

ANAHTA

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Gratitude Day Celebrations

Paduka Prem Yatra

Guru
Purnima
Celebratory
Issue



MaitriBodh

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From the Editor's Desk

Dear Reader,

This much awaited 'Celebratory Special' for the months of June & July covers the Guru Paduka Prem Yatra & Guru Purnima Celebrations at ShantiKshetra Premgiri Ashram.

For the entire month of June, Dadashreeji's blessed Padukas travelled to the homes of devotees in the respective regions. The atmosphere in the homes of the devotees hosting the Padukas resonated with His Divine presence. Devotees conducted abhishek, bhajans, akhand jyoti, havans, spiritual sessions and more with great fervour to mark the coming of their Beloved Friend Dadashreeji into their homes. The Paduka Prem Yatra concluded as the holy Padukas of Dadashreeji were brought to the ashram from Jamrung village in a pud yatra (journey on foot) with songs, dancing, elation and much rejoicing on the 8th of July.

The grand Celebrations concluded on the 9th followed by the grand Guru Purnima Celebrations and the Darshan of Dadashreeji. The prayers and innumerable experiences enjoyed by all the devotees who participated in the month long chanting validated that the efforts reached the Divine towards healing Planet Earth and re-establishing love and peace on it.

In this issue, read Shivi Verma, editor with LIFE POSITIVE magazine opine on feminism and speak about witnessing the beautiful camaraderie shared by the members of MaitriBodh Parivaar at the ashram. Dadashreeji's story on the best Guru Dakshina for the Master touches one to the core. Read more about the experiences shared by devotees in Bodh, during the Paduka Prem Yatra and the insights shared by seekers. Noted actress and spiritual seeker Smita Jayakar shares the importance of having a living Guru.

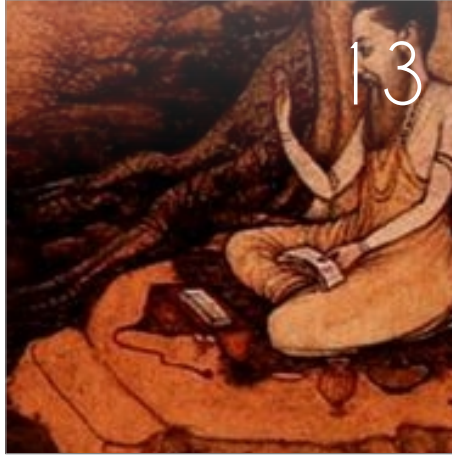
MaitriBodh Parivaar continues to spread the message of Love through spiritual sessions, social projects and other initiatives. Enjoy the rains as we witness the miracle and cycle of creation!

Love & Gratitude!





11



13



14

CONTENTS

Pearls of Wisdom

04

His Words

06

Dadaleela

07

- ▶ My Journey with Dada
- ▶ Dada - The Guardian
- ▶ The Perfect Offering

- ▶ Real World or Dream
- ▶ Total Surrender
- ▶ A New Life

Food for the soul

12

Wellness and You

14

- ▶ Spreading the Master's Message
- ▶ Do you need a living Guru?

- ▶ Alternatives to Milk

Send us your experiences at: experiences@maitribodh.org



02



16



18



19

Refelections

16

- ▶ My Dada is a Feminist
- ▶ Experiencing God and Guru in Oneness

YOUNG IMPRESSIONS

19

- ▶ The Favorite Game

@MBP

20

- ▶ Paduka Prem Yatra
- ▶ Chanting Dadashreeji's Mantra for Mother Earth
- ▶ Maitri Manthan in Europe
- ▶ Medical camp
- ▶ Sambodh Dhyam and Maitri Light Sessions
- ▶ Bodh 2 in Germany (Europe)
- ▶ SPIRITUAL WEEK

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Pearls of Wisdom

Best Guru Dakshina for the Divine Master

After completing their years of study in the Gurukul, traditionally, students offer their Gurudakshina (offering to the Guru) as they leave their ashram school with the permission and blessings of their Master. On the day of departure, in the morning, the Divine Master invited all to gather next to His hut. The students got ready and came with their bags packed but with heavy hearts. It was an emotional moment filled with tears and hugs. The Divine Master blessed each one of them and called each student forward one after the other. His students conveyed their love and offered their gratitude.

