

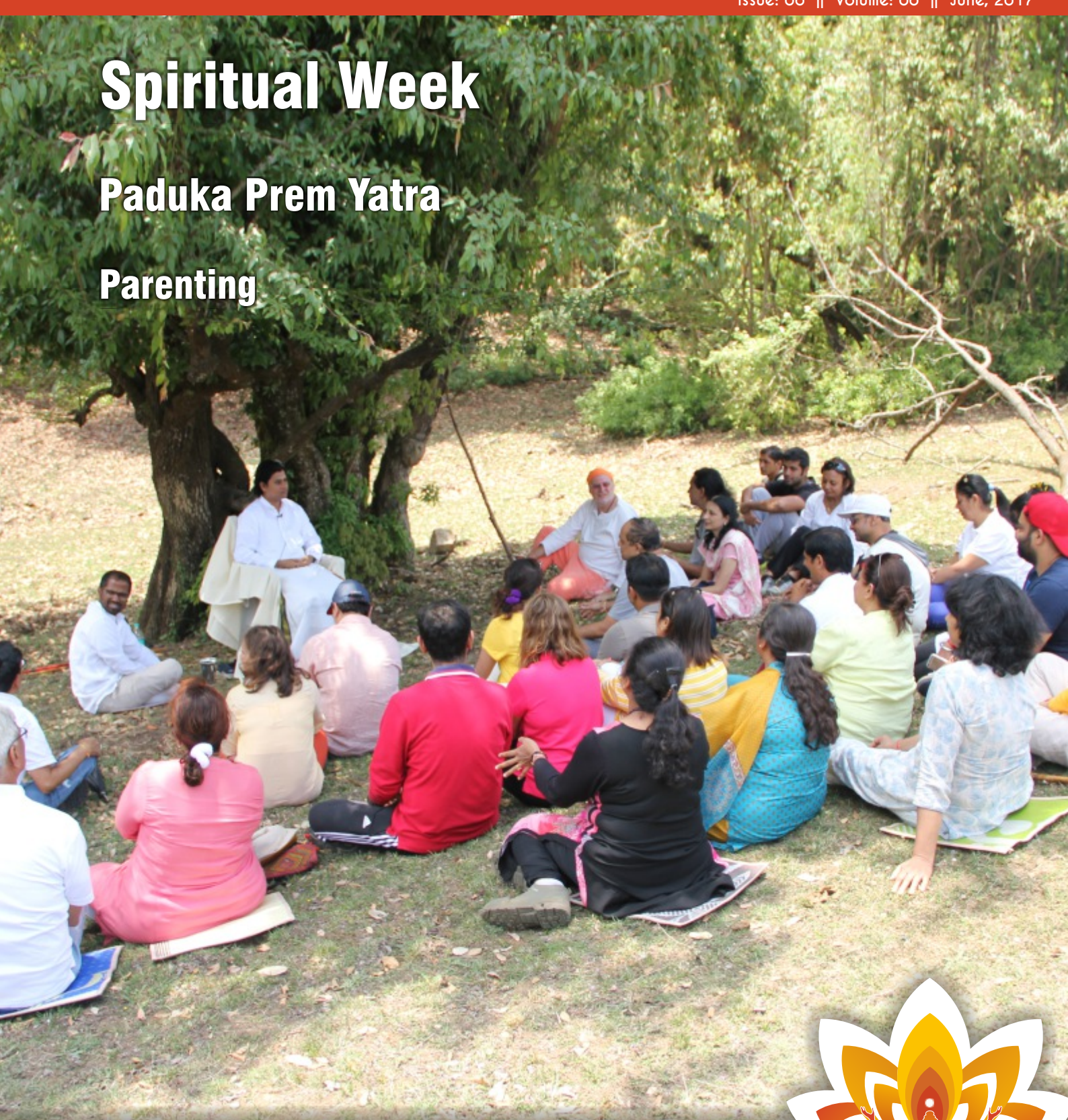
# ANAHITA

Issue: 06 || Volume: 06 || June, 2017

## Spiritual Week

### Paduka Prem Yatra

### Parenting



MaitriBodh

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# From the Editor's Desk

**Dear Loved Ones,**

Greetings from Maitribodh Parivaar!

We pray that this month's edition of Anahita finds you in good health and spirits. We have almost reached the mid of the year. The temperatures are rising and so is the love in each devotee's heart. The amazing experiences people have been sharing makes one bow in Gratitude to Divine Friend Dadashreeji!

The month of May was marked by two spiritual retreats with Divine Friend Dadashreeji. Sixty participants who had gone for the week long 'Peace Within' program in two different batches of thirty each came back completely drenched in Divine love yearning for more.

Prayers for Mother Earth have been intensified considering the amount of pain our Mother Earth is going through. A month long non-stop chanting of Dadashreeji's mantra has been taken up by the devotees and sevaks as one voice from all over the world with intense prayers to heal Mother Earth.

In this edition of Anahita, Dadashreeji's message guides us on how to live our life in awareness and experience 'Love' without getting affected by the external influences. Read more on the insights and learnings shared by our Mitrs and Maitreyis which we all can resonate with. Braving the scorching heat our sevaks have been organizing various social activities, accolades to their spirits! As you read, Dadashreeji's seven blessed Padukas would have reached for a month's stay in the respective regions and will travel back to ShantiKshetra Premgiri Ashram in the first week of July.

In unison let's work towards human transformation and be mediums to spread 'LOVE' and 'PEACE'. May we start living in awareness and not just exist in oblivion. Pray that truth be awakened in each one's heart to make the world a better and happy place to live in.

**Have a blessed month filled with Divine love.**

**Love and Gratitude!**





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





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# Pearls of Wisdom

**Namaste!!**  
Blessings for you all !!

The first step to experience Love is to know that you have 'that Love' within you. You have it within you. Know this very well. The permanent remedy, the universal solution for all problems is there within you and we call it Love - Love in your heart. Just know this well. I want this to get fixed in your mind and deep in your consciousness that '**Love is within your heart**'. Don't look for it outside in the world. You'll never get it. Stop looking for it. Go within. Know for yourself that this Love is in your heart. Get ready for it. This is the moment. This is the opportunity. This current era is going to help you to experience that Love. The moment you experience this Love, what you experience is reality.

The ultimate reality of life is that everything is 'one'. There is no separation. And what happens after you experience this reality is that the world will stop influencing you. The world with its own systems wouldn't be able to control you. You'll be free from everything. The moment you are free from all these worldly influences, you start operating outside the illusionary system of this world and the world just doesn't want that to happen. These fixed customs and understandings and belief systems will never allow you to get ahead of it. They would like to control you all the time. So this is where it becomes difficult to be a part of the world; yet not get influenced.

I remember one incidence of my life during my college days. Many of you know that I have a habit of contemplating, observing things and trying to know more about life. Post our medical exams, everyone wanted to go out and have a good time. So we friends decided to go out and watch a movie. All friends were sitting in a row and the movie started. Because of my inherent nature, I started observing something else. I started seeing the audience that was watching the movie. I was observing their faces. Every 2-3



mins, their expressions were changing. A sad scene on the screen was making them feel bad. Funny moments were making them laugh. So whatever was happening on the screen was being reflected on their faces.

My friends complained that I needed to watch the movie and look at the screen but because of my nature I was watching the people and how they were looking at the movie. And this is where I came to know that your life is very similar to this. Situations or whatever is happening in your life come with an emotional response from your side. Happy situations will make you happy. Sad situations will make you sad and in funny moments, you laugh. So isn't it a movie going on in your life?

When I look at your face I know what exactly is happening in your life because the situation is reflected exactly on your face. Someone who is in pain will come with a miserable face and I will know what is happening in his life. So what is happening is that this world has been influencing you throughout. It has been influencing your mind. It has wanted to control you in one situation and then another situation, through a sequence of innumerable events in your life. Right from the first day of your birth till now, something or the other is happening. Today you're happy. Tomorrow you're sad. The day after that, again you're happy. The cycle is continuous. Are you aware of it? Or are you just participating in this illusionary world?

The entire system is just influencing your mind and you don't know about it. So what can you do about it? As a human being, you need to respond or react to situations definitely but when we see spiritual growth that implies that with every situation your responses should be better than before. The situation maybe the same but you need to excel yourself with better responses and that's what spiritual growth is about. You need to keep evolving so that one day you will see yourself in that higher state of awareness and in that higher state, the world will stop influencing you. You will flow with the Divine and situations will flow with you. So what we have in our hands is to experience this Love and nothing else. Just being in this state of Love will complete your journey of life. Pain and happiness will come and go. But Love is the permanent thing in your life. Go for it!

If you have a list of things you wish to complete in this life, keep Love first. Keep Love at the highest to be achieved, attained and experienced anyhow in this life. We are here to help you to access that Love and to experience it. We will take you further. A strong determination with Divine association will help you experience that Love in this life itself. No matter how good or bad you are, you can still experience true Love within. Take a step forward and participate in this joyful, Divine journey of life.

Remember:  
I am Love,  
You are Love and  
We are Love.

Love and Blessings,  
- Dadashreeji!!

