

# ANAHITA

Issue: 05 || Volume: 5 || May, 2017

## Paduka Prem Yatra

**WHAT IS LOVE?**

**The Universe is giving,  
are you receiving?**



**MaitriBodh**

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

# From the Editor's Desk

**Dear Reader,**

Love is all! It is nothing but love that we seek because Love is our true nature. It is the answer to cure our sufferings and woes. All that we have to do is to follow the Golden Rule - 'Do unto others as you would have them do unto you'. Treating our fellow beings with love and compassion makes the connection come alive. It is then that we start feeling one with the other, thereby putting an end to comparison, competition, jealousy, anger.. With a simple yet profound realization that we all are ONE!

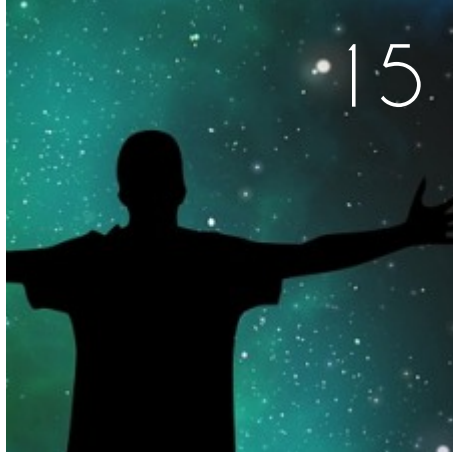
In this issue of AnahitA read more on 'What is Love?' and how to walk the path of love. Under the series 'The Masters', do enlighten yourself with Nisargadatta Maharaj's journey of life as further on the spiritual insights and experiences shared by seekers will keep you enthralled. As you read, the first batch of seekers would have embarked on the 'Peace Within Retreat' to Dunagiri in the Himalayas with Divine Friend Dadashreeji with the second batch following soon thereafter.

Early next month we shall have the '**Paduka Prem Yatra**'. Dadashreeji's seven blessed Padukas will travel to Mumbai, Pune, Bengaluru and other regions. After a month's stay in the respective regions they will travel back to ShantiKshetra Premgiri Ashram in the first week of July. The significance and details of the 'Paduka PremYatra' have been shared further in this issue.

Summer is at it's peak with the heat wave rising by the day. Keep yourself protected and well hydrated. **SAVE WATER!** Let us pledge to make the conscious use of all the natural resources available. May our actions bring succor and relief to Mother Earth.

**Enjoy each moment and spread 'LOVE'!**





## CONTENTS

**DADASHREEJI'S MESSAGE** 05

**HIS WORDS** 07

**Paduka Prem Yatra** 08

**DADALEELA** 09

- ▶ Selfless Sacrifice
- ▶ Coming Home
- ▶ Dadashreeji's Network

- ▶ The Journey to Light
- ▶ The Visitor

**Food for the soul** 13

- ▶ WHAT IS LOVE?
- ▶ The Universe is giving, are you receiving?
- ▶ THE MASTERS

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

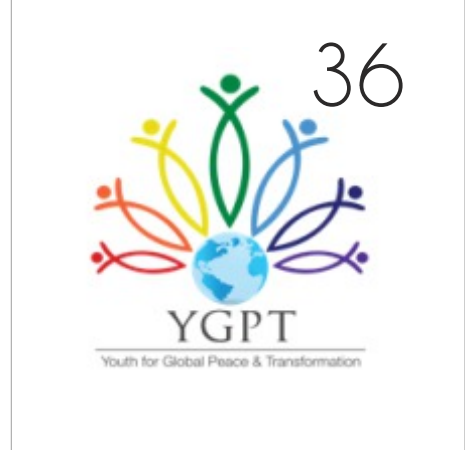




26



28



36

## WELLNESS & YOU

20

- ▶ AYURVED
- ▶ Nutrition

## YOUNG IMPRESSIONS

26

- ▶ Story
- ▶ Lessons with the 'locals'

## @MBP

30

- ▶ Project Tejaswini, April 2017
- ▶ Maitri Diwas was celebrated
- ▶ BODH-2
- ▶ Highlights of the Spiritual Session
- ▶ Nari tu Narayani
- ▶ Stress, Science and Spirituality
- ▶ Bodh 1
- ▶ Spiritual Week
- ▶ YGPT

Send us your articles, stories, poems, spiritual questions to [anahita@maitribodh.org](mailto:anahita@maitribodh.org)  
The views and opinions expressed or implied in this magazine are those of the authors and do not necessarily reflect those of MaitriBodh Parivaar.





# Pearls of Wisdom

**Namaste!**

**Love and blessings for you all.**

I hope all of you are doing well in your lives. You must be. In case you're not, we will still walk together and make it better than before.

Problems, difficulties and suffering in life are going to be there. But what is the way to go beyond all this? What is the way to remove all the suffering?

There is only one way- **The Path of Love**. Nothing else. We have been saying this again and again. It's only Love, which is going to resolve all your worries. You look for many solutions - some help, some guidance, any available tools that you can use. But all that help which you receive is going to help you only for that moment in time. That happiness will be temporary. Nothing will change significantly afterwards.

During the process of my spiritual journey of discovering the Truth, I wanted to know the Truth of life. I sought just one single solution not many. As a medical doctor, I never wanted to prescribe 3-4 medicines to people. I wanted to give only one medicine, one single treatment that would



take care of everything. Treatment would be given once and then, one is free, happy and in a state of peace forever. This is something, which appealed to my mind, and I started working towards it - one solution to take care of human suffering, their worries and problems.

I got that answer for all of you and all of you know it well. The only remedy to solve your problems and suffering is LOVE -a permanent treatment, forever. You will see how life is going to change beautifully with joy, bliss and freedom. We want all of you to walk on this path. Let us proceed and try to experience this love in our lives.

There is one singular statement and question combination that I have observed many of you use. 99% of the population on planet Earth uses this statement and question together.

The statement is- "I love you", and the question that follows this statement is - "Do you love me?" Have you experienced this in your life? Have you ever said this to anyone?

The prime question is "Do you love me?" The core emotion is "I love you". You're incessantly searching for the answer to the question - "Do you love me"? You go about everywhere looking for it. If this question is taken care of well, my friends, nothing will trouble you thereafter. You'll be free forever. You'll experience heaven here itself on planet Earth! It may take time but the experience will be permanent and forever. There will be no more pain and no more suffering afterwards. Are you ready for this? Are you ready to experience this love?

Where is this love? Have you seen this love? Is it on the top of a mountain or under the ocean or in a cave? Or is there some tablet or a chemical formula to inject within you, to experience love?

Let me help you understand this with an example. Wherever you are sitting now, on a chair or a sofa, you may have your favourite gadget next to you - a smart phone. This mobile phone is connected with everyone and to each



and every mobile phone, which is functioning worldwide. You can call any person, provided you have the number of that person. You can call him and talk to him. All these mobiles are connected through the satellite network. Whether you use this phone or not, whether you call or not, by simply keeping it switched on, next to your bed while sleeping, the mobile phone is connected with the entire world. The exceptions to this case are, if the mobile battery is exhausted and the phone switched off or if you happen to be in a 'no network zone' then you can't use your phone. You can't make a call to anyone.

Similarly, taking this example forward, your heart is connected with the hearts of all those people, here on this planet. Everyone's heart is connected to each other's. Whether you use it or not, you're still connected. No matter who that person is - a stranger, a good friend, a bad friend of your country, outside of your country; yet your heart is connected to their hearts. This is how we look at it spiritually. The entire universe is 'one' because everyone is connected to each other. You're not able to experience it because of your mind and your concepts. The moment you experience your heart, you will be connected with everyone, with each and every individual.

What is that which connects one heart to another? What is that link? What is that force? What kind of energy is that? And how do you name it? That force, that power is LOVE. Love connects one heart to another. It connects the entire world and makes us one family and we want you to understand this well that it is Love that is going to help you to experience the reality of life. As you are confident of your mobile phone that whether you use it or not, it is connected to everyone. In the same way, whether you use your heart or not, it is still well connected with everyone. Consciously you may not be aware of it that each one of you is connected. There is just one family. There is no separation. Everything and everyone becomes one. Believe in this. With your firm belief knowing that this love is within your heart, everything will change.