His bright student Brahmanand said, "Oh my Supreme Master! You have imparted the highest knowledge of all - Brahma Gyaan to me. Your teachings have truly transformed me into a 'Realised Being'. All through the years here, I have been compiling your teachings and have now woven them into a spiritual book. I offer this spiritual knowledge as a book at your feet. With your blessings, I will take this knowledge to the entire world and help them understand the real meaning of life. You will be known to people through me and my teachings. Please guide me!"

The Divine Master smiled and called the next student.

Student Kevalanand, "Oh Kind Master! You have taught me various rare meditation techniques. With your guidance, I am now able to see that the world is inside me. There is no separation - no duality. All are One. Through my hard work and consistent practices, I have achieved that 'Higher state of Consciousness' which is difficult even for devtaas to achieve. After leaving the ashram, I will teach all these secret techniques to people and enable them to experience their true identity. Please allow me!"



The Master looked into his eyes and handed him a broom. He then called the next student.

Student Krishnanand with folded hands expressed, "Oh Ever Loving Master! I thought of many things to offer at Your feet like flowers and fruits. But, I realised that the vibrant colours of flowers and the sweetness of fruits exist because of your Grace and Love. How can I offer them to You? Everything becomes lifeless in Your absence and the powerless gets strength in Your presence."

"Oh Divine! I exist because of You. What can I offer? I thought of various worldly things to offer at Your feet. In all those things, I saw You again as their source. I find myself incapable to offer all that to You. My Master! I have miserably failed to offer anything at Your feet as Gurudakshina. There was nothing worth in this world that I could think of offering to You. All were trivial and inconsiderable."

"My Eternal Master! I am only left with this body. I offer this mortal body at your feet. Kindly accept it. Make it useful as an instrument. Break it. Bend it and dissolve it. Since the beginning, this body was Yours. How foolish I am that I realised it only now! There is no life without You. Oh Divine Master! Please accept me!

Listening to this, the Divine Master with tears in His eyes, and love in His heart hugged His student. The student fell at His Divine's feet and cried profusely to empty his heart and requested again to accept him.

The Divine Master in His compassionate voice said, "My dear child you are you now, a real 'You'. You reflect My Love and Knowledge. You are free now. You can go anywhere as you wish. You will always find Me near you, within you..... as you have become Me. Go out and show others the true path of life!"

On the other side, for Brahmanand, Master gave His Padukas and advised him to worship them every day. He instructed Kevalanand to remain in the Ashram and serve the ashramites.

My friends! The Divine doesn't need anything from anyone. Out of Love, you offer what you have or what you can. Remember, the Divine's sole purpose is your spiritual growth and nothing else.

Hence, the best offering to the Divine is your spiritual growth - Grow in Love and with Love.

Remember always -
"I am yours and I am for you."

**Love and blessings,
- Dadashreeji!**

Please note that this is an original story shared by Dadashreeji as a part of "Maitri Tales by MaitriBodh Parivaar" for the benefit of devotees and seekers to understand spirituality in a simpler form.



His Words

“ DEVOTION gives you unflinching commitment towards your dream. It gives you a single pointed focus to walk the challenging yet fulfilling path towards your dream. ”
- Dadashreeji

What do we do when we have a goal to reach, a dream to fulfill? We identify the goal. Then we define the ways and means to reach it. We also shun the unnecessary things that may impede or distract us in our endeavour. This single minded commitment is also called dedication.

What is needed to help us in our path towards the goal? The most important thing that is needed is unlimited energy in the form of desire. Desire is the energy which converts ideas into action and then helps us achieve our outcome.

One of the strongest forms of desire is DEVOTION. It is silent and is seen in actions and not words. It is the highest form of commitment. Devotion is the energy that never fails, because 'devotion' is indeed LOVE. When you have devotion, you have decided to love without any conditions attached. This form of love is divine and hence, has the blessings and grace of the almighty.

Whatever the challenges and hardships, devotion is the ship with a strong sail that never breaks and takes you to the shore.





Dadaleela

..... Devotees' Experiences

My Journey with Dada

Travelling with Dada makes everything easier. That's what I thought when I landed in a new continent after a long flight.

Everything was going in a flow, starting from the check-in, the connecting flight and collecting my luggage..all went down smoothly.

As I was happily proceeding towards the exit door, I saw passengers being stopped for a luggage screening. And since I am undergoing a nutrition issue, I tend to carry food items with me, which is clearly illegal as per the international guidelines. But I had denied the fact in my immigration form.