(EXCERPT FROM "I AM LOVE" WEBSERIES 3rd EPISODE, 26.03.2017)  
This message has been adapted for Anahita and continued from Anahita May'17 edition.



“ Being simple is being happy,  
Being simple is being friendly,  
Being simple is being in love,  
Being simple is being none but all.”  
- Dadashreeji

Simplicity is one of the key characteristics of Divinity. Nature is simple. A child is simple. A simple person is simple in thought and action. Here Dada has given 4 important things that define simplicity.

Why is a simple person happy? This is because he has fewer things to worry and ponder about. A simple person has reduced the clutter in his life and stays with what he needs rather than what he wants. As a result he is able to freely do what is essential for that moment. He goes through day to day life, doing one thing at a time and doing it with passion. He is happy because his happiness does not depend on things. His happiness is non-conditional.

A simple person has few wants in life. An example is my professor. At 80 even now he does not own either a mobile phone or a car! When life is less about you, it becomes more about others. Friendliness comes naturally to such people. Friendship does not require material wealth. It requires your time and presence. Simplicity gives you vital time to be available in person - to be with people and to help people in need.

Why is being simple, also a state of being in love? Love is the state of benevolence which is showered on everything living and non-living around you. It is another trait of a simple person who does for others unconditionally. Love is the energy that oozes out of a simple person. Experience of love also helps in keeping that person simple. Love makes you do things for others. As a result your wants reduce and your life gets simplified.

Being none but all. This statement sums up the state of realization in one sentence! When you (read ego) become less and less important, there comes a stage when you become zero and in that process you are a part of infinity! We should thank Dada for making it so simple!



# Narayani Mantra

|| Om Kaarunyai Padmhasthayai Narayani Namostute ||

॥ ॐ कारुण्यै पद्महस्तायै नारायणी नमोऽस्तुते ॥

**Meaning:**

Epitome of love and compassion  
Holding the Lotus flower  
We bow to you Narayani





## Paduka Prem Yatra

One of the beautiful relations on the spiritual path is that of Guru & disciple. Guru Bhakti arises out of the psychic communion existing between the disciple and the Guru in the disciple's heart. The Guru is our Spiritual Father. A true devotee has no sadhana to perform. He simply has to surrender himself completely to the Divine in the form of Guru. The devotee must honestly believe in the spontaneity of surrender, the totality, the absoluteness of it from his heart - not the intellectual surrender. True and complete surrender is the result of the Guru's Kripa (Grace).

Time and again, it has been reiterated that we can attain realisation only through the guidance and blessings of the Guru. When the devotee is ready, the Divine will automatically appear on the scene to take the devotee forward on their journey. The Guru is truly the Divine in human form. Guru Bhakti helps serve with humility, destroy our ego and prove to be a constant source of inner strength. Anything can be attained with the "anugraha" (favour) of the Guru. The relationship between a Guru and the disciple has been hailed as something without a parallel, as being entirely on a supra-human plane. The union between the Guru and the disciple lifts us to the plane of original non-duality.

The very fact that the Divine in the physical form of Dadashreeji has come into our lives is a sign of Grace in our lives, as is the fact that we are able to study, understand and share that knowledge with others. When we offer our prayers to Him we express that gratitude to Divinity. Let us learn to share this gift with humanity and not hold it to ourselves.

Sant Eknath says. "By the dust of my Guru's feet all the work was accomplished. Sant Eknath has merged his mind in Shri Guru's feet. By holding the feet of the Guru, all ignorance disappeared. I have not performed severe austerities, offered sacrifices, or wandered to sacred places. The means of all means is the feet of the Sadguru (true Guru)."

It is the Infinite Compassion of the Divine, which makes Him leave the quiet moments of Infinite Bliss and come down to live amidst us and guide us to the Truth patiently. No matter what we do for our Divine Friend Dadashreeji it is never adequately repaid. It is He who transforms the Finite into Infinite through the initiation into Love and Grace.



During a Bodh, Dadashreeji once described the importance of the Guru's Lotus Feet. He reminded us of how a Buddha idol is depicted in a Buddhist Temple. The feet of the Buddha's idol is at the eye level of the devotee standing in front of the idol. The devotees head bowed at His feet helps in removing the ego of the devotee by literally bringing the ego (represented by the head) to the level of the Guru's feet.

It for the sake of His devotees, the formless Guru takes the form of His Padukas. The Guru stands on the Padukas. Our earnest prayer to Dadashreeji should be "Oh Dada, wherever my mind goes, may your form be there. Wherever my head bows in salutation, may your Holy feet be there." This is the path to liberation and bliss. What can we offer such a Master who ends the misery of many lives and saves us from the cycle of birth and death? Gratitude and Seva are our offerings to Him. This is the least that we can offer.

Dadashreeji's seven blessed Padukas have reached the respective regions. The atmosphere in the homes of the devotees hosting the Padukas is resonating with Divine presence. Devotees have been conducting abhishek, bhajans, akhand jyoti, havans, spiritual sessions and more with great fervor to mark the coming of their Beloved Friend Dadashreeji in their homes. Love and Grace is being experienced by all coming for the Darshans (seeking blessings).

For blocking dates to host the Padukas please call the following regional coordinators of the respective regions:

#### 1) Delhi

- a) Mitr Amit Singh ji - 09810577995
- b) Maitreyi Komal Malhotra ji - 09810883868

#### 2) Pune

- a) Maitreyi Megha Naik ji - 08805153321
- b) Mitr Sameer Gokhale ji - 09595105533

#### 3) Indore

- a) Mitr Arun Sodhani ji - 09752531945
- b) Maitreyi Ranjana Sodhani ji - 09009990945

#### 4) Bangalore/Coimbatore

- a) Mitr Manikandan ji - 09620509572 / 0959142700
- b) Maitreyi Roopaji - 09791613099

#### 5) Mumbai

- a) Maitreyi Swapna Temkar ji - 09320234596
- b) Mitr Marzin Masalawala ji - 09819673185

#### 6) Thane/Navi Mumbai

- a) Maitreyi Jyoti Shahpurkar ji - 09323540830
- b) Maitreyi Smita Sansare ji - 09820112254

#### 7) Punjab

- a) Dixit Mehra ji - 09803100300
- b) Mitr Shivam ji - 09216822222





# Dadaleela

..... Devotee's Experiences

## A peaceful retreat!

Thank you, Thank you, Thank you Dadashreeji!

Words fall short when I try to express gratitude to my Sadguru. I surrender to your Grace. This beautiful state that you have blessed us with is exuberance and full of peace. You have given me such immense love that all I want to do is to share it with the whole world. You have made me experience my inner Divine. Sukhmani Sahib ji says, "ਨੌ ਨਧਿ ਅੰਮ੍ਰਿਤਿ ਪ੍ਰਭ ਕਾ ਨਾਮ, ਦੇਹਿ ਮੈਂ ਇਸਕਾ ਬਸਿਰਾਮ"

Chanting the name of the Lord, and loving the Lord you are blessed with the nine Divine treasures and the holy nectar which lies dormant and in a restful state inside man. Dadashreeji you have awakened the Divine within me and made me experience "ਧੁਰ ਕੀ ਬਾਨੀ" (dhur ki baani), the voice of the Lord from deep within me.

Since I have come back from the retreat, I feel like my vision has changed and my perspective of seeing this world has opened up to new horizons. Now I understand how Guru Nanak Dev ji had said "ਇਕ ਨੂਰ ਤੋ ਸਬ ਜਗ ਓਪਜੇਯਾ, ਕੌਣ ਭਲੇ ਕੌਣ ਮੰਦੇ"

ik noor ton sab jag upjeyaa, kaun bhale kaun mande" The whole world has come from the same One Light, so who is good and who is bad?

You have made us all with the Light of Your Love. How can anyone be bad? We are all one family bonded with Divine Love.

Thank you Dadashreeji for the best trip of my life. I feel rejuvenated. Thank you for nourishing my soul, repairing my mind and blessing me with a new birth.

- Dolly,  
Punjab



# Have You Ever Seen God?

I have, seen, played with Him, walked together, ate together; on the journey to a beautiful transformation! Dunagiri Retreat revealed my God to me, Dadashreeji!

Evolved souls come to earth to help people transform and liberate themselves. One of them is a teacher who teaches us the concept of living, mentoring us on a day to day basis in the physical form. The other is actual God Himself. Dadashreeji, you gave me a clear distinction of who you are and how are we related.