**Love and Blessings,  
Dadashreeji**

(EXCERPT FROM "I AM LOVE" WEBSERIES 3rd EPISODE , 26.03.2017)

This message has been adapted for Anahita.



“Speaking on absolute truth is useless if you don't offer yourself in selfless service. If there is anything highest in one's life, it is the joy of serving others!”  
- Dadashreeji

### What is self-less service?

Self-less service is that what nature does quietly day in and day out. A tree provides shade and fruits to whosoever are in need without discrimination. A thief and saint are both extended the same courtesy by the tree. Rain nourishes the land ruled by the just as well as the unjust. Fresh river water is available for the pious as well as the impious. The Sun shines on everyone without differentiation.

### What are the main characteristics of self-less service?

It should be carried out from the heart, silently, with humility, without discrimination/bias and without an iota of expectation. If offered in the said manner the receiver of this service would feel and experience the selflessness of the doer.

### What about the doer of the service?

When the doer is a seeker, he feels warmth in the heart. There is pure joy. He wants to keep offering the selfless service. If the doer is an advanced seeker, he does not claim doer-ship at all.

### Why is selfless service the highest in one's life according to Dadashreeji?

Self-less service leads to gradual reduction of ego (small self). When the ego reduces, that is when Divinity which is resident inside us as the SELF shines forth. When this happens, an egoless human being becomes a part of nature i.e. a part of Divinity. Such a being works for Divinity and will propagate all that is Divine around him. This is why Dadashreeji says that selfless service is the highest form of service in one's life.







## Paduka Prem Yatra

*In the absence of the physical form of the Divine, one of the ways one can connect to one's Divine is by getting darshan/glimpse of the padukas of the Divine. Padukas are awakened once they are touched by the Divine Feet and thus they also become Divine.*

*Dadashreeji resides in our heart. However, sometimes because of our active mind and incessant thoughts, we are not able to connect with our inner Divine.*

*The padukas in the 'Prem Yatra' are blessed by Divine Friend Dadashreeji. His consciousness will be present in these padukas, such that touching or even just having a glimpse of these blessed padukas will be equivalent to connecting to your Dadashreeji. These holy padukas coming to your home is not different from Dadashreeji Himself coming to your home.*

*Dadashreeji coming into our homes in the form of His padukas usher positivity, love, peace and joy along with His Divine Grace. One will be able to connect to one's inner Divine in the presence of Dadashreeji's padukas.*

*The association with the Divine always helps in one's progress, irrespective of spiritual or material purpose. The presence of the paduka in one's home is in itself an intimate association with the Divine through which one progresses.*

*So get in touch with your Inner Divine through Dadashreeji's blessed and awakened padukas!*





# Dadaleela

..... Devotee's Experiences

## Selfless Sacrifice

A few weeks back, a beautiful female pigeon built a nest in one of the pots of our balcony garden. As she comfortably sat there on her egg, I was worried that I might not be able to water the plant because the nest would be flooded if I did so.

The balcony is right next to the altar in our house. Every time I went towards the balcony to water the plants, I saw this little nest and looked at the unwatered, dying plant. With a sad heart, I could see the sacrifice this plant was making. I kept praying to Dada that the sacrifice of the plant must not go waste. Dada must keep this plant alive even without water.

Gradually, as days passed, the egg hatched and a tiny pigeon came out of it. It rested in the nest along with the mother while the plant kept losing its leaves. Eventually when the pigeons left the nest, the plant was left with no leaves and a dried stem.

I turned to Dada's Shrimurti and wondered how he could let the plant die? How could the sacrifice go in vain?

A few days passed and slowly, a few green leaves started to appear on the branches. Soon there were a few flower buds and eventually the plant started to bloom again. I was delighted to see this sight and thanked Dada internally for taking care of the plant even when there wasn't a hope for its survival.

This observation is no different from what many of us experience in our lives. There are times when I feel that my efforts are all going in vain and the situations aren't changing, let alone improving. But I learnt from this experience that one must keep working towards the goal - without distractions, self-doubt or self-pity. Sacrifices made for a selfless goal will never go in vain.

Love you Dada, for teaching us life lessons through simplest of examples.

**Maitreyi Kanika**





## Coming Home

The moment the seminar (Bodh 2- Purification, 7th to 9th April 2017, Austria)

began it felt like someone switched on my old R.H.P.S tape and Dr. Frank N. Furter started singing: "...and I realize, I'm going home."

This feeling of coming home didn't leave me a single second, no, it increased during my participation of this incredibly precious process which was embedded in absolutely stunning nature, a super-kind supporting family and superb hosts, who offered heavenly food and accommodation.

I was mesmerized by the ancient Vedic chanting, which catapulted me back several lifetimes. I felt deeply honoured to witness it and be a part of the ancient fire ceremony called Hawan.

I feel like a new-born human being after all of that...filled to the brim with love, kindness and grace. It feels like we are all entering a new era and therefore hope arises just like a thousand sunrises at once.

And it all started on this weekend inside me.

- Claudia Leeb  
Austria

## Dadashreeji's Network

I was recently travelling abroad with my mother. Every day, I had many experiences and new realizations with Dadashreeji. Dada made our entire trip extremely comfortable so that we could see Grace providing us and guiding us at every step.

One day, we were out for shopping when mom and her friend decided to leave me to check out a four-storey mall while they went to a store down the road. We were all quite tired so we decided to divide our shopping list and go separate ways so as to save time and energy. Since, we didn't have cell phones on us, we decided that we would meet each other at the cashier's in the mall in half an hour's time.

As soon as I entered the mall, I realized there was nothing that I wanted to shop for there. I went around for ten minutes and was exhausted and very hungry by then. I decided to just go to the cashier on the ground floor and wait there as I couldn't wander around anymore. Even the thought of having to stand and wait for 20 more minutes near the cashier was torturous for me.

As I was going down the escalator, I wished we had cell phones to contact each other so that I could tell mom to meet me at the nearest restaurant where I could just sit and wait. It suddenly struck me that Dada has given all of us an internal hotline with Him so that we can seek an answer whenever we need it. He answers instantly or just makes the solution manifest within seconds. I questioned my Dada in my head- "You have got us all so strongly connected to You internally that we don't need any electronic communication with You. But what about this time when I need to communicate with



another human being, with my mom who is without a phone or via telepathy or some mystical way?" As soon as I finished pondering, I don't know how but I was instantly made to look to my right. I saw mom going up the escalator to the third floor. I called out to her immediately, asked her to wait on the floor above and meet me there.

It all happened so instantly that I could hardly believe what happened. Mom told me that the store that they had to visit was shut so they came back. Since they were also very tired, my aunt was waiting for me outside the mall and mom came inside to find me as she too could not wait for a further 20 minutes. Had I not seen to my right that very second or had we both not been on the same escalators, we would have missed each other and would have had to wait drained of energy and starving.

It struck me then that I might not have Dada's wireless, hotline communication with my mom but she has one with Him and I have one with Him. Our internals Dada's are so connected that my message was passed to my mom telepathically or via Dada's Hotline Service to her internal Dada. Our Dada's heard our prayers and made us coordinate with each other even without a cellular network. I really saluted Dada and said to Him, "What an idea, Sir ji!!" His means, His ways are beyond the understanding of any human mind. Science is still exploring telepathic or internal ways of communication. Cellular network providers are trying to lay underground cables to provide us with the best network at the remotest of places. And here, Dada has laid the strongest of foundations among our hearts that bind us with Love and His Truth. No network issues. No 3G or 4G. It's "DG", Dada's Grace, with us, all the way. He provides for us anything, anytime and anywhere. Thank you Dada for always being there!!

**Love You to Eternity and Beyond**  
**- Maitreyi Anjita Singh**  
**Delhi**

## **The Journey to Light**

Each time I am given the opportunity to experience your heart-warming training and powerful blessing rituals, I feel boosted by wonderful transformation.