And just the thought, that I would be caught gave me jitters.

So I did, what I do, everytime I land up in trouble. I prayed to Dada..implored him to save me the embarrassment.

And within minutes my prayers were answered. I was asked to change my lane by a guard on duty.

Fortunately, passengers in this lane weren't being scanned. I knew Dada had come to my rescue.

But just as I was counting my stars, guards appeared on the scene with dog security. This scared the living daylights out of me. And did what I always do in tough situations..remember Dada.

And to my horror, we were all asked to place our luggage on the floor including the hand bags. As the security guard approached towards me, I was totally nerved, but I pretended to keep my calm. I started to think of excuses I would make, once caught. While the guard was meticulously going through my backpack, the dog chose to look the other way. He seemed totally disinterested in my bags and all that they contained. I almost like a higher power was in play that literally was controlling the dog's movements to save me. As if Dada himself had taken upon him to distract the otherwise dutiful sniffer. It was incredible.

The incident reminded me of one of Dada's webcast where he had said, 'I will always be there for you, through all your travels'. At the time of this airport incident, I felt like that message was meant for me.

And yes, who knows? Maybe, Dada intended to show me that he is omnipresent.

Thank you very much, Dada for your guidance. Thank you for always being there for me! I love you!

- Maitreyi Elisabeth Hartmann
Europe



Dada - The Guardian

I felt that I must share this special experience as everyone will be able to relate with it.

I was to undergo a clinical test - laryngoscopy - a rather painful examination of the throat. I was told that a tube would be pushed inside my throat. And just the thought of experiencing that was harrowing.

The moment they asked me to lie down, I started chanting Dadashreeji's mantra in my head. Soon the doctor came in and explained the procedure. Just like I had been informed, they were going to pass a tube into my throat via my nostrils. My heart jumped with fear and anticipation of what was to come. But I tried my level best to relax, and pictured a towering image of Dada in my head.

Believe it or not, it was a sort of a miracle. I did not feel an ounce of pain and the procedure went by in a blur.

All thanks to Baba Dada! Thanks a zillion Baba Dada for your countless blessings and love.

Dada you said you will control and take care of our MINDS and you are REALLY doing it! Love you Baba Dada!

- Dolon



The Perfect Offering

I have always wondered why we often pluck flowers from the gardens and offer them in temples and gurudwaras. I truly believe they should be left where they belong..in the gardens.

During the Prem Paduka Yatra, when Dadashreeji's padukas were to arrive in Amritsar, I was assigned the duty to arrange for fresh flowers that were to be offered to the Divine padukas.

Although I was determined to fulfill my role, I was reluctant to purchase flowers from the florists who obviously acquire them from commercial dealers who pluck away these beauties even before they can bloom.

As the Narayan Ashtotra proceeded, I got lost in the divine energies that radiated from the padukas. But just then our host Mitra, passed me a bucket full of fresh roses. She asked me to separate the petals and arrange them in a plate. I cringed, but nevertheless, carried out my duty.

My heart wept with each petal that I tore off from the bud.

As I held them in my hands, I could smell their overwhelming fragrance and felt calmer with their aroma taking over my senses. I guess this is what "Aroma Therapy" is, and then I realised if this could be this soothing to me, Dada must love them too.

But then I realised that if anywhere, these delicate petals once separated from their buds, would only feel at home once placed before Dada's Divine Lotus feet...the epitome of purity and humility. And I realised how lucky these petals truly were, that they found bliss in Dada's feet. They had met their ultimate fate...in a place so auspicious that only the chosen ones deserve. I instantly wished, I too could transform into a flower that would be worthy of being placed at Dada's Divine feet.

At one such occasion during the ceremony, our Mitra who was offering flowers to Paduka Abhishek literally felt Dada's presence in the room and so could most of us who were left teary eyed by the end of the ritual. Each one in the room felt utterly blessed in the presence of Dada's Padukas.

As I bowed to the Padukas in Sashtaang Pranaam, I realised that many a times I have inscribed "at your Lotus Feet" while signing off write-ups. A smile lightened up my face while I was bowing down at His Padukas because in that time and moment I was physically at his Lotus Feet.

Thank you Dada!

Keep me forever at Your Lotus Feet
- Maitreyi Anjita



Real world or dream - He's right there for you!

