essential for all of us to shed the very consciousness - that one possess greater knowledge than the other (probably our ego ushers us to such a state). It is essential for us to build on our perspectives in order to broaden our horizon about any given aspect; probably be a recipient of other suggestions. Again I question, what is wrong in this? This story enables us to understand that sometimes what we consider to be given is actually not a fact. How about building a perspective through analysis without having a possession in our conscience that we have attained the said knowledge? When we allow ourselves to forgo this thought, we are able to shed our ego. This leads us to a path of transformation which is open to perspectives, vision and ideas and ego is nowhere in sight!

**- R Nivedita is a PhD Research Scholar at Jawaharlal Nehru University, New Delhi**



# Leadership Qualities

Each one of us is a leader in our own way. Leadership is not something taught in school where one does better than the other, says **Maitreyi Sonee**.

Leadership is a learning of the Soul. It is when the Soul recognises it within, that the true leader emerges and subsequently helps others along the way in order to recognise their own truth and capability. Leaders are those who have a clear vision, take right action with right conduct. Today the actual meaning of a true leader is to empower others around you in their particular field. To bring about the change which one desires to see in the world and others; it is necessary to transform oneself accordingly and move hand in hand with our fellow beings.

Let your enthusiasm be such that people get influenced by your passion and zeal and want to work with you. They feel proud to be a part of you and work towards a common goal in Oneness. Keep walking, keep building relationships, be the one to help all bond with each other. Be caring and compassionate even in the face of mistakes. Don't allow judgements of any kind to carry weight in your thoughts and decisions. Encourage them in such a way that they can overcome their shortcomings and emerge as leaders themselves. Be the inspiration for the other, let the person be so inspired by your dedication, your commitment, your focus, that they want to emulate you.

The quality of a leader is like that of water. Water takes the shape you want it to yet doesn't leave its natural essence. When you pour water in a glass it takes the shape of a glass, the clouds become heavy with condensation and water pours in the form of raindrops. The true nature of water is consistent and committed to what it has to do. Water knows its purpose to nourish and replenish, and is constantly at it, without feeling threatened. It is the same with true leaders, they know what they have to do and take action without being threatened. They are also consistent and nourish and replenish their teams with strength and courage. They are there as the solid mountain behind their backs giving them encouragement to be true to themselves.

To be a leader is to be at the support to all others, to create space for others in front of you and to give them the freedom of full expression. To give them the surety that they have a right to voice their opinions without judgements and questions. As a team you grow when every member of that team has the right to voice their opinions and they are heard with an open mind. There are always some in the team who know more than the others, some who like to follow the leader without questions and some who like to question every decision taken by you. Allow them to ask for it is in their asking that there is team work. Where a chance is given to introspect and grow as a team. In the true sense leadership is to give everyone a chance of growth according to their capabilities. A chance to learn more about themselves and understand their hidden qualities. Help them enhance their true abilities and acknowledge their hidden potential. Leaders take the shape of the team, allow the whole team to merge into the vast ocean of water and give it One colour - that of success and freedom. Be encouraged and not threatened in such a way so as to create a team that is whole, where parts of you and parts of them together make a whole.

\*Maitreyi Sonee is a designer who has been working in her studio for the last 15 years with passion and commitment. It is only recently she discovered her inner calling with her Divine Friend Dadashreeji.

Through her writing she aims to express the power of having a Living Master in one's life and hopes to motivate readers witness the profound love she has been experiencing since her first encounter with her Inner Divine



# Why is Satsang important for us?

Read more as Maitreyi Bharati\* interprets the same for us

**Satsang is a combination of two words - sat and sang. Sat means absolute existence, it is the essential nature of Brahman, it is permanent among the ever-changing and it upholds the world of appearance. Sang means company or union. To be established in Brahman is the literal meaning of the word satsang.**

As long as ignorance remains, the direct realization of Brahman is impossible. When ignorance is replaced by wisdom, the real nature reveals itself. This is the highest satsang.

The other possible interpretation is when we feel such devotion for God that He has to come to us in a form according to our desire. The means to this realization is also called satsang. The company of the wise leads to the realization of Brahman and, therefore, is also termed satsang. In this sense, satsang means the company of those who have realized the truth, as well as those who are aspirants of the truth.