Even through severe austerities I wouldn't have managed to reach this blissful state of continuous peace in my mind, serenity in my heart and supreme trust in life through any experience it would offer me.

In the echo of the void in my head I hear YOU, Your loving voice guiding me with patience, compassion, understanding and Supreme Wisdom.

That is so incredible how magically You managed to tame my bossy mind, which is now speechlessly sitting at your feet with a dropped jaw because of the revelations that You share with me. And even in challenging situations, You don't leave me to handle it alone, but give me an understanding of the background of people's fears that I triggered and how it resonated with my own incorrect concepts, and smoothly guide me out of conflicts with the right words and actions I should follow....

This is just incredible!!!! I've been dreaming and training and praying to reach this state for ages. I have no words to express my joy, amazement and gratitude I feel for Your precious gift You share with me, for the blissful awareness You grant to me, for your patience and moderation of how much I'm able to take at each step as I grow....and it feels like I am on an accelerated roller coaster but without downward turns any more, as the only destination I see and experience is Heaven.

Please, I beg you from the depth of my heart, help me preserve this blissful continuous state without falling down in the lower mind again, irrespective of worldly influences. Let my journey be highlighted upwards in continuous transformations along Your side.

**With much love and devotion,**  
**Maitreyi Tatiana Sevciuc**  
**Denmark**





## The Visitor

After the meditation retreat that was hosted by a Mitr and Maitreyi from MaitriBodh Parivaar, I went home and took my dogs for a short walk .We had just moved in and my husband was not home that evening. I went to sleep, but by the middle of the night was tossing and turning, not able to sleep well. Then I heard a voice say, "You have a visitor coming". As I woke up, the voice spoke, "There is a visitor coming". I became frightened, it kept repeating itself and soon I became calm and started to take in the message. Then the voice got louder and said, "There is a visitor coming, and you have to get ready!" I internally acknowledged the voice and soon went to back sleep. When my husband returned the next day, I told him that we had a visitor coming and although I was not sure who he/she was and when they were coming, we needed to get the guest bedroom ready. Two weeks later, the guest bedroom was set up and ready for the unknown guest. As my husband was setting up the room, I was looking for a place for my altar to place a picture of Dadashreeji (Shrimurthi) along with a candle and a plant. I tried the computer room, but there was too much electronic interference. With the guest bedroom ready, I decided to set it up in there and it felt just right. I think it was later that afternoon, I felt this energy of relief and love all over the house. A love that reminded me of what I experienced from the meditation retreat. I looked around and said to Dada, "So, it was you, you are the visitor".

What an overwhelmingly beautiful gift this was, how lovely is grace, compassion, and love.

I have learned so much with Dada and His messengers of love and peace (Mitrs/Maitreyis).

**I am so grateful!**  
**Dawn McCormick**  
**USA**





# WHAT IS LOVE?

## HIGHEST DIVINE LOVE:

If we are asked to talk about 'love'- each one of us can go on talking incessantly about it. As a child, our mother/father were the first to give us the experience of love and then through other relationships such as family members, friends, partners and even pets. Love is what keeps one moving in life and knowingly or unknowingly, we search for love every moment.

Love forms a fundamental fabric of one's own self, family, society and nations at large. This fabric HOLDS one self and the entire planet together, and any tear/trauma to this fabric creates wounds of pain and suffering in one's self. Nations and empires have fallen and countless wars have been fought because of this 'lack of love'.

Any hatred harboured within oneself for anyone, sprouts from this basic fundamental wound created in your fabric of 'lack of love' and which results in pain and suffering.

**Dadashreeji says "The cause of human suffering is lack of love".**

So let's try and see it in-depth

### What actually is this love?

Love cannot be explained with words because LOVE IS AN EXPERIENCE. Could you define a mother's love? Are true love and its experience, really the way it is put across by people of this world? If you see from your personal experience of what you felt as love, is it real? If you really say that you love a person then you need to accept that person as he/she is and at any given point of time. But then our love changes when the person changes! Isn't it?

So long as the other person caters to your likings, demands, wants and behaves the way you wish him/her to be - you seem to be in love. But the moment the other person is not in liaison with your likings, your love is gone! So is this true love? Right now look into all the times when you had been in love with whomsoever in whatever way.

It was actually you wanting something your way, by your own method in order to fulfil your own self. There is often a condition attached to the way we love. Perhaps love is expressed explicitly only when our partner acts and behaves the way we like.

If this condition is not fulfilled, we retract. It is important to keep in mind two aspects while we experience love in the world: first, the selfish motive behind it; and second, the pre-ordained condition.

The TRUE LOVE that we are talking about is selfless and unconditional. And this is what DIVINE LOVE is. It is forever undiminishing and altruist, without bias and discrimination.

Perhaps the closest form of this in the world is the love of a mother to a child. But if you closely analyse you will see that, even in this, there is an element of 'self' involved as in her subconscious she knows "it is MY child".

**Dadashreeji says "LOVE IS YOUR CORE NATURE"**

The basic human constitution consists of this Divine Love in its core and therefore how can anyone be satisfied with anything less than that Divine love. **We are all looking for love from somewhere outside from another person and the strange thing is he/she is also looking for the same.**



No person as long as he/she is identified with the body, mind and intellect, will have the capability of giving this kind of love to anyone. It is only when one has experienced this Divine Love, that one has the capacity to impart it to others. It becomes a natural process and it flows across all automatically.

It is like how can you teach swimming to someone when you yourself do not know how to swim? You cannot teach someone to swim if you do not know it yourself. No matter how much ever you learn from books or videos unless you go out there and jump in the water and learn. It is only then that you would be in a position to teach the other how to swim.

All our spiritual pursuits, whichever path that one is following - be it path of devotion (bhakti), knowledge (gyan), or service (seva) and all our practices, penances, meditation (tap/Sadhanas); will all eventually lead you to the state of this highest form of DIVINE LOVE! DIVINE LOVE IS THE PINNACLE, THE CULMINATION, THE ZENITH OF ALL SPIRITUAL PATHS. This is what all saints and masters who have reached the highest Truth experience and impart to others.

**So what does one needs to do to experience this Divine Love? Does one have to wait and keep doing innumerable spiritual practices?**

Today we are most fortunate to have the LOVE INCARNATE, whose presence itself permeates the atmosphere with LOVE and all of us in the MaitriBodh Parivaar have been able to experience this Divine Love simply by the grace of Divine Friend Dadashreeji. The moment one develops an internal bond and connection with Dadashreeji, one is able to experience unconditional love instantaneously.