One night I had a terrible dream, where I saw my two children getting abused. I cried internally and called Dadashreeji with all my heart for help. I screamed, "My beloved Dada, why do I have to witness such a painful dream?" He appeared in front of me and pacified my anxiety. He smiled and said, "This happened to you because of grace. Since you have experienced it now, you don't have to experience it in real life."

Maitreyi Andrea Mikisch, Vienna

Total Surrender – When no questions are asked

Does surrender happen when we say we want to surrender or does it need something more. Surrender can only happen with grace and inner faith, a knowing that your Divine knows the best for you and will do only that which is for your highest good. To help you realise your purpose and connect to your source.

It's so easy to say "I surrender to your lotus feet." But to allow the Divine to work unconditionally through us is a deep process of having faith. I had a vision wherein, Dadashreeji asked me to sacrifice both my hands, to cut them off. I immediately felt pain in my heart and said, "I am so sorry Dada, I have children, whom I want to hug and embrace. I can't imagine living without my two hands." Just then, I saw a beautiful child without hands, spreading love and light in all directions. I woke up in the morning with an insight that I haven't been able to surrender fully yet.

- Shared by a European Maitreyi



A New Life

Just when you least expect it there's an intervention which makes your life much easier. One such experience for me was knowing about Dadashreeji and connecting with Him. Once I connected with the Divine I came to know about 'Bodh' which for me is nothing but this Divine wisdom and knowledge, a tool designed for current day situations. It was a journey of learning. Simple steps which when I implemented in my life I immediately saw how the situation around me started to change because there was an internal shift in me. So now, when I face with any problem I have this skillset to deal with it and I have my Beloved Divine Friend and Master by my side, holding my hand and guiding me. Life is easier, life is more fun!

- Varun Zaveri



Spreading the Master's message

Subhuti was one of the chief disciples of Buddha and he had been long wanting to propagate the teachings of his master. One morning, during Buddha's sojourn in Jetavana, just outside his abode, Gandhakutir, he prostrated before Buddha and sought his permission to spread his message far and wide.

"Get up, Subhuti," Buddha said. "It's not easy to be a teacher. Even if you are speaking beautiful words, there will be plenty who will criticize and condemn you."

"With your blessings and grace, O Shasta, I'm sure it won't affect me. Do I have Tathagat's permission?"

Buddha remained silent for a few minutes and made no further remarks. Subhuti sat there with his head bowed. Meanwhile, other monks approached Buddha with urgent tasks relating to Jetavana and other viharas, retreat centers, and monasteries that were mushrooming in all parts of India. Three hours later, Buddha had his meal and went inside his cottage for his daily rest.

A few more hours passed and when Buddha emerged again for the evening discourse, Subhuti was still outside with his head bowed.

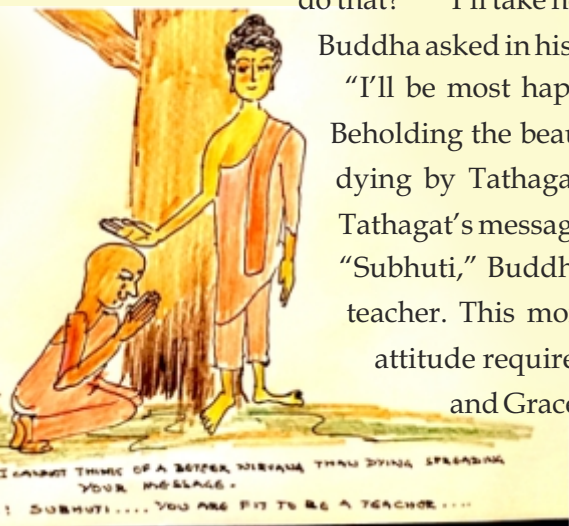
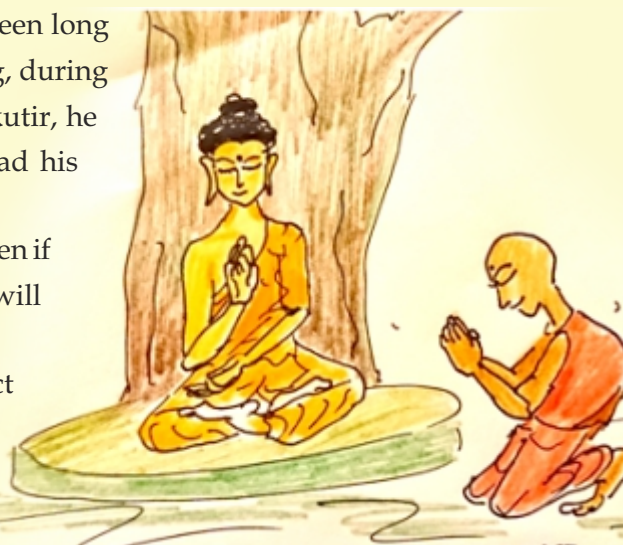
"Subhuti," Buddha said, "you are still here. I thought you got your answer from my silence." "I'm not wise enough to know the meaning of Tathagat's silence, Lord. No one is." Buddha smiled and assumed his lotus posture.