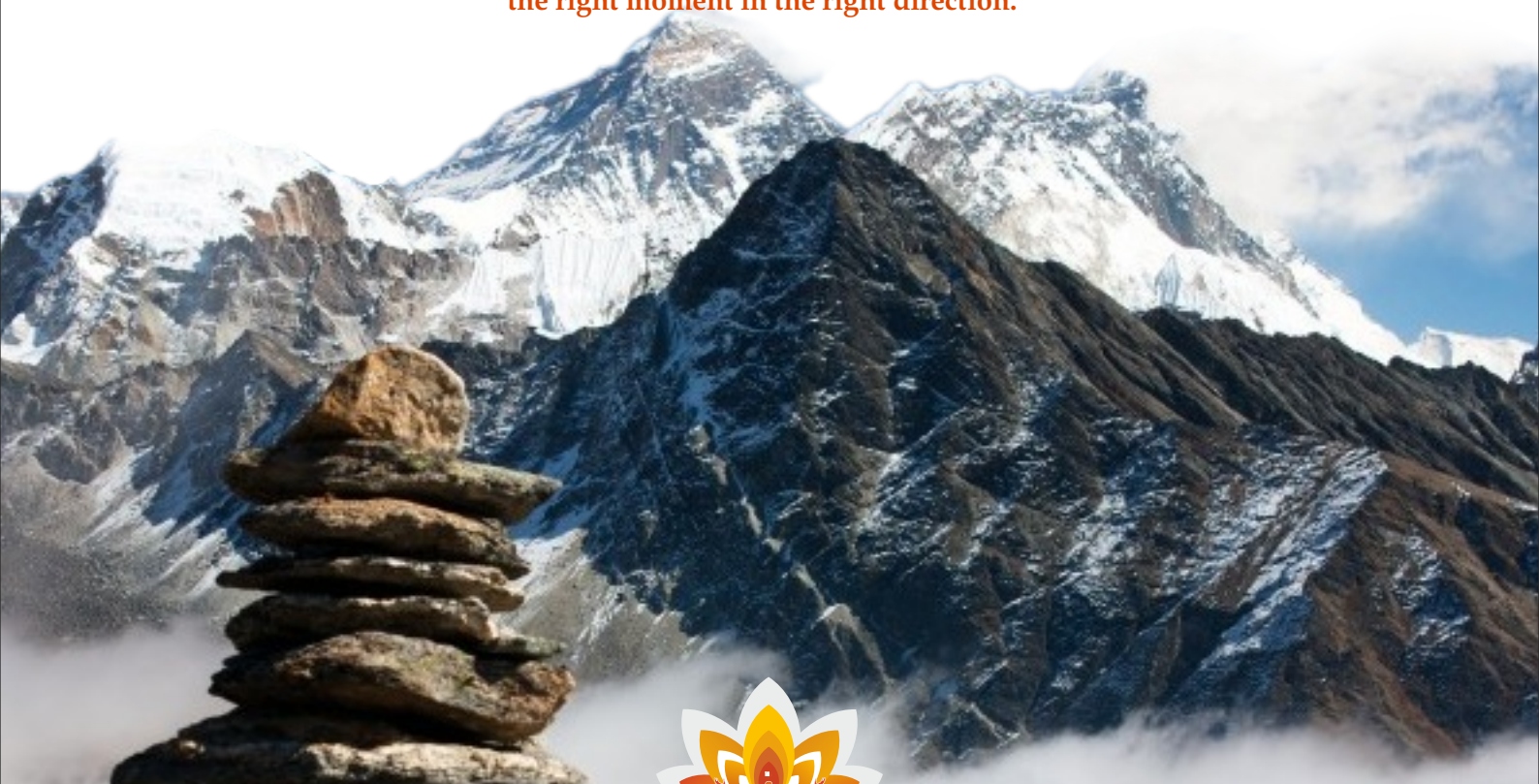
This retreat comprised of teachings, practices, services which were critical lessons in my life.

Prior to the retreat I was disturbed due to the everyday congestion in my life such as business pressure, non-cooperation of my partners and so on. Amidst these disturbances I never stopped praying, I shared my problems with my internal Dadashreeji and often fought for having not found an answer. Finally the restlessness of my mind was put to a halt when Dadashreeji started the session by answering the unasked. I was startled. I said to myself "is this for real, how did He know that?" I felt as if a magnet zapped the problems I was faced with. My prayers and questions were heard. Dadashreeji I bow at your Lotus Feet for being there with me at all times.

***"Prayers to Dadashreeji are always heard and will be always answered at the right time. Dadashreeji knows what you need and will deliver to you exactly when you need it."***

As usual, I was one of the quietest in the room; Dadashreeji was delivering His divine messages. I was quiet, quiet to the core. Suddenly I asked Dadashreeji if I can have the guided session again, the first words I spoke in 1.5 days. What Dadashreeji said was amazing, "he is continuously talking with me". I was shocked because I was doing that so often, all the time!!!

**"Prayers need not be loud. My experience with Dadashreeji says that internal (manaseekam) prayers are extremely powerful. God is continuously hearing our prayers and will guide us at the right moment in the right direction."**



When the Divine works on you, the experience is completely different. Dadashreeji gave me this experience with a game. I asked Dadashreeji if he will take us for an additional trek with Him. We were at Krishnaa Puri, in the Himalayas, where Dadashreeji took us. A Mitr told that Dadashreeji is missing in this hill top forest, we were divided into three teams and each team was named accordingly. Each of the teams had to find Dadashreeji. Several instructions were given, but I heard none. I was waiting for the time when I could be let loose and head straight to find my Divine friend. I was in a state which I cannot describe in words. I heard voices which called for me, but I ignored them. I told my team member that since I was agile I would run and find Dadashreeji quickly. Thus, I asked them to follow me when asked for.

Not even 20 seconds of reflection on my move, I headed straight where my heart guided me. After a little skid on the leaves, what do I see, Dadashreeji standing right there, smiling!!! I found him, I found him is what I said to myself. Enthralled in excitement I ran up to him and he said, "Manikandan, it was amazing, you just followed your heart, isn't it? I was watching you!".

He shook hands. I was amazed and had the happiest moment in life. His 20 second game gave me several learnings, after all it was all divine plan to make me realize this and 100% divine game to make me find Him.

**"Divine plan doesn't have this way or that way, it is only one way and that is perfectly destined to the right path."**

**"Follow your heart; divine-will is supreme to the mind, just follow it and you will reach your God."**

**"When the divine is guiding us as per His plan, surrender yourself completely, follow your heart, be still; you will find life taking its course naturally just like a river does."**

On the way back down from the hill trek, Dadashreeji was walking in front of me. He stopped at different locations where the trek was difficult. This not only comforted us but we recognized how deeply concerned He was for us. At one of the locations, Dadashreeji halted and asked me "Manikandan, you have a sweet in your bag, can you give it to me?". I cannot put in words the feelings which rushed through me. In no minute I gave the chikki (peanut-jaggery bar) to Dada.

I was super fast not to miss this great opportunity, opened the pack and gave it to Him. The remaining was distributed among other members. The bigger piece taken by Dadashreeji was later given to me, as he saw that I didn't get any. I felt the warmth of my father. Seeing this unconditional love, I gave that piece of sweet to others as I had experienced the epitome of sweetness.

On a cold night Dadashreeji asked me, "Manikandan, are you feeling cold, can I give you my jacket!". In hindsight I feel that I should have taken His jacket and kept it with me in my prayer room!!! It was so amazing to see how much Dadashreeji cares for us at every step in life and make us happy.

Dadashreeji fulfils every promise He makes. As our gratitude to Dadashreeji we must love unconditionally and offer selfless service. I express my heart filled with gratitude at your Lotus Feet for guiding us, showering the divine bliss and giving so much to our lives.

You are God, I love you Dadashreeji.

**- Manikandan R, Bangalore, May 2017**



# Healing Cancer

## - My Transformation With DadaShreeji



**Dear Dadashreeji,**

I feel honored to write this letter to you and to share my journey of transformation with you.

Its now almost 2 years ago, since I received the diagnosis of breast cancer, stage IV.

It pulled the rug from under my feet, never had I imagined that something that tragic and potentially life threatening could happen to me. These things always happen to other people, right?

Why me? I have been on a spiritual path since my 20s, ate healthy food and accompanied others on their spiritual journey.

At exactly the same time You entered my life. Little did I know when I participated in Bodh 1, in Vienna, how important this initiation would become. Andrea had invited me to join and after I met Kaivalya a few months prior, it was clear to me that I was meant to walk with my new spiritual teacher and divine friend Dadashreeji. Andrea, who is my soul sister and best friend has accompanied me on this transformational journey, as she too underwent an intense inner process at that time. So it came, that we walked this unusual path of healing and transformation together.

It was clear from the onset, that I wouldn't undergo Chemotherapy or Radiation. It was my deep inner conviction that natural healing and especially of finding the root cause of any illness are the only way forward. Why wipe out an entire village, woman and children, violently and brutally , if a few bad guys are hanging around. With this inner picture I started my holistic path of healing.

The tumor in my left breast was too large to be removed by surgery so my intention was to reduce the size. I set my focus on finding out its message and higher purpose as well as changing my life radically.



I stopped working as a therapist and focused on my inner development. Obviously I was diverted from my souls path at some point without noticing.

I remembered what You once said "It is possible to heal every disease, absolutely every disease, without exception", those words gave me immense strength, they became my mantra.

I was invited to the Ashram in India in November 2015 and experienced deep transformation on a soul level while doing Bodh 2 and 3, I even repeated Bodh 3 and will never ever forget the energy that entered my whole being while receiving the divine gift of Shakti pravaah....a divine energy transfer.....The entire universe seemed to stand still and divinity itself, God, looked deep into my soul, I felt totally seen and realized at this moment, that I was seeing myself for the first time, it was not something I experienced on the outside, no, it was happening within me! I fell into complete stillness, not able to share not wanting to share or talk, just wanted to stay with this deep Love and Bliss.