**There are a spectrum of energies at home and in Satsang the level of energy is higher and quality is purer-**

At home or in the worldly life, we are running against time in order to meet our deadlines. There are crisscross talks and we are unable to focus. While our aim is to stay focussed at our spiritual journey, in the initial phase it helps if we meet people who are pursuing the same journey and can guide us, and help us to be in the right path.

**It answers questions-** It is an important aspect of spiritual practice in a seeker's spiritual journey. This is especially so at the beginning of one's spiritual journey when Spirituality is not yet a part and parcel of one's life. For the more experienced seeker attending a satsang is an opportunity to serve God and co-seekers by sharing their experiences and nurturing other seekers in their spiritual practice. When a seeker studies the science of Spirituality, he or she may come across new life concepts and learning. These new concepts may give rise to questions in a seeker's mind such as, "How do I practically implement this spiritual principle" or "How do I overcome an obstacle that I am facing in my spiritual practice." Such kinds of questions are quite natural for students of Spirituality and it is important that such questions or doubts are answered in a timely manner so that one's spiritual practice can continue unhindered.

**Often questions within are stumbling blocks for our growth-**When a Satsang is conducted by a seeker who has a desire for spreading Spirituality, love for others and spiritual emotion, he or she is better able to access God's thoughts and provide holistic answers to questions on Spirituality and spiritual practice.

Along with this the entire group of seekers attending the satsang collectively learns about the perspectives that one should have when faced with the same questions on Spirituality. These questions if unanswered can raise doubts which can put a brake on one's efforts and in some cases can entirely derail one's spiritual practice.





**It energises us** -In today's world there is a higher focus on materialism and lesser focus on Spirituality. When Society does not have adequate focus on Spirituality, spiritual impurity begins to build up in the environment. This is known as spiritual pollution and it means that there is an increase in the Rajasic and Tamasic subtle components in society and the environment. This spiritual pollution depletes our spiritual energy and soon our 'spiritual batteries' feel like they are discharged. Due to this we feel drained and it becomes difficult to even think about spiritual practice. This may lead to a loss of enthusiasm to persevere with our spiritual practice. As we persevere with our spiritual practice, we start getting spiritual experiences.

**It gives us faith that the union with the Divine is possible through the sharing of experiences**- Seekers share their spiritual experiences during the Satsang. Besides sharing our spiritual experiences, we also get to understand the spiritual significance underlying them. Spiritual experiences are gifts from God that gives a seeker the motivation to persevere on this path. Contemplating on one's own spiritual experiences or listening to others' experiences increases our faith in spiritual practice.

**Maitreyi Bharati** is a doctorate of geography, JRF net qualified. She has been teaching for the past eighteen years in schools of different curricula and has held various management positions. Currently, she is teaching in an IB school.





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# Positive Being



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Very responsive to messages

**Maitreyi Cecilia shares how positivity can help us lead a more fulfilling and holistic life.**

One morning, I had returned from a tiring twenty-four hour work shift. I logged into my facebook page and somehow felt uplifted. Saw funny videos, positive postings on meditation and positive environmental efforts in the community. Most importantly I saw positive messages and videos of Dadashreeji, it filled me with Love and Peace.

It is then that it struck me how this pattern was not coincidental. It was something that has been happening for a while now. Facebook picks up your pattern of positing and thus displays similar themed adverts and posts. And this was a conscious choice I had made years ago.

About two years ago, just around the time I met Dadashreeji; I recall every time I logged into my facebook page, I would have news updates on all unrest in the world and just some interspersed updates on positive events. I grew weary, and one fine day I thought how could I maybe change this pattern? So I started to follow pages on positive themes. I made a conscious effort to only re-post or share a message which either made someone smile or had a positive theme for everyone around me to gain from.

I recognize this to be synonymous with our daily lives too!  
If we consciously continue to share positivity to those around us. Avoid harming or speaking ill or expressing your frustration to all. We may change the pattern of what we receive. People become more pleasant- every experience is fulfilling and only filled with Love!

So we can all start with this simple practice of "Positive Facebook Sharing or Re-posting". Share Dadashreeji's messages of love to all. Share something that would make our friends smile.

Facebook is a worldwide platform - where better than here to share the love and grace of Dadashreeji. I am grateful that Dadashreeji has been my guiding light each moment, every day!