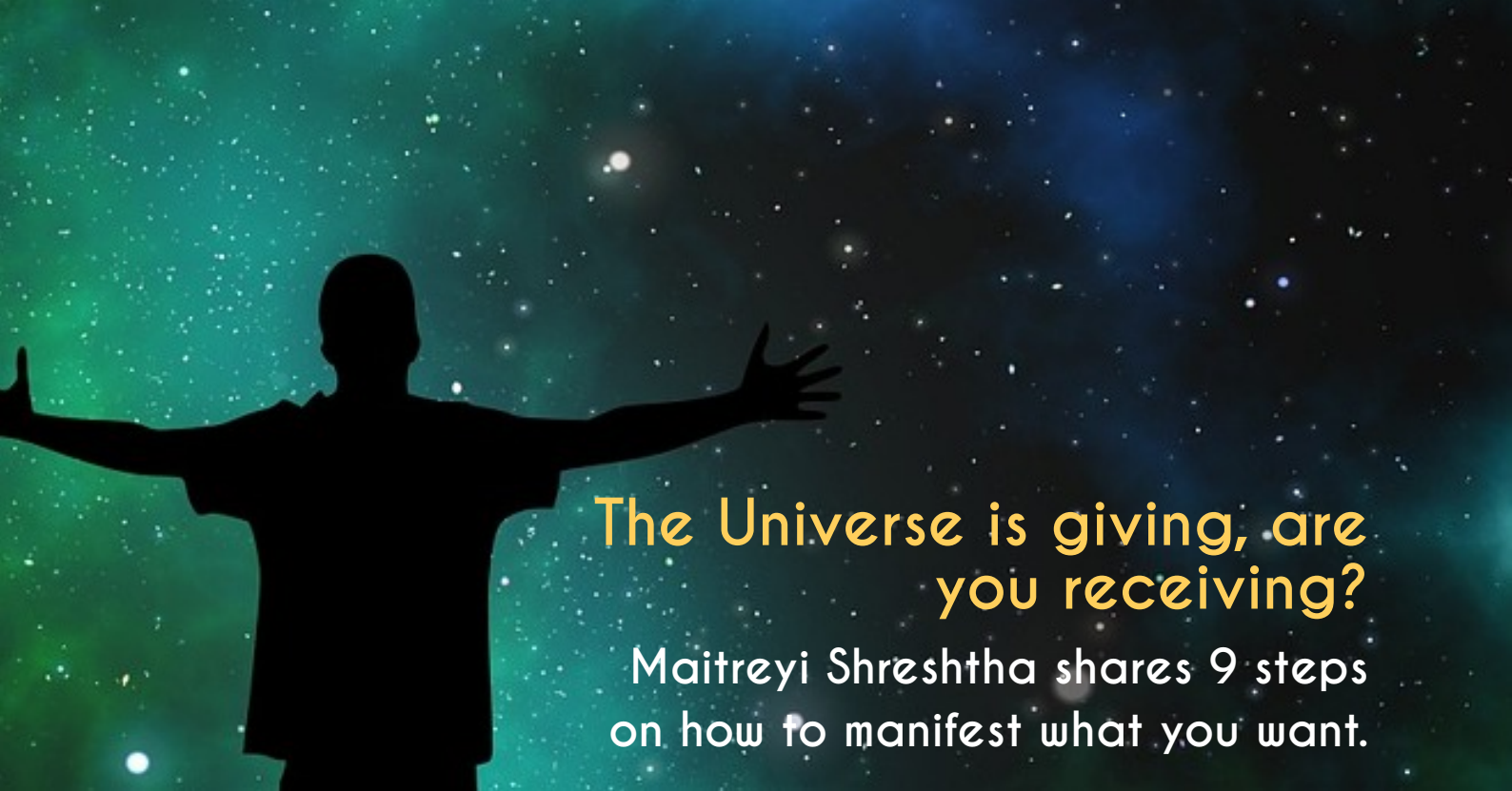
We truly wish each and every being on this earth is able to experience the Divine Love, which is the primary role of the MaitriBodh Parivaar. Love incarnate Dadashreeji has been transforming individuals and has imparted True Love to individuals and these individuals have become a medium to spread the same love to one and all. This experience of Divine love will break all the barriers in society and end all the human pain and sufferings as we start experiencing our TRUE NATURE; our core of DIVINE LOVE!

**As Dadashreeji says "Love is all we have, the only way that each can help the other. The moment you have in your heart this extraordinary feeling called love and feel the depth, the delight, the ecstasy of it, you will discover that, for you the world is transformed."**

**- Mitra Sut**

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





# The Universe is giving, are you receiving?

Maitreyi Shreshtha shares 9 steps on how to manifest what you want.

## How to get what you want –

There is no trickery here! I have personally experienced how wishes can manifest. Yes there are a few conditions that apply to the rules of the universe and that's why we cannot get everything we want. But if we are in sync with the laws of the Universe we can manifest anything!

Our planet has been going through a major shift since 2012. On one hand there are disasters while on the other there is an elevation in cosmic energy. You may notice a rise in negativity but there is an obvious awakening in people too. Negativity is being expelled from Earth – A means to bring around a balancing act. At present, the levels of energy on planet Earth are extremely powerful and easily accessible! All we have to do is tap into this energy.

Here are a few steps –

### 1. The Universe & Us

A bolt of realisation has to hit you and repeatedly play in your subconscious that – You and the Universe are the same energy. We are the universe and the universe is us. We are all the same energy. We are one existence. So if you want something, the universe wants it. And if YOU are wishing for something, YOU can make it happen too.

### 2. Command not Demand

When my daughter fell ill during the terrible Mumbai monsoons I experienced a strong connect with the infinite energy of the Cosmos. After four sleepless nights with severe bouts of cough and fever I had had it. I could not see my baby suffer any more. So, on the fifth night while putting her to sleep in my arms I looked up and commanded the universe, with all the energy from each cell within me, that my baby had had ENOUGH! I commanded the Universe to heal her at that very instant. And believe it or not, she didn't cough even once after that command went out. Her fever and cough vanished thereafter.

I wondered how this prayer was answered so instantaneously. That's when I realised that instead of asking, because asking comes with a little doubt in the mind, I had commanded.







### 3. Humility and Gratitude

Humility and gratitude are the essentials to success. Confidence is accepted graciously but arrogance is rejected instantaneously by the Universe. A command needs to be expressed with a feeling of Oneness. It has to be predominantly merged with the feeling of love.

### 4. Feels right?

We are all born with an instinct. This instinct tells us right from wrong and good from bad. Every time you want something trust your instinct to guide you. Ignore the mind. The mind compares, judges and creates unnecessary needs. Just pay very close attention to your gut. It will tell you if what you've asked for is actually what your soul wants. There will be this heaviness or discomfort within if what you're asking for is not meant for you. If that's the case then let it go and follow the next step –

### 5. Faith

Faith does not only yield the best results for you but it also comforts you. After sending out prayers for years I had pretty much become an expert at scripting the perfect prayer. But when I began the third phase of my spiritual journey with Dadashreeji (my Guruji) I just couldn't pray for things anymore. Initially I thought this was the end of my materialistic wants. But then I watched closely and realised that there was a sense of surrender that had naturally sunk in my subconscious. I wasn't the driver of my destiny any more. I had taken a back seat and allowed the Universe to take over. This gave me a huge sense of relief. I accepted anything that came my way, joy or grief, it was all in the Universe's hands now. I knew that everything is being taken care of.

Surrendering to what your destiny holds in store is the best decision you will ever make. By putting your trust in the hands of the power of the Universe you will realise, when you look back, that what it had planned for you is much better than what you planned for yourself.

### 6. God is in the details

Be specific about your wants. You may ask the Universe for a car and it might send you exactly that in the form of a toy car. So be very specific about what you ask for. You need to describe and visualise every little detail about what you desire. It should play like a movie in your mind.

### 7. Now

Your words have to be expressed in present tense as if what you want is happening right now, accompanied by a strong visualisation. Don't fret if you cannot see a clear picture. If visualisation doesn't come with ease then write your prayer down. Jot down all the details and read them out.

### 8. An Education

Sometimes you may notice a recurring problem that keeps popping up every now and then. You try all the techniques possible to make it go away but the issue still prevails. This is because the issue has been planted by the Universe to teach you something about yourself. There is a lesson in there somewhere for you. Either you need to change your behaviour or your way of thinking or a habit or something. Look inside and not outside for an answer. Scrutinise the problem and present it to yourself with every angle. Be rest assured that you will find what you cannot see when you gaze inside.



## 9. Pay it Forward

Giving is Receiving. I've met people who tell me they don't have the time or money for charity and social work. But that's not what is required! If you step outside your house, with your eyes wide open, looking for opportunities to contribute, you will see thousands. Giving back to the Universe is giving back to everything that exists in the Universe. You have the land, the sea, the people, the animals, the technology, the infrastructure and so much to contribute to. Anything that can bring a smile is charity. Anything that comforts is charity. Anything that elevates existence is charity. So look around you, find that gap and fill it up with your contribution.

Making a prayer is an effort. It is work. Our prayers are usually half hearted, lazy, distracted and hollow. We complain about our demands not being met. We complain about the world being unfair. It's time we stopped wasting our energy being cynics and use the same energy to work towards making our dreams come true. We are all empowered by the Cosmos. Let's make magic!