My transformation continued, I entered deep dark valleys, complete darkness, emptiness and despair as well as incredible heights, blissful states of consciousness, joy and deep gratitude for all the help and guidance I received on this precious way.

In July 2016 I hit a wall and fell into an abyss, a scary place, I had never known before.....I had come very far but kept on experiencing set backs and failure in reducing the size of the lump which was about 2 1/2 inch.

I was still searching for the missing link, the last digits of the healing code- something was still missing and I couldn't work out what it was. In June I lost a very dear and spiritual friend to cancer which threw me into uncertainty. I had tried many alternative healing methods but ran out of money, all my savings were gone.

I visited Andrea and Herbert and we cried and prayed together. I remembered more of Your words: "do everything that you can and if there is nothing more that you can do, go into the back seat and let me drive"

Back home, still in deepest pain and despair, I again talked with You. I did that almost every day but this time it was different. I let completely go, I threw myself onto my knees and asked for Divine Grace, I had never asked for Grace before.....I called You and released all my trapped emotion, cried and cried and cried. Totally letting go.....surrendering

This was the turning point....Your Divine Grace entered my life. From that day on I experienced incredible synchronicity and guidance every single day. Radical trust and radical surrender were my new words.

I felt my own empowered Inner God-Self, creating and manifesting everything I needed.

I began to feel bliss and joy despite the cancer. My priority wasn't anymore on healing cancer and feeling happy once this goal was achieved, but on living from moment to moment, in the Here and Now and feeling happy anyway, independent of being healed or not.

Exactly 3 weeks ago I found out that I am now totally cancer free, my life has transformed and my inner Dadashreeji, my Core Self, is blossoming. This entire journey has been a blessing in disguise, everything that happened, didn't happen TO me it happened FOR me.....which makes me humble forever and into eternity.....

In deep gratitude, love and respect to you my Divine Friend

- Manu-E-La-Ra  
St. Margarethen, 29 May 2017



# Power of Dadashreeji Mantra



My dear friends I want to share a story with you. Perhaps you want to use it for conducting:

An experience with the Dadashreeji Mantra, from a nurse, working in the recovery room after operations, in a hospital

"Many patients suffer nausea or have pain after an operation.

As I was working in the recovery room, I played the Dadashreeji mantra, sung by Shanti Omkara and made the experience, that the patients slept longer silently and most of them had no pain, some few very less pain. More less than normal.

A stressed colleague worked a while in this room and she became very calm.

Through this wonderful music and mantra, the room was fully filled with silence, serenity and deep relaxation."

Sabine S, Europe



# O'Mother Earth

The cradle of my birth shakes the charm of the other  
 One feeds my belly  
 The other holds me in her lap  
 One I could see and love  
 The other smiles in silence  
 So many times she has crossed my mind  
 Yet like an ignorant Krishna, I forsake her claim to be loved back  
 I spill over her so many times  
 I litter over her every time  
 I put my foot on her head  
 And sometimes crashed into her in solace  
 The defiance that I carried with me for so long O' Mother  
 Still you love me so dear  
 Today my existence has pushed you towards your death  
 Yet I don't care  
 I am Krishna who has two Mothers  
 One who bore me in her womb  
 And the other, O' Mother Earth, to whom I have been thankless  
 Today, I behest my apologies in sincerity  
 And thank you in all earnestness for nurturing me with everything  
 that makes me Krishna.

**- R Nivedita**

*R Nivedita is a PhD Reasearch Scholar at  
 Jawaharlal Nehru University, New Delhi.*



# What is Meditation?



A few months back, I had gone to a hill station near Mumbai for a quiet weekend with my family and a few friends. We were all sitting around the table discussing spirituality, when my husband asked us to describe what meditation meant to each one of us. Not surprisingly, every person came up with a different answer. While one said, 'To me, meditation is getting to know myself', another shared that meditation is all about self awareness. While another friend of mine described meditation as to be one with all that is. Interestingly, all of us were right.

This is because meditation is not just a ritual, it's a concept. It is the means to an end, and not the end itself. A person can get into a meditative state doing just about anything. A singer is in meditation when he/she is singing. A painter meditates when he/she paints. An accountant too is meditating when he/she gets so engrossed in his/her balance sheets that he/she has no awareness of the chaos around. You could be in any state, fully focused on what you are doing, oblivious of everything around you and you are probably meditating. And when you are in that state, time ceases to exist. No thought other than that about the task at hand crosses your mind. For once, you even forget your body – the flab, the thinning hair, your dark spots...everything. It is during such times that the Divine in you reveals Himself. This is what 'being in the now, being in the moment' means. It is what athletes in a sprint call 'being in the zone'.

So, does that mean sitting crossed-legged in solitude is a farce? Certainly not! In Osho's words, 'they are all tools that help you get in the "flow".' They help you tune your spiritual ears so that you are able to hear the melody of your inner being. The real you. These practices help you tune out the external sounds and the inner noise of mental clutter. If you are fully present in the moment as you read this, you might be in a meditative state even now! Doesn't that happen to us all sometimes? Have you not been so engrossed in something at times that you fail to realise even when someone comes and stands besides you? Then, when you suddenly become aware of their presence, you tend to get startled.

Different meditation techniques have been devised to help you get in touch with your inner self. There are literally a thousand ways to meditate. But they all aim to do only one thing – make you aware of yourself. When you are attuned to your inner divinity, you grow spiritually. You then begin to function more efficiently in the external world.

**- Smita Jayakar**

Smita Jayakar is an Indian actress and theatre personality. She is a spiritual healer and experiments with various natural therapy, techniques and practices. She has been helping people with self/ natural healing techniques, conducts workshops and provides other useful information for a holistic living.



## Bhakti Singer Composers Bhadrachala Ramadasu (Kancherla Gopanna - c 1620 - 1680)



Bhadrachala Ramadasu was a great singer and composer who was born in a village of Nelakondapalli in Khammam district of Telangana in southern India. He was born to an affluent family who worked as ministers in the court of Abdul Hasan Qutb Shah, the last ruler of the Qutb Shahi dynasty in Golconda. Ramadasu also known as Gopanna himself worked as a Tehsildar (revenue collector) of a Taluk (sub district). He was an ardent devotee of Lord Ram.

He once visited the significant Hindu pilgrimage town of Bhadrachalam for a fair and was shocked to see the dilapidated state of Lord Ram's temple there. Lord Ram is said to have stayed near the temple with his wife Sita and brother Lakshman during His exile. During His stay, He is also said to have visited His devotee Shabari who lived there. But in spite of its significance in the Hindu mythology, the temple was in shambles. So Ramadasu started to raise funds for its renovation. With great efforts, he succeeded in finishing the reconstruction, but without the knowledge of King Abdul Hasan Qutb Shah.

As per the legend, Ramadasu was baffled about fixing the Sudarshan Chakra (Ring of the God) on the apex of the main temple. It is believed that he saw Lord Ram in his dream on the same night who led him to the holy Sudarshan Chakra, which he found in Godavari River. However, soon, Ramadasu was held for allegedly misusing the king's funds and was imprisoned in the Golconda fort with instructions for release only after he returned the state's funds. It was during this time that Ramadasu penned some of his most emotional songs all dedicated to Lord Ram, asking Him to show mercy and imploring for His help.

And after 12 years, his prayers were answered. Legend has it that Lord Ram and Lakshman disguised as two warriors (named Ramoji & Lakshmoji) entered the fort of the King in the middle of the night and gave him 6 lakh silver coins with Lord Ram's seal as compensation. Although the King was surprised, he gave the strange youngsters the receipt which led to the release of Ramadasu. The next day both Ramadasu and the King realised what had happened. Ramadasu was inconsolable at his not having seen Lord Ram whilst the King of all people had met him. But soon his doubts were answered as the Lord appeared in his dream and explained that the King too was his devotee in the past life but had only earned the Lord's grace during this lifetime. Further the Lord also promised Ramadasu salvation at the end of his natural life.

The King was convinced that what had happened was a divine intervention and so he donated the coins to the Bhadrachalam temple. To this date, the ritual is honoured and the state of Hyderabad (now part of Telangana) offers gifts to the temple on every Ram Navami.



# Vital Seeds For Life

Seeds have been an integral part of our culinary tradition for thousands of years and are fast becoming a part of our everyday life with more and more people opting for a healthy lifestyle. Seeds provide nutrition in abundance. They are a natural source of vitamins, essential fatty acids, proteins and minerals. They are the only vegan source that provides omega 3 fatty acid. In addition they are also safe for people with food allergies.



The following are a few nutritious seeds essential for our consumption:

## Pumpkin Seeds



Pumpkin seed provide 16% of daily iron requirement in just  $\frac{1}{4}$  cup. They are high in magnesium, one of the seven essential micro-minerals. 2 tablespoons of pumpkin seeds contain about 74 milligrams of magnesium, which plays an important role in over 300 enzymatic reactions within the body, including the metabolism of food and synthesis of fatty acids and proteins. Magnesium is also vital for the proper functioning of muscles.