**Maitreyi Cecilia** lives in USA and is a doctor by profession.



# Stress can be a good source of energy

Addressing students Mitr Vineet\* says, "If you're wondering how stress can be good, you have been reading the right thing at the right time".

The perspective of stress is a habit. If you have developed a habit of complaining about your stress to everyone around you - it will only multiply and cause anxiety and decreased productivity.

Instead if you develop the right tools, you can use the same stress to push you forward to attain all your goals.

Most of us view stress negatively, as something harmful for our body and mind. Recent studies have found that stress can be good or bad for you depending solely of your perspective of it as good or bad. **Stress can lead to increased heart rate, palpitations, tremors, etc and if not channelized properly it drains all our energy.**

Do you know in what other situation you experience increased heart rate, palpitations, tremors, etc? It is when you experience extreme joy or receive very good news. Think about it, recall a good memory and you'll realize that your body went through the same response as stress. It is simply because the centre in our brain for stress as well as joy is located at the same spot!

**Joy or stress is basically a huge surge of energy in our body.** It is what we do with it that decides the outcome. A person who loves to play a guitar and is learning how to play, can play for hours at a time. He/She uses the energy released by stress to do something productive which in turn leads to a happier mood and motivation. A person who finds it difficult to study, wastes all the energy released by stress in worrying about exams or the exams results and ends up being unproductive, which in turn can lead to more stress and demotivation.

So how can we utilize this surge of energy effectively to increase our productivity in studies?

According to me, a good plan is the key to success. There was a time when I had to read really thick medical books and having a good plan saved me from a lot of last minute stress and worry. I follow three simple steps to create a good realistic plan.

1. **Break it down** - whatever task you wish to complete, break it down to the lowest level. We often delay a task because it feels like a mountain. For eg. thick medical books are scary to look at but they still have a finite number of pages. **If you can divide your plan based on the number of pages to read every day, the task suddenly looks possible.**
2. **Estimate your potential** - we often overestimate our potential and make grand plans to read faster and finish our studies quickly. When it doesn't happen, you realize that you're lagging behind in your plans and that can lead to demotivation and low self-confidence. On the other hand, **if we underestimate ourselves, it is possible to stay ahead of your schedule which in turn motivates you to study further.**







## Faith



Narad Muni was once asked by a Brahmin: "Oh, you are going to meet the Lord? Will you please ask Him when I will attain salvation?"

"All right," Narad Muni agreed. "I shall ask Him."

As Narad Muni proceeded, he met a cobbler who was sitting under a tree mending shoes, and the cobbler similarly asked Narad Muni, "Oh, you are going to see God? Will you please inquire of Him when I will attain salvation?"

When Narad Muni went to Vaikunth Lok, he fulfilled their requests and inquired of Lord Narayan about the salvation of the Brahmin and the cobbler. Lord Narayan replied, "After leaving this body, the cobbler shall attain Me."

"What about the Brahmin?" Narad Muni inquired.

"He will have to remain there for a number of births. I do not know when he shall attain salvation."



Narad Muni was astonished, and exclaimed "I can't understand this mystery."

"That you will see," said Lord Narayan. "When they ask you what I am doing in My abode, tell them that I am threading the eye of a needle with an elephant."

When Narad Muni returned to earth and met the Brahmin, who asked, "Oh, have you have met the Lord? What was He doing?"

"He was threading an elephant through the eye of a needle," Narad Muni answered.

"I don't believe such nonsense," the Brahmin replied. Narad Muni immediately understood that the man had no faith and that he was simply a reader of books.

Narad Muni then left and went on to the cobbler, who asked him, "Oh, have you met the Lord? Tell me, what was He doing?"

"He was threading an elephant through the eye of a needle," Narad Muni replied.

The cobbler began to weep, "Oh, my Lord is so wonderful, He can do anything."

"Do you really believe that the Lord can push an elephant through the hole of a needle?" Narad Muni asked the cobbler.

"Why not?" the cobbler cried, "Of course I believe it."

"How is that?"

"You can see that I am sitting under this banyan tree," the cobbler answered, "and you can see that so many fruits fall daily, and in each seed there is a banyan tree like this one. If, within a small seed there can be a big tree like this, is it difficult to accept that the Lord is pushing an elephant through the eye of a needle?"

My Lord can indeed do anything.

Narad Muni was overwhelmed to see the faith the cobbler had in his Lord.