**- Maitreyi Shreshtha Jayakar**

**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 the 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.









# THE MASTERS

**Nisargadatta Maharaj**

(17 April 1897 – 8 September 1981)

Nisargadatta Maharaj hailed from Maharashtra. He was born on 17th April 1897. Nisargadatta Maharaj was born on April 17, 1897. Incidentally this day was also Hanuman Jayanti; hence he was named as Maruti Shivrampant Kambli. Nisargadatta Maharaj was brought up in a small village in Ratnagiri. He later shifted to Bombay (now Mumbai).

In order to support His family after the demise of His father, Nisargadatta Maharaj worked as a clerk and eventually He owned a few petty shops.

In 1933 He met His Guru Siddharameshwar Maharaj. His guru was Himself a great exponent of the "Nath" tradition. This Guru lineage dates back to Gorakhnath, Matsyendranath and eventually Adinath. His Guru only told him: "He was not what He thought Himself to be". He further initiated him, taught him meditation and gave him 'His Guru-Mantr'. Though a simpleton Nisargadatta Maharaj had implicit faith in His Guru and meditated and contemplated for the next few years and eventually attained the state of advait (Oneness).

Subsequent to his enlightenment, He would hold satsang's, twice a day, in His simple chawl (house) in Mumbai. People started thronging to these satsang's. His was not a typical quiet satsang. It was interactive, animated and theatrical at times. He spoke in Marathi and His disciples translated into English.

## Core Teachings

The core teachings of Nisargadatta Maharaj were no different from other Advaites like Adi Shankar and Ramana Maharishi. However His method was direct and came to the point without any leeway for distraction. He would encourage questions but would insist that the questioner question Him - not as a human being but as someone beyond that. He would encourage the questioner to be the witness of all events occurring in front of Him. He would ask them to witness their thoughts and actions. He insisted human beings were in fact the 'Supreme Consciousness' which is evident as awareness. All things beyond consciousness-awareness were concepts drilled into our minds. Another characteristic feature of His was that he would not allow seekers to stay with Him forever.

## I Am That

Most of his teachings and discussions have been written down in form of a book "I AM THAT". These are basically the interactions that he had in his satsang's that have been translated and written down by his disciples. This is available in various languages including English.



## Quotes and Sayings

Some of the quotes and sayings of Nisargadatta Maharaj are listed below:

“I ask for nothing, avoid nothing and don't hold on to anything”

---

“Keep your body and die only in the mind. The death of the mind is the birth of wisdom”

---

“Real happiness is not vulnerable, because it does not depend on circumstances”

---

“Mind is interested in what happens. While awareness is interested in the mind itself. The child is after the toy. But the mother watches the child, not the toy”

---

“Between the banks of pain and pleasure flows the river of life. It is only when the mind refuses to flow with life, and gets stuck at the banks, that it becomes a problem. By flowing with life I mean acceptance- letting come what comes and letting go what goes”

---

Pain is physical, suffering is mental. Beyond the mind there is no suffering. Pain is essential for the survival of the body, but none compels you to suffer. Suffering is due entirely to clinging or resisting; it is a sign of our unwillingness to move on, to flow with life”

---

Nisargadatta Maharaj has left behind an indelible mark on Indian spirituality. Many of his books are available for free. His exposition of the advait philosophy is clarity personified.





*Dr. Ruchira Joshi, 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) shares in detail the different types of prakrutis and the respective diets to be followed according to them.*

## AYURVED

Ayurved is an eternal science based on universal laws of nature that has neither beginning nor an end. Being the nature of existence is true therefore this science is also true and eternally acclaimed. Ayurved is a traditional medicine and natural healing system native to India. Its objective is to accomplish physical, mental, social and spiritual well-being by adopting preventive and promotes approaches as well as treating disease with a holistic approach.

*PRAKRUTI* (bodyconstitution) represents interesting facet of basic principles of *Ayurved* having great impact on predictive medicine. *PRAKRUTI* is described to be formed of characteristic physiological, physical and mental features of an individual, and is classified into subgroups depending on specific *dosh* predominance.

Knowledge of the basic *PRAKRUTI* of a person is useful to stay in a state of positive health and prevents disease. Recent research has tried to identify the inheritance possibilities of human *PRAKRUTI* by observing positive correlations between specific alleles and *PRAKRUTI* sub-types. Advancement to this correlation is further made by identification of biochemical correlates and whole genome expression to the various *PRAKRUTI* types. A correlation between genotype and *PRAKRUTI* with fast and slow metabolic features has been attempted recently. Features representing *PRAKRUTI* subtypes as per their *dosh* specification have also been attempted for their statistical validation.

### Mahabhut and their representative dosh

Predominant mahabhut	Representative dosh
Akash+ vayu	Vat
Agni	Pitt
Jala+prithvi	Kaph





## Key distinguishing features for *PRAKRUTI* determination

### VATA PRAKRUTI

1. Thin body frame, does not gain weight
2. Skin dry, rough, dark complexion, cracked
3. Hair dry and splitting
4. Quick performance of activities
5. Variable and/or poor appetite.
6. Physical working capacity less, resistance to disease usually poor
7. Prefers warm or hot food and climate.
8. Scanty perspiration, variable thirst
9. Tendency for constipation
10. Light sleep with many dreams
11. Prone to anxiety, worry and depression, unpredictable nature

### PITTA PRAKRUTI

1. Medium body frame
2. Skin delicate, reddish complexion, warm to touch
3. Good/excessive appetite
4. Feels warm/hot sensation
5. Prefers cold food and climate, intolerance to hot food and climate
6. Tendency for loose motion
7. Excessive thirst and perspiration
8. Bright eyes, reddish sclera, yellow iris, sharp penetrating vision
9. Hair soft, premature graying, baldness
10. Intelligent, sharp memory, hot tempered, brave, jealous, aggressive, commanding nature

### KAPHA PRAKRUTI

1. Large, board body frame, tendency to gain weight
2. Skin thick, soft, smooth, firm, glossy, fair complexion
3. Good stamina but slow in physical activities
4. Deep and pleasant voice
5. Moderate appetite
6. Moderate perspiration, low thirst
7. Deep and sound sleep
8. Large eyes, calm, stable with whitish sclera
9. Hair thick, oily, wavy dark colored
10. Calm, cool, joyful, polite good nature





All individuals have different constitutions with permutation & combination of above three *dosas*. The strength of each constitution is unique & different. Viz. *Kapha*, *Pitta* & *Vataprakruti* possess potential, transformative & kinetic energy respectively.

**Hence it is essential to know your *prakruti* & diet according to that and maintain a diet according to it.**

#### DIET FOR VATA PRAKRUTI

- 1 Have freshly cooked, whole foods that are soft or mushy in texture, rich in protein and fat, seasoned with a variety of warming spices, and served warm or hot.
- 2 Avoid foods with a cooling energetic, cold and frozen foods or drinks, carbonated drinks, large quantities of raw fruits and vegetables, and even leftovers that have been kept in the refrigerator or freezer. The cold quality is inherently increased in these foods, even if they are served hot.
- 3 Drink plenty of fluids, ideally warm or hot – but no cooler than room-temperature.
- 4 In addition, moist foods like berries, melons, summer squash, zucchini, and yogurt help offset *Vata*'s dry quality, as can hydrating preparations such as soups or stews.
- 5 Oily foods like avocado, coconut, olives, buttermilk, cheese, eggs, whole milk, wheat, nuts and seeds are generally supportive as well.
- 6 Avoid exceptionally drying foods like popcorn, crackers, white potatoes, beans, and dried fruits.

#### DIET FOR PITTA PRAKRUTI

- 1 Foods that are naturally sweet, bitter, and astringent are recommended.
- 2 Have cooling foods, both energetically and in temperature.
- 3 A balance of whole, freshly cooked foods and fresh, raw foods is recommended.
- 4 Most beans help a lot.
- 5 Include cooling herbs and spices like coriander, cilantro, fennel and cardamom.
- 6 Have dairy products more, but avoid drinking milk with your meals. It is best to have it at least an hour before or after other food.
- 7 Assure a moderate amount of olive, sunflower and coconut oils or ghee in your daily diet.
- 8 Avoid foods that are pungent, sour, and salty. Especially chili and cayenne peppers.