Pumpkin seeds help in:

- Building bone health
- Combating liver and heart diseases
- Preventing insomnia
- Providing additional nutrition during pregnancy

## Flax Seeds



Flax seeds come in two basic varieties, brown and yellow or golden, with most types having similar nutritional values and equal amounts of short-chain omega-3 fatty acids. The warm, earthy and subtly nutty flavour of flax seeds combined with an abundance of omega-3 fatty acids makes them an increasingly popular addition to the diets of health conscious consumers. Flax seeds are high in fibre and low in carbs. They help in:

- Weight loss
- Reducing blood cholesterol
- Treating acne, eczema, psoriasis, sunburn, and rosacea
- Promoting healthy hair and nails
- Beneficial for postmenopausal women
- Fighting prostate problems, male infertility and impotence
- Reducing eye related problems





## Sunflower Seeds

Looking for a health-promoting snack? Enjoy a handful of mild nutty tasting sunflower seeds with their firm but tender texture to take care of your hunger and get a wealth of nutrition at the same time. Sunflower seeds are an excellent source of vitamin E and a very good source of copper and vitamin B1. In addition, sunflower seeds are a good source of manganese, selenium, phosphorus, magnesium, vitamin B6, folate and niacin.

Benefits of Sunflower seeds:

- Enhancing the digestion process
- Lowering cholesterol levels
- Improving cardiovascular health
- Strengthening the nerves
- Preventing cancer
- Improving mental health
- Lowering blood pressure
- Anti-inflammatory properties
- Preventing diabetes
- Acts as a moisturizer
- Acts as an anti-ageing agent

Different ways of consuming these seeds

- Add ground seeds in lukewarm lemon water and drink it early in the morning on an empty stomach.
- Seeds can be added in paranthas or stuffed in patties.
- They can be added to a chutney.
- Sprinkle it on salad or on top of any raita, desserts or drinks etc.
- In a day have 3-4 tsps of lightly roasted flax seeds as a mouth freshener along with some combination of other seeds.
- Make thick gravy by adding paste of all these seeds while making a curry.

### Recipe:

#### Nutritious seed mix

##### Ingredients-

100 gm ..... of flaxseeds  
100 gm ..... of sunflower seeds  
100 gm ..... of sesame seeds  
100 gm ..... of pumpkin seeds  
1 ..... lemon  
2tbsp ..... of water  
Rock salt ..... to taste

### Procedure -

Mix all the seeds.

Prepare a mixture of lemon, rock salt and water. Add the prepared mixture into the seeds and mix it well. Spread this entire mixture on a big plate and let it dry in the sun for 2-3 days.

(Note - this mixture should not have any moisture in it)

After drying, lightly roast it. Cool it and pack it into an airtight jar. Use 2 to 3 tbsps of these seeds throughout the day.

- Reema Vyas

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.



# One With Nature

## What is Our Connection with Nature?

Some of you may wonder if this is even a question? Isn't it evident that we are all a part of nature? But the real question is do we realise that this is an actual relationship? Do we live with the feeling of being connected with nature? Does our everyday lifestyle incorporate this tie that we share?

We go on with our lives each day oblivious to the environment that envelops us. This ignorance has distanced us from our own planet. We don't even realise that all of nature and us are related to the extent that we share the same DNA with trees, animals, insects and other organisms. Science has proved that we are all actually one and have come from the same source. Genetic mutation split us up into different species. Somewhere on the path of evolution, unlike other species, we humans got disconnected. This split has not only harmed us but has also had an adverse effect on the environment.

Ayurveda believes that every human being is made up of 5 elements. It says that the roles the elements play on the outside is exactly the same role they play within us. Time and again theories of this 'oneness' have been insisted upon by many a scholars and healers. But as usual it has fallen on deaf ears.

When we start exploring our connection with nature is when the process of self healing actually begins. Nature has the power to heal us in mysterious ways. We spend hundreds of thousands of rupees on therapists and doctors to heal something that can be eradicated naturally. For instance, a simple step like a walk in the rain can heal us of many health issues, but we hardly ever care unless it's prescribed by a doctor for a whopping sum.

**- 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 MaitriBodh Parivaar.



# My learnings of the four letter word 'Love' with Dadashreeji

A small word yet it encompasses our whole being. We take birth to experience this emotion to its fullest capacity, seeking and searching it in every relationship all through our lives. The vastness and limitlessness hidden in this word became my experience and truth, in the presence of Dadashreeji. Dada showered His unconditional Divine Love on me without holding anything back or asking anything in return, completely and selflessly; thus making me 'His'. I learnt from Him that love is the only way forward and the only way to live life in its completeness is to experience it in each and every moment in our life. I learnt to flow in love, be in love, give love, share love and just be in love with love like a child.

Life is like a school where we pass each grade, learn something new and move on to a higher standard. My recent lessons through Him taught me yet another way of experiencing and having better and fulfilling relationships; making me move a step forward in the school of love and life.

I learnt, that in any relationship of love, it may be with our spouse, lover, friend, parent, child, sibling... one must be 'expressive'. The first step is to live life with our heartfelt expressions of compassion, love, disappointment, anger, insecurity and fear. To experience the 'self' in its entirety, we need to be demonstrative and reveal our hidden corners. We often live an artificial life, because we are fearful of the opinions of those around us. Thus, we unknowingly go deeper into a quagmire entangling our 'self' deeper in the mud.

At times we are vary of what the others will say, think, or feel and as a result, we don't express our inner true 'self'. This may be resultant of a fear of rejection, judgment or being ignored that doesn't



allow us to express the underlying truth. But once we gather the courage and allow our self to experience and express the reality, our relationships will become meaningful. Don't let anything stop you from expressing your truth...for when we stop, we distance ourselves not only from our inner divine self, but also from our loved ones. Be sure not to assume or judge yourself or another, instead express your truth and let the divine do what He does best, 'give direction to your life', 'Let thy will prevail'. The moment you start expressing your truth, innumerable doors will open for you and pave a way for a beautiful and purposeful life.

The second step in a healthy relationship of love is 'freedom'. What is freedom in love, how can we love someone and say you are free to do whatever you want? We often feel insecure and want to tie the one we love with us, most often he/she is our spouse/lover/child/friend, not realizing in our pursuit that it is only when we give them the total freedom that we truly experience love in its totality. Freedom in love entails acceptance of the other as they are, without any insecurities, expectations or judgment. We often are live in the fear of being abandoned by our loved ones. We must learn to let them be, give them the freedom to fly and create their own flight. The same rule applies to marriages, wherein letting our partner the freedom of making ones own choices, we also give them a chance to discover their own shore and their own height of flight without tying them down. In freedom, not only do you grow but you also allow the other person to grow without clipping their wings. Create a loving shelter for your loved ones in your heart. A place they can come and relax, dock without fear of rejection or judgment. Let them know they have your unconditional love and the freedom to be themselves in their true form even if it is far away from you or with you. When we truly let go of attachments, is when we understand that it is in freedom that true love exists. If you truly love someone, give them the freedom to choose for themselves. Someone has rightly said, "If you love something let it go. If it comes back it is yours, if it doesn't it was never meant to be".

The third step in a healthy relationship is transparency. To be transparent and become one with who and what you are within your 'self' as well as on the outer surface. Transparency in relationships comes with being true to yourself. A relationship with walls creates boundaries, thus shadowing the clarity of it with a judgmental. It is when we lift the curtain and become transparent, that the wall of our prejudiced mindset crumbles. We have better communication with no hidden agenda and there is no reason not to be transparent.

The truth is that the world outside is a reflection of the world inside us. If our inner world is honest and full of love, then the world has no choice, but to reflect and give the same back to us. When we are true to our self we reflect the same clarity to the outer world. When we connect to the One within, the world sees the purity and honesty of our love and bond with our Source, our inner divinity and gets pulled towards it strongly. This, then allows them to experience truth and honesty through us. So, lets all pledge to become transparent and allow the world to experience our truth and see our Divine's reflection in us.

**- Maitreyi Sonee**

\*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 It Important To Become Energy Sensitive?

To notice the difference that any kind of energy product, healing, meditation or prayer makes to our physical existence takes a little bit of spiritual sensitivity. Being sensitive to energy around us is important to experience how it is affecting us every single second. You do not need to be a yogi or a saint to be relatively aware of metaphysical happenings. Each and every human being is born capable of tapping into higher energies and vibrations.

Just like everything in nature has its own pace, so does spiritual energy. The Earth rotates at its own pace, the sun rises at its own pace, flowers bloom at their own pace, our body grows at its own pace. Nature falls perfectly in place automatically. Exactly like that, cosmic energy also follows its own pace. It affects us as per the norms of the spiritual realm. The trick is to become sensitive to it. The more we notice the wonders of spiritual energy, the faster it works.