"What if you go to a village to teach, Subhuthi, and people choose not to listen to you? What will you do?" "I'll not mind, Lord, for I'll remind myself that at least they are not calling me names or accusing me." "What if they do that?" "I'll still smile, O Tathagat, for, I'll remind myself that this is a small price to pay for spreading your message. That, they may be doing much worse by abusing me physically." "And what if they do that and hurl stones at you?" "I'll still be okay with Tathagat's grace. I'll remind myself that at least they have not pinned me down and stabbed me?" "What if they

do that?" "I'll take heart thinking that they have not killed me." "And what if, Subhuti," Buddha asked in his usual detachment, "they do kill you."

"I'll be most happy, Tathagat," Subhuti replied raising his head for the first time. Beholding the beautiful form of Buddha, with tearful eyes, he continued, "other than dying by Tathagat's feet, I cannot think of a better nirvana than dying spreading Tathagat's message."

"Subhuti," Buddha said rising from his seat and embracing him, "you are fit to be a teacher. This morning was merely a test of your patience. You have the spiritual attitude required to take on a great cause." Spiritual attitude comes with patience and Grace of the Divine.



Do we need a living Guru?

Having a living guru is as important as having a guru in spirit. A living guru is of this world and can explain things to you through the ways of this world in its current form says **Smita Jayakar**

I would like to dedicate this article to my three gurus who guided me through the three phases of my spiritual path and made me the person I am today. Without them my life would be meaningless. I have experienced not just my human self, but also my spiritual self and for that I will be eternally grateful to each one of them.

The literal meaning of a guru is a teacher or a guide. A guru helps us navigate through life, answers our questions and teaches us the ways and means of living. However, a spiritual guru does a lot more along with all of this. He is an ounce of the Supreme on earth, a representative of the Divinity and he is as close as you can get to God. A true guru is someone with 'Guru tattva' or guru consciousness. Consciousness is Shakti or Cosmic energy. One is called a true guru when 'Guru tattva' paves into him in such a way that he can bring about a transformation in others.

Now do we really need a living guru? I have noticed people's reluctance to follow a living guru. But in my experience having a living guru is as important as having a guru in spirit. A living guru is of this world and can explain things to you through the ways of this world in its current form. He conveys how we can progress spiritually alongside progressing in our external world. A living guru's teachings are compatible with the kind of life we lead in that particular era. We need someone to show us the right way, right here, right now!

We are all constantly taking advice from people about the most mundane things, which course to choose, which fund to invest in, which place to go for vacation, how much salt to put in a recipe, etc. Don't you think, since we need guidance for every little thing, we certainly need guidance in our spiritual journey?

Each of my gurus had their own way of helping me in understanding the spiritual lessons. However, many a times I felt guilty from moving from one guru to another. But I found all my answers once I met Dadashreeji. He explained to me how all the Gurus are one. They all come from one Source. They all have their purpose to come into our lives and once they fulfill this purpose, they inspire us to move on. Our Gurus are the ones that guide us to the next step and to the next teacher. I have personally experienced this. I always thought that in a lifetime, a person just has one Guru, but in reality if we have the urge to advance spiritually, we will get our destined Gurus as we go along. The number of Gurus should never be an issue. One can have as many Gurus as it takes. The Hindu deity Lord Dattatreya (holy trinity of Brahma, Vishnu, Mahesh) is said to have twenty four Gurus in his life time. Saint Kabir said "It is possible for every man to experience this Divine Light through the Grace of the Living Master." The light that is the radiance of our own Inner True Essence can only be experienced by the Grace of a True Master. He is the one who comes on this earth to guide us on the path towards liberation.