- 9 Minimize highly processed foods (like canned or frozen foods).
- 10 Restrict caffeine, nicotine, and other stimulants like red meat, deep fried foods, alcohol.

#### DIET FOR KAPHA PRAKRUTI

- 1 Have Foods that are pungent, bitter, or astringent in taste & warm foods, both energetically and in temperature.
- 2 Enjoy heating spices—like chili, black or cayenne pepper, ginger, cinnamon, and cumin.
- 3 Must consume honey at least 1 tsp per day.
- 4 Only room temperature or warm drinks should be used.
- 5 Most beans., Moong dal, well-cooked tofu or warm soy milk.
- 6 Use a minimal amount of high-quality corn, canola, sesame, sunflower oil, or ghee in your daily diet.
- 7 Avoid foods that are sweet, sour, and/or salty.
- 8 Minimize cooling foods, both energetically and in temperature.
- 9 Restrict heavy and oily foods (e.g. cheese, pudding, nuts, cake), cold or carbonated drinks.
- 10 Avoid overeating or eating heavy meals.
- 11 Consume less foods or drinks that contain refined sugar or corn syrup & deep fried foods.

#### References:

**Chopra** , Doiphode VV. Ayurvedic medicine. Core concept, therapeutic principles, and current relevance.

**Rashtriya Sanskrita Sansthan**; 2002. Caraka Samhita by Agnivesh, Sutra Sthana. Bhushan P, Kalpana J, Arvind C.

**Ghodke Y, Joshi K, Patwardhan B.** Traditional Medicine to Modern Pharmacogenomics: Ayurveda PRAKRUTI Type

**Joshi RR.** A biostatistical approach to Ayurveda: Quantifying the Tridosha.

**Sanjeev Rastogi** Building bridges between Ayurveda and Modern Science Int J Ayurveda Res. 2010 Jan Mar



# Nutrition

'The king of fruits', the mango is one of the most popular, nutritionally rich fruits with unique flavours, fragrances, tastes, and health promoting qualities, making it numero-uno among the new fad of functional foods, often labelled as 'super fruits' says **Reema Vyas** who is a nutritionist.



## Health Benefits of Mangoes:

### Keeps Blood Pressure under Control

Mangoes have an impressive vitamin content that ensures overall health. They are rich in potassium and magnesium and are a great natural remedy for those suffering from high blood pressure. They also contain selenium, calcium, iron and phosphorus. They are said to be vitamin powerhouses as they are rich in riboflavin, vitamin B6, vitamin A, vitamin C, vitamin K, niacin, folate, thiamine and pantothenic acid. These components help in avoiding a host of diseases that can come from deficiencies of the said vitamins and minerals.

### Cancer Prevention and Heart Health

Mangoes have high amounts of pectin, a soluble dietary fibre that efficiently contributes to lower cholesterol levels in the blood. Pectin also helps prevent the development of prostate cancer.

### Weight Gain

The consumption of Mangoes is one of the easiest ways to gain weight. 150g of mango has around 86 calories, which can be easily absorbed by the body. Moreover, they contain starch, which converts into sugar that aids in gaining weight.

### Aids Digestion

Mangoes play a prominent role in eliminating problems such as indigestion and excess acidity. The digestive enzymes in mangoes help to promote natural, efficient digestion. The bioactive ingredients in mangoes like esters, terpenes and aldehydes contribute in increasing the appetite and also improve the functioning of the digestive system.

### Cures Anaemia

Mangoes are rich in iron, which makes them beneficial for people suffering from anaemia. A regular, moderated intake can help alleviate anaemia by increasing the red blood cell count in the body.

### Promotes Brain Health

Mangoes have abundant quantities of vitamin B6, which is vital for maintaining and improving the brain's functioning. They naturally provide significant quantities of this vitamin. With mangoes as a part of our diet, one can be assured of a healthy brain and effective nerve functioning. It also helps avoid medicinal supplements, which have a long list of possible side effects. The Glutamine acid content in mangoes also improves concentration and the power of your memory.





### Boosts Immune System

Mangoes are rich in beta-carotene, a powerful carotenoid. This element of mangoes helps in increasing the immunity of the body and makes it impervious to bacteria and toxins. Excess beta-carotene is also transformed into vitamin A which gives additional protection against the free radicals that can harm our internal systems. Thus, mangoes are great choice for food items to add to our regular diet.

### Diabetes Management and Prevention

While there is still some research going on in this aspect, some studies have revealed that mangoes are a great natural remedy for diabetes. It is a myth that diabetic patients should avoid mangoes because of its sweet taste; but now not only the fruit but even its leaves are considered to be helpful in curing diabetes. Place 10 or 15 mango leaves in warm water and close it with a lid before going to bed. In the morning, drink the water on an empty stomach after filtering out the leaves. Regularly practicing this has shown positive results for diabetic patients in the management of their blood sugar levels.

### Mango Protein Smoothie

Servings: 1

**PREP TIME:** 5 minutes (plus 3 hours to overnight for freezing)

**Recipe Categories:** Quick and Easy, Beverage, Breakfast

#### Ingredients

1 cup mango, cubed  
1/2 cup banana, sliced  
1 tablespoon peanut butter or 5 almonds and 5 walnuts  
3/4 cup low-fat milk



#### Instructions

Freeze cubed mango overnight.

Place all ingredients in a blender and puree until smooth. Pour into a glass and serve immediately.

- Reema Vyas is a Senior Nutritionist at InstaSculpt, with a work experience of 6 plus years. A BSc in food processing and preservation, she holds a diploma in nutrition and health education from IGNOU.





# Rid yourself of insecurities



**Mitr Vineet** shares his insight to understanding oneself better and to increase one's productivity and happiness.

I clearly remember my early years in school. I used to be a very competitive child, always trying to outshine others and prove that I am better. In doing so, studies and taking examinations became a stressful part of my life. I continued to be like that till I was in the 9th grade. However the tables turned and I felt a shift internally on the first day of the 9th grade final exams. This internal shift is still etched in my being and has helped me grow further. I stopped caring about my scores and whether I would rank in the top three of my class. Understanding the subject became my priority unlike studying for the sake of securing good grades. This was a much stronger reason to drive me to study than being forced to study to achieve meaningless targets.

As I looked back after a few years, I started understanding why I used to be preoccupied with marks and proving my worth. It all started with a comparison that I was lesser than someone else. The comparisons became inferiority complexes and instilled a fear in me, driving me to study harder for subjects which I didn't really like instead of focusing on what I was inherently good at. Because of all the efforts I was putting in, getting better marks than others became a competition for me and whenever I achieved a high score, I felt an adrenaline rush. The adrenaline rush led me into a compulsive habit of competing, which then started spilling over into other areas of my life. There were times when I failed and in failure, the first reaction was to blame the other person, the situation or myself. The first reaction should ideally be how I can improve further. Over time, my insecurity started controlling other aspects of my life. I was designing my life based on the desire to be better and started missing out on the more beautiful aspects of my life.

Insecurity starts with a comparison leading to compensation, competition, compulsion (habit), condemnation (blame) and control.

If you wish to get rid of your insecurities, spending some time with yourself is essential. You have to reflect and introspect on the actions you take on a daily basis and what is the foundation of those actions. Once you realise the comparison you base your actions on; you have to make efforts to stop that comparison. The only person you should compare yourself to is yourself. Keep measuring if you





are better than what you were yesterday. Comparing with someone else is never a fair comparison as everyone has a different potential.

At the same time, comparison with others can also be used positively to push yourself more. When you compare yourself with someone and the emotion is jealousy, it is unhealthy and leads to insecurity. If the emotion you feel is respect, then it is healthy and can give you a purpose and goal in life.

Try and incorporate these 3 things in life and I'm sure you'll open the gates to understanding yourself better and increase your productivity and happiness.

1. Spend some time with yourself daily and connect with your inner self.
2. Understand the root cause of all your current actions.
3. Convert unhealthy comparisons to healthy comparisons and keep practicing to give love and respect to others in your life.