When we use an energy product, meditate, meet a Master or receive healing, the seed automatically gets planted. Sometimes we see the result immediately and sometimes we just lose patience and often conclude that 'nothing is happening'. But the fact is that something has indeed started happening. It's just that we are too blindsided by the interference of the mind and the rigidity of our egos to see. This is when becoming energy sensitive comes handy.

We live in a world that has offered us a mystical dimension to resolve all our problems. But we have chosen a life where fast paced physical evidence has become essential. Cosmic energy is affecting us at every step of the way, but we have chosen for it to take a back seat.

There are a few steps to become sensitive to energy.

Awareness

Acceptance

Faith

Practice

Firstly, one must become aware of metaphysical happenings around you. Read about it, watch videos, meet masters, research, attend programmes, study and educate yourself.

Awareness will automatically bring about acceptance. We insist that one must argue and find his own answers. Only then will the mind rest and eventually accept that this dimension exists in our universe. Once you have silenced your mind by throwing astral facts in its face....believe! This is not a practice of the mind but an act of the heart. You will reach a point where your heart will help you surrender. Even though the pace of cosmic energy affecting you may be slow you will come to terms with factors like karm, what your soul has decided for you, blessings etc.

And lastly but most importantly – Practice. Do not lose touch. Keep at it. Learn new things. The more you practice the more spiritual energy will cross your path.

**- Maitreyi Smita Jaykar**

Smita Jayakar is an Indian actress and theatre personality. She is a spiritual healer and experiments with various natural therapy, techniques and practices. She has been helping people with self/natural healing techniques, conducts workshops and provides other useful information for a holistic living.





# Parenting

There is no fixed formula for parenting since each child is unique and needs to be dealt with a different approach.

Following are a few simple ways to enjoy parenting:

**Accept them the way they are:** As parents we sometimes forget that our children are here on a journey like us. The key to a happy parent-child relationship is to acknowledge and recognize them as separate entities (souls). We do not own them. They choose us (as their parents). It is but for a reason that we are together in this lifetime. Accept them as they are. They are a blessing in our lives.

**Children as teachers:** Haven't we often observed that one of our own (child) is exactly the opposite of us in thoughts, behaviour, approach, attitude? Well, there is a reason for it. On introspecting, you may realize that at times we too have to learn from them. Children, in fact, are the greatest teachers. They are non-judgemental, their minds are open and thoughts are clean, pure, devoid of any apprehensions. They see things as they are. We must be open to learn from them.

**Understand your child's needs:** Children are born complete, it is we who often corrupt them with our preconceived notions and conditioned mindsets. We must nurture, support and guide them without imposing our ambitions on them. We must learn to give them love, care and unflinching support. We must discipline them with care so that they do not lose the joy of growing up. A balanced upbringing is the need of the hour.

**Let them 'BE':** We, as parents, have to just let them 'be'. Allow them to spend time with themselves or nature or just do nothing. Children, if left alone can come up with the best of solutions and creative ideas possible. Give them the space to grow and let them learn from their mistakes. Give them courage and make them fearless.

**Conducive atmosphere:** If we are happy, we will radiate positivity. The joy and love within our being should be such that the child should want to come home and share the day's events with us. It is very important for a parent to be open, receptive and non-judgmental. This helps in breaking barriers and strengthening the parent-child bond.

We need to be able to change ourselves- our habits, behavior, thoughts and words. Transforming ourselves is the first step towards effective parenting and a joyous parenthood.

**- Maitreyi Varsha**

A student of life, Maitreyi Varsha has been a seeker and is an integral part of MaitriBodh Parivaar.



## Story

# Dhanna's Call To the Divine

Dhanna was a servant in the house of a Brahmin. His master was a priest and an ardent devotee of Lord Krishna. He was devout in carrying out his daily rituals. He worshiped Lord Krishna on Shaligram sheela (type of stone).

Dhanna always felt a natural attraction towards Shaligrama and he longed to worship Lord Krishna on that sanctum stone. Many times he requested the Brahmin for a Shaligram sheela and the method of worship. However, his Master told him that elaborate procedures and rituals were needed to worship God and since Dhanna was not a Brahmin he would not need all that.

Dhanna kept serving his Master and pleaded at every opportunity to have a Shaligram. Ultimately, his master thought that there was no harm in giving him just any other stone; Dhanna wouldn't know

the difference anyway, he thought. So, he gave him an ordinary rock. Dhanna thanked his master and believed that the stone was an actual Shaligram. He asked his master for the method of worship who asked him to offer the Lord food twice a day and bathe him and so forth. In summary, he asked him to treat the Lord like a living entity, like your very own, your God!"



During his lunch hour, Dhanna bathed that 'ordinary stone' and placed it on the floor and clothed it. He opened his lunch box; it had four chapattis. He spread them in front of the stone and invited Lord Krishna to eat. A few minutes passed by, but there was no sign of the Lord. Dhanna kept

praying and resolved to not eat till Lord Krishna partook of his lunch. The lunch hour passed, but there was no sign of Lord Krishna.

Another two hours later, his master came looking for Dhanna. When he was asked, Dhanna told him the entire story. Brahmin laughed his head off and told him that Dhanna's job was to offer and that God had accepted it.

But Dhanna insisted that He was real, his food was real and therefore, if God really accepted his food, He would have eaten for real. Brahmin shook his head in disgust



and disbelief and told him that he had better show up at work right away or he would lose his job. Dhanna did not respond, he was too lost in his own world.

Tears of love and devotion started trickling down Dhanna's face. He sat there motionless calling out for to Lord Krishna, not using any vedic mantras but in his own language. Many hours ticked by and one after the other, eight days passed. Dhanna was as good as dead; almost breathing his last.

Gallons of tears, thousands of calls, eight sunsets, and almost two hundred hours later, Lord Krishna appeared in front of Dhanna and started eating the chapattis. Dhanna watched unblinking but he wasn't surprised. He knew the Lord would respond to his unflinching faith.

Dhanna was overjoyed. Lord Krishna ate another of his chapatti. And then another. The God had manifested to satisfy His devotee. After Lord Krishna had eaten three chapattis and was ready to take the fourth one, Dhanna, looking askance, he held His hand. He told the Lord that he was very hungry too and that at least one chapatti should be left for him, especially since he had not eaten for eight days straight.



With a mellifluous and soft laugh Lord Krishnaa put His Divine hand on His devotee's head. Ten of the finest dishes appeared right in front of Dhanna and he was fed by his dear Lord.

The Divine understands the language of love. Communication from the heart, pure intentions, truthfulness and love is required to build a bond with the Divine.



# Life at A Crossroad

Which field should I select? What career should I choose? What is the right profession/business for me? Am I on the right path? Is what I'm currently doing helping me to move forward towards my goal? These are a few questions with which most youth and teenagers struggle with everyday. Most youngsters face a lot of doubt and uncertainty over the so called 'major' decisions of their lives.

I feel the basic challenge is that the youth tend to base their decisions either on the knowledge that they have acquired or the knowledge they seek to gain. They usually try and follow a logical career path based on what people have been doing since ages for eg., school, followed by specialization either in science/commerce/arts and then a professional degree in engineering or medicine or business etc.

I recently went through a major career change and it was a life changing experience for me. After giving 10 prime years of my life to the medical field and becoming a surgeon, instead of practicing surgery, I left it behind and joined the training and development department of a healthcare corporate. It took me a long time to make that decision and the biggest challenge for me was to adopt and adapt to the corporate culture versus the hospital culture. After I joined the company, I found it surprisingly easy to adapt myself.

As I deliberated, I realized that my association with Dadashreeji and the MaitriBodh Parivaar for the last four years helped me in understanding the various facets of life. The opportunity to render service which I received in due course of my association, helped in learning and experimenting with newer avenues. I found it easy to adjust to my new circumstances. I never said no to any work and kept trying new things. My lessons and experiences increased exponentially because of the activities I was doing outside the scope of my profession. Initially, logic guided my decisions. However, later the MaitriBodh Parivaar gave me an open platform to explore myself through its various activities and guided me to communicate with my heart and make wise decisions based on the journey that would take me to my highest potential. I also realized that it is not only knowledge that helps you move forward, it is the qualities you develop with your actions that actually determines how much you'll be able to move forward. I strongly believe that qualities like patience, strong will power, communication skills, persistence, people management, passion etc are imperative for growth. If you can build on such qualities, you'll realize that your capacity to do any kind of work increases. It might be a little difficult at first to do new things outside your comfort zone, but with practice, it becomes a habit and a way of living. There's no age limit to learn something new or to develop new qualities. Another thing I have learnt is that one should not be rigid about ones goals. Your life's goals can change every few years and it's important to assess your current situation in life, let go of the past and start a new journey towards a new goal. Never stop striving towards the next step thinking that you have achieved your goals. There will always be something more that you can explore about yourself through a new path, a new journey.

1. Develop the ability and open mindedness to learn anything, no matter your age.
2. Do activities outside the scope of your business/ profession/ field to expand your experience.
3. Do not be rigid about your goals. Assess your current situation, listen to your heart and then decide your goal.