One aspect of our minds is to judge everything. However, faith is the quality of the heart. When you have unwavering faith in your Lord, the impossible becomes possible.

Narad Muni thanked the cobbler and Lord Narayan for this beautiful lesson.



# I am love - Episode 3

The web series which came to end on 26<sup>th</sup> March took us through a journey with our Divine Friend Dadashreeji. It was a splendid journey for all of us to watch Dadashreeji, our Divine Friend live in the comfort of our homes.

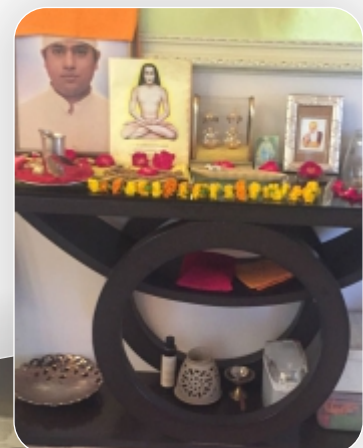
He asked, what is the truth of life today? What is the solution to the cause of suffering in the world and thereby establishing peace and harmony? The answer to these questions lies within which is "Unconditional Love". Love can resolve all forms of unrest and sufferings and can make a person complete and peaceful within and outside. All viewers were able to experience "Unconditional Love" through this web series and embraced His Grace.

The gist of Dadashreeji's teachings revolved around giving and sharing love. He says, "the universal solution to all problems is Love and this love is within oneself which is inseparable. When one is able to experience this Love, the world will not be able to influence one's mind and all beings will be free from illusionary things. However, it is important to note that the world is not static. It changes according to time. Hence, there will be times when the world may try and divert human minds. It is essential to not get carried away along with these influences, rather it is crucial to being aware. With this one may see that the responses would be better than before, despite the situations being the same; as one keeps evolving and undergoes a spiritual growth. Flow with the Divine and the solutions will flow along. Be in the state of Love and Love will complete you."

Bearing these teachings in mind, devotees of Dadashreeji across the globe, share and give "Unconditional Love" because it is through Him that everyone is able to access and experience love, grow and move further in life.

Many devotees had experiences during the live session with Dadashreeji and felt the presence of many Divine Beings there. One of such experiences is from a devotee from the USA, Bettendorf, who seemed to have felt the presence of the Divine, which he perceived as "Light".

The web series seems to have quenched the thirst of the devotees, as that is what they were longing for. Much of the questions in the everyday of lives of devotees were answered through the web series. Individual questions were answered by Dadashreeji, which helped devotees seek further clarifications.





# Bodh

Austria, 5th March, Thane (Mumbai), 10th March, Delhi,  
11th March, Pune, 11th March, Thane (Mumbai),  
12th March, Andheri (Mumbai),  
12th March and Punjab, 18th March

Bodh is the process by which seekers are able to recognise, awaken and connect with their Inner Divine. The Bodh sessions conducted at these locations enabled the seekers to let go of their fears and insecurities and surrender themselves completely to the Divine and in this path Dadashreeji helped them access and experience it as their Divine Friend and Guide.





# Samboadh Dhyam

## USA, Europe, India, Russia



A powerful meditation that helps to connect and communicate with our Inner Divine. This meditation is being conducted weekly on a regular basis.

## Relay Chanting

### Delhi, Amritsar, Pune, Indore, Mumbai and the US

Dadashreeji's powerful mantra was chanted continuously without a break for 7 days (168 hrs). It started from Delhi followed by Pune, Amritsar, Indore, Mumbai and the US. Everyone joined hands in prayer and devotion to beloved Dadashreeji to help heal Mother Earth with His Love and Grace. During the chanting all offered their gratitude to Mother Earth for nurturing and sheltering them, seeking forgiveness for the wounds inflicted upon her by mankind and praying for them to be healed.





# Women's day celebration on 8th March at ShantiKshetra Premgiri Ashram, Mumbai, Delhi

The women of Jambrung village celebrated their very first Women's Day with members of MaitriBodh Parivaar at Shantikshetra Premgiri Ashram. 23 women were facilitated during the celebrations for their work in various fields like journalism, social service, education and sports. The joint effort of the team members working towards women's emancipation, empowerment by providing employment opportunities seems to be helping rural women progressively.