**Mitr Vineet** is a doctor (MBBS, DNB - General Surgery), by profession and currently works at Johnson and Johnson Pvt Ltd in the Professional Education department of Laparoscopic Surgery and helps in the skill upgradation of surgeons. He is an integral part of the MaitriBodh Parivaar and is engaged in many social activities of the organization.



# Surrender

## Story

Trees were being felled by elephants to clear the ground on the battlefield of Kurukshetra. On one such tree lived a sparrow, who was a mother of four young chicks. As the tree was knocked down, her nest landed on the ground along with her offspring who were too young to fly. The frightened sparrow looked around for help. Just then she saw Krishna with Arjun examining the battleground. She flapped her tiny wings with all her might to reach Krishna's chariot.

"Please save my children, O Krishna," the sparrow pleaded. "They will be crushed tomorrow when the battle starts." "I hear you," said He, the omniscient One, "but, I can't interfere with the laws of Nature." "All I know is that you are my Saviour, O Lord. My children's fate lies in your hands."

"The wheel of Time moves indiscriminately," Krishna spoke like an ordinary man implying that there wasn't anything he could do about it. "You are the wheel of Time. I surrender to thee," said the sparrow. "Stock food for three weeks in your nest then," said Krishna smilingly.



Arjun was unaware of this conversation and tried to shoo away the sparrow.

Two days later, just before the battle began, Krishna asked Arjun for his bow and an arrow. Arjun was startled because Krishna had vowed not to lift any weapon in the war. "Order me, Lord," he said with conviction, "nothing is impenetrable for my arrows." Quietly taking the bow from Arjun, He took aim at an elephant. But, instead of bringing the animal down, the arrow hit the bell around its neck and sparks flew.

Arjun chuckled seeing Krishna miss an easy mark. "But, why did you shoot at the elephant?" Arjun asked. "Because this was the elephant that had knocked down the tree sheltering that sparrow's nest."

"Which sparrow?" Arjun exclaimed. "Plus, the elephant is unhurt and alive! Only the bell is gone!" Dismissing his questions, Krishna instructed him to blow his conch. The war began and numerous lives were lost. The Pandav's won in the end. Once again, Krishna took Arjun with Him to navigate the battlefield. Krishna stopped at a certain spot and looked down thoughtfully at an elephant-bell. "Arjun," he said, "will you lift this bell for me and put it aside?" Arjun looked at Him questioningly. "Yes, this bell," Krishna reiterated. "It's the same bell that had come off the elephant's neck I had shot at." Arjun bent down to move the heavy bell without another question. On lifting it, to his surprise, four young birds flew out one after another followed by a sparrow. The mother bird swirled in circles around Krishna in great joy. The one bell Krishna had cleaved eighteen days ago protected the entire family.

When we surrender and let Divinity decide for us, only that which is best for us .....happens.





# Lessons with the 'locals'

Vaidehi Maheshwari shares how a local train journey of more than an hour can teach one the lessons of life

The journey from Thane to CST is exactly 53 km and takes about an hour and 5 mins at the most. Add the distance from my house to the station and the distance from CST to college, you would approximately take 3 hours daily commuting to and fro. This is on good days; by the way. On bad days, you can only hope that the lord takes pity on you and you somehow come out of that metal-box-running-50-miles-an-hour in one piece, safe and sound. It's like the hunger games, except a more Indian version.

But anyway, as the sun rises brighter than ever, mornings become longer and 'dermi-cool' becomes a part of your life, I find myself one day, clinging on to the railings of a 9:00 am fast, for my dear life on a very busy Monday morning and comparing this struggle to life's struggles (and why not?).

The rush to get a seat becomes the classic "rat race" of life. The first class 'dabba' (compartment) is royalty; like the reserved seats in colleges. Getting into the second class requires a perfect combination of strategic planning, impeccable timing, appropriate use of elbows and expletives, and more often than not, a SOS prayer to the Almighty.

Then you will finally get off, breathe like you have never before; dust yourself while nursing your wounds, promising that this will be the last time, Pakka(for sure).

But who cares about promises given to one's own self. The race begins all over again the next day and continues all through the week.

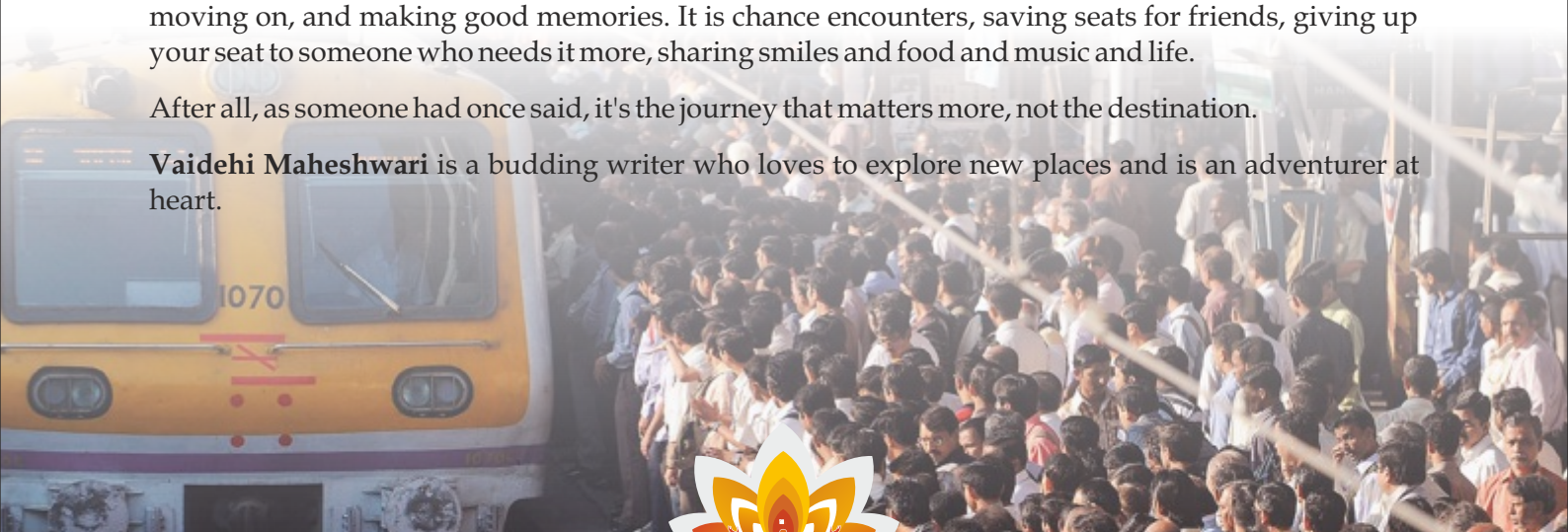
Throughout this journey, new people will get in, trying to find their place, trying to fit in, while the old ones will leave when their destination arrives. Some come and go with a bang, some you won't even notice until you see their seat empty. The people on the train represent people from all walks of life. Some will sit next to you and talk, some will glare from afar. Some will be jealous seeing you sit while they stand, some will remain oblivious to your existence. Some will leave when you are having an amazing conversation, some will leave without goodbyes, and who knows when you will see them again?

You will learn the importance of time, the value of minutes and seconds as you see your train rush past without you. You will learn that while people may share trains, not all have the same destination. While people share destinations, not all have the same routes. You might find yourself on the correct platform but on the wrong train.

It is about forming new friendships, saying goodbyes, getting hurt (both physically and mentally), moving on, and making good memories. It is chance encounters, saving seats for friends, giving up your seat to someone who needs it more, sharing smiles and food and music and life.

After all, as someone had once said, it's the journey that matters more, not the destination.

**Vaidehi Maheshwari** is a budding writer who loves to explore new places and is an adventurer at heart.





# Project Tejaswini, April 2017

The first session took place at Insta Sculpt Clinic in Thane where forty two girls will be trained under the program. This opened the doors of self-employment in the field of beauty and health. The two month month program also includes training in computers, spoken English, and personality development sessions. At the end of two months, students will receive a completion certificate and promising candidates will be assisted for further diploma courses. The villagers have expressed their gratitude to the MaitriBodh Parivaar for their efforts in bringing empowerment opportunities to the village youth. The villagers have expressed their complete faith in the MaitriBodh Parivaar by sending their young adolescent daughters for an entire day. Considering the insecurities attached with a girl and their family's reluctance to send them out of the village, Project Tejaswini has attempted to emancipate their potential within and thereby taking a step forward in recognising their dreams and ambitions in life.