**- Mitr Vineet**

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 MaitriBodh Parivaar and is engaged in many social activities of the organization





# Do What Makes You Happy

There have been many times in my 17-year-old life that I have wanted to do something, ended up doing the exact opposite thing, and later lamented over my silly decision making capabilities. Like the time when I really wanted to compliment this woman, who was sitting next to me in the rickshaw wearing the most beautiful pair of 'jhumkas' I had seen, but felt like I would look like a creep if I did so. Or telling this friend of mine who had dyed her hair in the most outrageous colour, that I really admired the bold statement, and the fact that she was never bothered by the stares, whispers or blatant questions had impressed me to no end.

But I didn't do any of that. I just plugged my earphones into my ears, and let the blaring music blur everything around me. Indeed I have regretted it a number of times. But as and when moments like these become a part of my past, I am shrouded by the same old saga "who cares"?

Prince Hamlet's 'to-do-or-not-to-do' dilemma has haunted people since ages. It's a question we still haven't found an answer to. We are inhibited by our fears of rejection, our actions, controlled by what people expect from us, challenged by our strict codes of conduct. We have kept the real "us" hidden away beneath those countless masks of indifference, "how-does-it-matter-anyway"; for the fear of being seen as who we truly are, who we truly want to be. Because sometimes, pretending that you don't care seems easier and less painful than admitting that you care way more than what you show.

But life isn't governed by certain principles. It is governed by unbridled emotions, feelings, those pure raw moments in life that make the whole journey a little more meaningful and a lot more beautiful.

For instance, to get excited about little things in life such as wearing a new outfit for the first time, Sunday brunches with family, the new cute person who recently joined your tuition class or finding a 10 rupee note in a pocket of your old jeans, warm hugs and kisses on your forehead, laughter that makes you clap like a retarded seal, perfect 10 on 10 on your scorecard, and the excitement on festivals like Diwali, Eid, Christmas and New Year and all the positive vibes that they bring.

I believe that your life is characterised by anything which remotely makes you happy, because as you grow, passions seem to fade and enthusiasm gets mistaken for foolishness. Buying balloons or blowing bubbles doesn't seem 'dignified' anymore. But don't let the black, white and grey world stop you from painting your canvas with bright hues. Life is too short to think twice about performing random acts of kindness.

Today, if you give me a time machine and ask me, what would be the one moment of my life I could rewind and redo, I would go back to that day in the rickshaw, remove my earphones, turn to the lady with the pretty jhumkas, smile bright and say, "I really like your earrings! Where did you get them from?"

**- Vaidehi Maheshwari**

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





## My Learning

Just a year ago, I moved to a new school. This was pretty much the school of my dreams, and I was thrilled by the idea of meeting new people. It did feel pretty weird that I an introvert by nature, was excited to interact with new people. But, nevertheless, I was indeed happy.

So when I stepped into the first class in my new school, I saw people all around me- some talking, and some sitting in the corner. I eavesdropped on a few conversations and realised that only a few of them were in my class. Two girls sitting behind me seemed friendly. Shortly after, we became acquaintances, only to realise that they spoke a language that I couldn't quite decipher. I had to sit alone that day, and it was officially the worst first day ever.

I think that incident made me really judgmental. When all students were segregated into their respective sections, I found that I recognized no one in the class except for the two girls who I had nothing in common with. This was when I first started judging people.

In our first English class, the teacher asked each one of us for our introductions. I did my best to describe myself and my avid interest in writing, but all I got was indifference, which left me highly disappointed. I was convinced that I'd have to spend the next two years without friends with only a few acquaintances. Soon a new girl joined, but I didn't make any effort to befriend her assuming she was a complete 'nerd' and just not my 'type'.,

Five months later, we went for a school trip to Goa. A girl I disliked the most in class too was on that trip, a knowledge that infuriated me to no extent. But since I didn't have any choice, she became my travel buddy during that 5-day sojourn. Soon we got to know each other and became the best of friends. The new student whom I had dismissed as a 'nerd' too became a part of our little group. And soon the three of us became the best of pals.

In the past one year, I directed a play, co-wrote a script for a short film, recited poetry in front of my whole batch, and won laurels I never thought I'd ever win- all in front of the very students who I thought would never accept me as who I am with open arms. And turns out, I was being foolish. I never even tried to look beyond what I saw (Yes, I used a reference from the great 'Lion King'). I just assumed that the people around me were what they looked like, and just didn't bother to make an effort to really get to know them.

To upshot, the past one year has been a turning point in my life that has taught me to never judge people by their looks besides many other good things.

I learnt that...

If I want to be accepted, I need to accept others.

If I want to be appreciated, I need to appreciate my comrades.

I must Practice what I preach.

Because, at the end of the day, that's what's going to make me, me.

And I'm pretty sure this can apply to you too.

**- Harini MS**

Harini MS is a twelfth-grade student. She is a budding writer and has a blog. She has varying socio-cultural interests and wishes to pursue Veterinary Psychology in future.



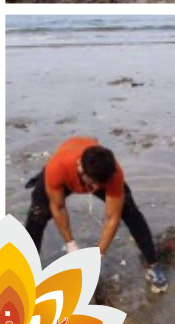
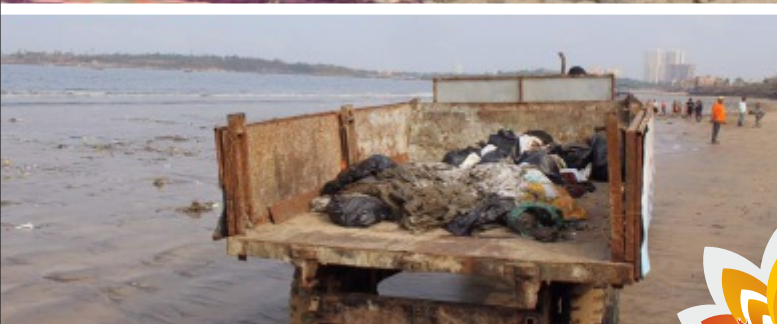
# YGPT, Youth for Global Peace and Transformation

## Bin to clean, 1 4th May, Versova beach Mumbai

The day started with Om Chanting, accompanied by cleaning of the beach. The drive also aimed at creating awareness among people at large about the harmful effects of plastic. The members of YGPT along with people around the beach understood the importance of garbage segregation (bio-degradable and non-bio-degradable) and cleaned a large area of the beach.

## Ghoradeshwar Hills, Pune

Unlike mainstream city cleaning, Pune's youth took to the hills circumventing the city. The youngsters planted trees and cleaned the area. Driven by the spirit of YGPT, children as young as 12 years were part of the drive. This drive takes place every Sunday.



# Blood Donation camp

3rd May, Amritsar

This camp was organized in association with Neelkanth Hospital. Large numbers of youth came forward to donate blood for the first time and went on to break their self created barriers by donating blood selflessly.



# Medical Camp

15th May, ShantiKshetra Premgiri Ashram, Karjat

The MaitriBodh Parivaar in association with Hinduja Hospital organised a medical camp at the Ashram. A team of experienced doctors and staff carried out their duties meticulously. Immense gratitude to all the doctors and the sevaks who worked tirelessly and selflessly for the betterment of the villagers.