In Mumbai and Delhi Women's day was celebrated with great enthusiasm. Dadashreeji says "Naari tu Naarayani" and we the MaitriBodh Parivaar members had spread this teaching of our Divine Friend to help women discover the potential, the Shakti or power within.



मैत्रीबोध परिवार प्रस्तुत



MaitriBodh

“मैत्री तेजस्विनी गौरव उत्सव”  
एक पाऊल सक्षमतेकडे  
८ मार्च २०१७





# YGPT Bin to Clean campaign

9th February and 25th March 2017

The Bin to Clean is a YGPT initiative to create awareness amongst citizens about the necessity of maintaining cleanliness and hygiene not only at home but also in our surroundings. On 19<sup>th</sup> February the drive began in Delhi at India gate, a historical monument dedicated to the brave soldiers who sacrificed their lives for the Nation.

The youth engaged in this drive made an effort of cleaning the lawns surrounding the monument and sensitised the visitors and neighbouring vendors about the need to practice hygiene by requesting them to throw waste in the designated bins.

Seeing this many young enthusiasts joined the drive. The second round of the drive was organised on 25<sup>th</sup> of March in Pune. YGPT plans to conduct this drive once in a month; urging people to join them in large numbers and spreading awareness across.

This may be a small step but a step towards a better tomorrow and a brighter future for India.





## Jeev Ashram visit

4th March 2017 (Saturday)

Experiential learning is the best way to learn. With this intent the YGPT Delhi team went to Jeev Ashram in Gurugram, an animal shelter which is home to some 80 dogs, multitude of cats, an emu and a peacock, among other animals. The new youth members who visited got a first-hand experience of the Joy of Giving.



## Havan

Grand havans were conducted at ShantiKshetra Premgiri Ashram during the nine days of Chaitra Navratri. On 12th March, a havan was organised for world peace in a temple at Coimbatore. The love & peace radiating from the havan engulfed the heart of each and every participant.



# What is Maitri Light?

Maitri Light is the process of Divine Intervention wherein you receive Love and Grace of the Divine. We all need Divine Grace in our lives especially in moments or situations where we feel physically and emotionally stuck and are not able to move forward. Divine Grace guides you to move forward positively in life.

External disturbances in our life shakes the stillness of the mind. The mind is the origin of all our thoughts. Negative thoughts manifest as emotional disturbances which may lead to anxiety, worry, physical ailments and even depression. The external situation is not in our control. However, we do have a choice on how we respond to various situations in our life.

The process of Maitri Light allows you to bond with your Inner Divine and fill your Inner Being with Dadashreeji's Love, Energy and Grace. This process will help in stabilizing emotions and erasing the physical pain caused by unsettled emotions. It will allow you to respond positively to any situation that you may be going through in life.

During the day, the Sun's light is so powerful that we do not need any artificial light. In fact, other forms of light fade away in front of the Sun. In the same way, when Divine Light in the form of Divine Grace is showered on us, it fills our entire 'Being'. It lightens our path and we are able to take the right decisions in life for our growth.

The process of Maitri Light awakens the Divine Light within and can be received for removal of various blocks or barriers on the path of growth in your life.

Maitri Light sessions are being conducted all over the world today and are helping heal innumerable souls (mind and body). It is giving direction to the directionless lives of all those who come to receive Divine Blessings.





# 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





# 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

|   |   |   |
|---|---|---|
| Naari Tu Narayani -<br>Felicitation of 72<br>women corporators  | 11th April                                  | Thane Municipal corporation   |
| Stress, Science And Spirituality -<br>A revolutionary concept to get to<br>the root cause of stress and dealing<br>with it. | 16th April, 3-5 pm                          | Indian dental Association (East Delhi)<br>and Maulana Azad Institute of<br>Dental Sciences  |
| Spiritual Week  | 19th April to<br>23rd April                 | At ShantiKshetra Premgiri Ashram  |
| VEDS: Heartfulness at Work  | 22nd April                                  | New Delhi   |
| BODH.2 (Europe)   | April 7th - 9th<br><br>June 30th - July 2nd | MBP Soul Nourishing Center,<br>Vienna<br>Contact and registration:<br>info.austria@maitribodh.org<br><br>MBP Soul Nourishing Center,<br>Neukirchen-Vluyn, Germany<br>Contact and registration:<br>info.germany@maitribodh.org |

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The following Mitr'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.