## Maitri Diwas was celebrated

on 8th April in Pune





# BODH-2

Austria, Switzerland 31/3/2017 to  
2/4/2017: 7/4/2017 to 9/4/2017

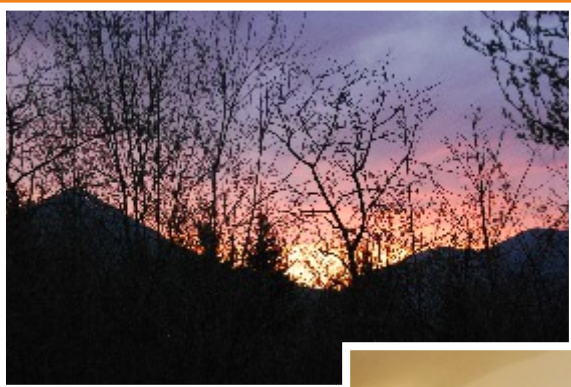


**For the very first time Bodh 2 was conducted outside India in Europe.**

Amidst the beautiful surroundings participants not only intensified their understanding of the need for the transformation of human souls but also the importance of purification. This was done with the help of various processes conducted during Bodh 2 which cleansed the mind, body and soul.

With deep emotions the participants expressed their heartfelt gratitude to Dadashreeji and experienced the power of Unconditional Love and Inner Calm.

The Havans conducted during Bodh 2 had a profound effect which culminated into an experiential learning of Love and Kindness.



# Highlights of the Spiritual Session

## with Mitr Parn in Vienna on 6th April 2017

Spirituality is to be simple and to be natural, it is accommodating oneself with the current times.

Spirituality is to follow your heart and be in the moment.

Spirituality should flow through one effortlessly and naturally, similar to one drinking water.

It helps in the human transformation and growth, thereby making one experience everything from heart.

These teachings on spirituality were shared by Mitra Parn, giving seekers clarity on their numerous questions.



## Quad Cities - USA: Music and games at St. Mary's Nursing home

Nurses and Patients at St. Mary's Nursing Home in Davenport were soothed and calmed listening to the music played live by the sevaks. Games were also organized for the patients which they enjoyed playing thoroughly.

## Sambodh Dhyān

Maitri Prayer and Maitri Light at Unity Church of the Quad Cities - April 29th

Dadashreeji's grace has been reaching many with the regular thursday night meditations at The Maitribodh Soul Nourishing Center. Dada's Loving presence is felt strongly by all. Sambodh Dhyān, Chanting, Maitri Light and the enlightening discussions have enthused new vigour in the lives of the participants.





# Nari tu Narayani -

11th April Thane, Mumbai.

The MaitriBodh Parivaar salutes every woman and expresses deep gratitude to the progressive and revolutionary ladies of our society. We took the opportunity to thank the women who have been contributing and working endlessly towards the betterment of society.

To honour Nari Shakti, the MaitriBodh Parivaar felicitated Mayor Meenakshi Shinde and seventy two newly elected corporators of Thane – a Mumbai suburb.

## Stress, Science and Spirituality on 16th April in New Delhi

SSS was an experiential event hosted by MaitriBodh Parivaar in collaboration with the Indian Dental Association and the Maulana Azad Dental Institute of Science. The event drew a huge number of participants of not only doctors but also people belonging to varied professions. The main aim of the programme was to enable people understand the impact of stress on our lives and methods to deal with it.

They were guided on the root cause of stress in their life and on ways of combating it.

A guided meditation to connect with the Divine and to find the elusive peace was also a part of the event.





# Bodh 1 – Awakening to Self –Realisation

was held in the following regions: 9th April -Mumbai, 8th and 9th April - Pune, 23rd April - Delhi.





# Spiritual Week

19th April to 23rd April

ShantiKshetra Premgiri Ashram in Karjat is known for the Unconditional Love and the Grace showered upon those who visit the Ashram. This was felt by all the participants who attended Bodh during the spiritual week from 19th to 23rd April.

The powerful processes of purification released people of their accumulated baggage. They were guided on how to lead a serene life which was accompanied with their natural flow with Divine Grace and Love.

The participants expressed their gratitude towards the Sevaks who rendered selfless seva and touched the hearts of all participants. It was the endless support of the Sevaks which motivated others to walk on the same path and deliver Selfless Service and Love.

## **Sambodh Dhyan Session in Cumbria University, United Kingdom on 26th April 2017**

A Sambodh Dhyan session was conducted in the University of Cumbria, United Kingdom. It was attended by corporate business leaders from both private and public sector, who came from 29 countries and belonged to diverse cultures, faiths and ethnicities.

After the Dhyan many participants were able to connect with their inner selves, while others enjoyed a moment of Inner Peace and Calm. The participants experienced and enjoyed the powerful vibrations generated by the OM chanting within.

The connection of the mind and heart was also felt deeply by all and the participants expressed their heartfelt gratitude for such an extraordinary experience of connection to the Inner Self.

Maitri Sambodh Dhyan and Maitri Light (Prayer + Healing) Sessions have been taking place regularly all over India and abroad.







# YGPT

## **Empowering Generations, Rediscovering Harmony!**

Spiritual Transformation is an internal process. However, for the complete transformation to take place, there has to be transformation in the external world as well. With this vision of social transformation, Youth for Global Peace & Transformation (YGPT) was founded by our Divine Friend Dadashreeji. With this vision of social transformation in mind. The YGPT is a team of diverse youth connected with a single passion to bring about the much required transformation in society and the world at large.

This initiative believes in empowering the youth to create and establish one happy global family. Our aim is to unite diversified youth across the globe by transforming them into 'ideal youth' who would contribute at all levels for the betterment of the region, community, country and thereby achieve the ultimate goal of world peace and harmony.

The YGPT functions at two levels. Firstly, we believe in self-development of the youth and guiding one to learn and understand themselves better. All of us constantly face conflicts both with the world outside and the world within us. At most times, we are able to manage the external conflicts but, the internal conflicts remain unattended. This leads to internal disturbance, which affects us negatively. We are not able to take crucial decisions in our lives, thereby leading to a confused state of mind. YGPT will help you discover yourself and help connect with your true identity; so that all your confusions and uncertainties are addressed.

At the second level, the YGPT provides a platform to undertake various social welfare activities. These activities not only channelize the energy and potential of the youth to good causes, but also transform many lives. YGPT offers an environment to nurture your talents and bring forth your hidden potential, enabling you to lead a more fulfilling life that will benefit you and the world around.

Social welfare activities are conducted in many areas right from child education, women empowerment, awareness campaigns, counselling sessions, taking care of the elderly, and many more so that the energy of these passionate youth trickles down to people from all walks of life. Currently we have teams working actively in Amritsar, Delhi, Indore, Pune and Mumbai.

We call upon all youth who share this vision and feel the need for a transformation of society and the world we live in. We urge the youth who have the passion and the compassion to help and serve others unconditionally. We call upon all youth who seek direction and goals in life. Let's join hands in making the world around us, a better place.

**For more information or to join us, please write to us at: [ygpt.india@gmail.com](mailto:ygpt.india@gmail.com) or call/whatsapp us at: 9711560364**

**Facebook Page: YGPT group**



# 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

Peace Within -The Divine Journey A Himalayan Retreat with Dadashreeji	First Batch: 10th to 15th May  Second Batch: 17th to 22th May	Dunagiri, Uttarakhand
Paduka Prem Yatra	Commences 7th June	From ShantiKshetra Premgiri Ashram
Spiritual Week	4th to 8th July	At ShantiKshetra Premgiri Ashram
Gurupoornima	9th July	At ShantiKshetra Premgiri Ashram

## India

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

## International

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



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.