# Peace within, A Divine Journey

with Dadashreeji to the Himalayas:  
10th May to 22nd May

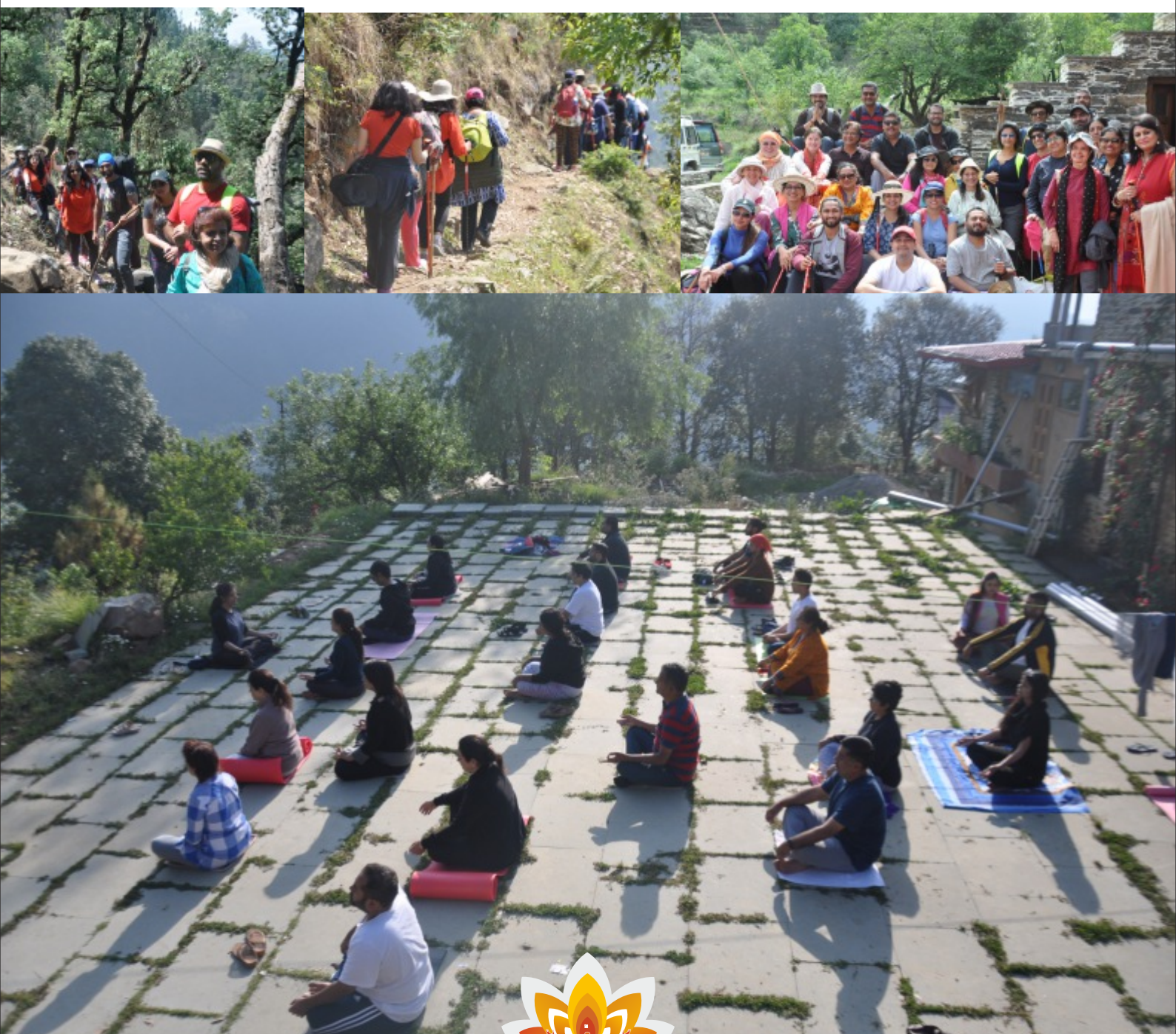


The journey of every individual with Dadashreeji is something each one will cherish and hold close to their hearts in this lifetime as well as the coming ones. The luscious and natural greenery all around spoke to all in their own language conveying their happiness in their natural state. The living creatures all around with their clicking and chirping were equally in joy for the freedom and freshness of air. The mountains, clouds, sky gave a warm welcome with torrential rains and chilly weather. With the Divine Himself visiting their space they were all dancing in joy and love. The participants were made aware that it is their land and they were only visitors there. All were told not to speak too loudly and disturb the natural life of the Himalayas.

The stay at Dunagiri resort was a beautiful experience in itself due to the very warm welcome and hospitality of the beautiful couple and their humble staff members. The people there opened their hearts and made all the participants feel that the resort was their very own home, their ashram. To experience heaven on earth that too with your own Master and Friend was a gift given to all the participants on a platter. The time spent, the teachings and insight shared by Dadashreeji were profound giving clarity that life is all about sharing and spreading love. Love was in the air which we all breathed; all that was needed was to flow with the unconditional Love and Grace being showered on us selflessly by Dadashreeji. The daily treks energized all the participants and kept them on their toes. The visit to Mahaavtar Babaji's Cave was an amazing experience where we all felt His presence and received immense Grace and Love from Him.



Dadashreeji shared that Nature and Mother Earth was giving us all a message and we must open ourselves to receive it. He made us feel the pain and suffering of Mother Earth. The damage humans have inflicted upon Her due to their own selfish wants and desires. How humans take advantage of Her selflessness by misusing and mistreating Her. Dada made us all realize that none of us can be happy and live fulfilled lives, until and unless Mother Earth is happy and healed completely. Dada showed it was possible to heal Mother Earth with unconditional Love. He asked us to put our palms facing the Earth and pray to seek her forgiveness for mistreating and misusing her. Then he taught us to heal her with Divine Love and energies. In gratitude for His Grace all those who went there as individuals, earned Oneness with their Divine, Nature, Mother Earth and each other. Every participant took a solemn vow to protect Mother Earth and respect Her selfless giving. To help nurture and strengthen Her by showering Her with unconditional Love. Each and every participant came back with a new zeal, a new breath to live life joyously.



# Children's Bodh

28th May Goregaon West, Mumbai

The event was enjoyed wholeheartedly by the participants. They enjoyed the activities, the stories and made best friends with the Divine Friend Dadashreeji. The session ended with dancing, singing and all went home with hearts full of love and laughter. Thank you Dadashreeji for guiding young children to walk the path of the Divine from such a tender age.



## Bodh 1

Bodh – Level 1 was conducted in the following cities 6th & 13th May - Pune, 13th May - New Delhi, 14th May – Amritsar

## Maitri Diwas

Maitri Diwas was held in Pune on 7th May and in Delhi on 14th May

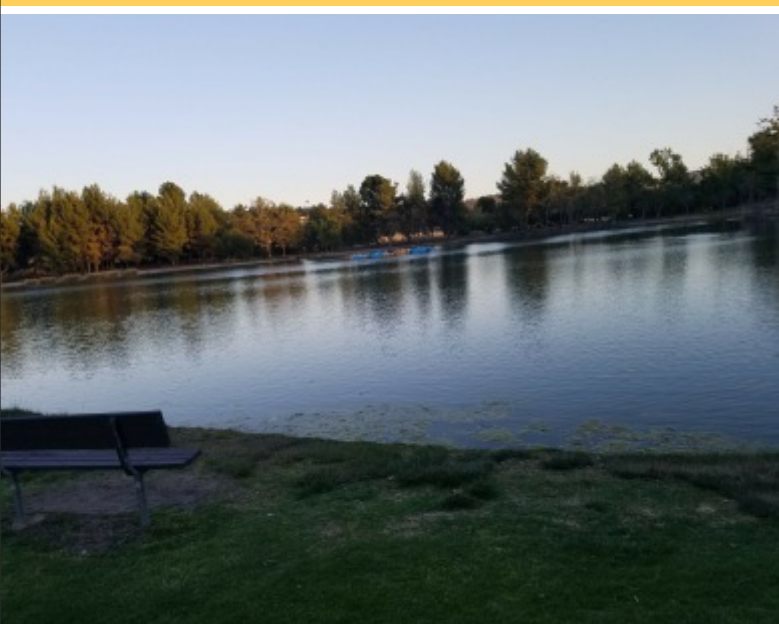
Regular Sambodh Dhyana and Maitri Light sessions have been conducted all over India and abroad.



# Prayer for Mother Earth

24th May to 23rd June

A prayer meet was organised collectively by devotees of MaitriBodh Parivaar across the Globe for sending Dadashreeji's Divine Love to Mother earth and healing her. Humans all over have been misusing and mistreating her for centuries now. Her pain and suffering is now reaching out to us and sending messages of distress. Participants across the world came together and chanted Dadashreeji's Mantra for one whole month, offering their prayers at the lotus feet of our Divine Friend Dadashreeji to help heal Mother Earth. The prayers and innumerable experiences felt by all the enthusiasts prove that the efforts are reaching the Divine and Dadashreeji is continuously guiding everyone towards establishing love and peace on Planet Earth.








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

# Spiritual Week

———— 4<sup>th</sup> July - 9<sup>th</sup> July ————

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

<b>Awakening to self realization</b> Bodh I 3PM – 7PM . IST  4 <sup>th</sup> July	<b>Purification</b> (Chitta Shuddhi) Bodh II 9AM (5th July)– 5PM (6th July) . IST  5 <sup>th</sup> July - 6 <sup>th</sup> July	<b>Path Divine</b> Bodh III 9AM (7th July)– 5PM (8th July) . IST  7 <sup>th</sup> July - 8 <sup>th</sup> July	 <b>Guru Purnima</b> offer Gratitude to the Guru (Master) who unveils the Truth and receive abundant Blessings and Grace  9 <sup>th</sup> July
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Please note, Purification and Path Divine (Bodh II & III) are residential processes.

For further information and registration, please log on to our website; [www.maitribodh.org](http://www.maitribodh.org)  
or write to us at: [info.india@maitribodh.org](mailto:info.india@maitribodh.org) or call us on: + 91 7718805555 , +91 9820379973



# Upcoming Events

Paduka Prem Yatra	6th June to 6th July	From ShantiKshetra Premgiri Ashram starting from ShantiKshetra Premgiri Ashram, Paduka will be traveling to 7 regions and come back to Ashram before Guru Purnima
Spiritual Week	4th to 8th July	At ShantiKshetra Premgiri Ashram
Guru Purnima	9th July	At ShantiKshetra Premgiri Ashram

The following Mitrs / Maitreyis shall function as 'Regional Events Representatives' (REPS)

## Mumbai

Maitreyi Monica  
Mo : 98203 79973

## Delhi

Maitreyi Sonée  
Mo : 98110 61282

## Bangalore

Mitr Manikandan  
Mo : 95914 27000

## Pune

Mitr Gaurav  
Mo : 95605 73908

## Indore

Maitreyi Samiya  
Mo : 70247 25555

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

## India

Baroda - maitreyi.jagruiti@maitribodh.org  
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  
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