Maitreyi Madhura also known as 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.





Alternatives to Milk

The myth associated with 'MILK' has spread around the world based on the flawed belief that this protein and calcium rich drink is essential to support good overall health and bone health in particular at any age says **Reema Vyas**

Like most foods, the nutritional value of milk suffers considerably during processing. During homogenization of milk, fat becomes inaccessible; we need the fat in milk to absorb calcium. Pasteurizing milk kills bacteria which are essential for digesting it, converts lactose to an indigestible form, interferes with calcium absorption, and destroys vitamins A, C, and B complex.

In view of this, we could use the following alternatives -

Almond milk is a good alternative, because it contains protein and fat. Children with a family history of allergies, however, may develop allergic reactions to nuts, so rice milk would be a better choice. Both almond and rice milk are low in calcium.

The best non-dairy sources of calcium are dark green vegetables and sesame seeds (tahini).



Below are some tips to increase calcium intake:

Cumin (Jeera) seeds

Jeera packs in 100 % of a day's calcium needs. Adding two to three tablespoons a day in the form of jeera powder or seeds in roti (whole wheat flat bread) or in Dal will ensure 50 % of the day's needs.

Drumstick leaves

These leaves are the richest source of calcium. Two cups of leaves give the entire day's requirements of calcium. The green leaves can be added to the rotis or to gravy or pulao.

Rajma (Red Kidney Beans)

A rajma salad/chaat by boiling Rajma and adding chopped onions and tomatoes makes a nutritious feed. A cup of rajma a day is all that it takes to fill up on calcium. Most other whole pulses are good sources too.

Ragi

This humble millet is the best and most economical source of calcium. Ragi is used to make many dishes like dosa, idli and chapatis.

Sabudana (Sago)

Sabudana too is the good source of calcium. Osteoporosis and other bone conditions can be prevented by adding sabudana in the diet. Caution: Sago is a weight gain food.

Fermented foods

Fermented foods are also calcium rich foods. Fermentation increases the healthy gut bacteria, which helps in boosting the immune system, cell development and are a good source of Vitamin K1 & K2. Foods like dosa, idli, yogurt and many other are loaded with probiotics, which help in digestion.

Avoid soy milk, because soy depletes the body's calcium and tends to decrease thyroid function.

ReemaVyas 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.





My Dada is a Feminist

Shivi Verma shares her take on discrimination faced by women and Dadashreeji's views on the same

I am often accused of being a feminist. And I am proud to say that I am. I have no inhibitions about championing the cause of women and I dream of a world where men and women will treat each other as equals and not as means to an end.

As my interest in spirituality grew, I was drawn to religious books and scriptures in my thirst for knowledge and connection with God. And I was deeply disappointed to see that most of them condemned and criticized women. They were considered, cruel, wicked, impure and the cause of a man's downfall. So many of them openly proclaimed that a woman's place was at the man's feet and her sole job was to please him, serve him and obey him.

But when I looked within myself I did not find my soul agreeing with any such injunctions. I felt that I had the right to be myself and express myself in the way I wanted. I deeply believed that I had equal right to opportunity and freedom as my male counterparts.

Therefore any guru who gave discriminatory sermons immediately earned my contempt and I never bothered to check with him again. Then there were spiritual teachers who spoke of gender equality, but never practised it in their lives.

And I must admit that I found my dream life only after meeting Dadashreeji.



When I questioned him about this disparity and discrimination, he clearly told me that God never differentiated between men and women. "Adishakti is the mother of all Gods. How can she be less than a man? Women have equal rights to explore and enjoy this world as men. Holy scriptures have been badly distorted to suit individual interests. Therefore I focus on giving people the real taste of Divine instead of theory." I was deeply relieved to hear this, because this is what my soul told me on introspection.

To my greatest delight I saw this happening at ShantiKshetraPremgiri Ashram. Men and women from all walks of life behaved as true children of the Divine at the ashram. Such was the effect of purifying energies that all defences, awkwardness, judgments and barriers between men and women simply fell away. For the first time I was in an environment where men treated women as fellow human beings and extended selfless love and genuine support. And it was a novel experience not only for me but also other women. It is liberating to be in an environment where the force of love and appreciation is stronger than our beliefs and notions about the two genders. People mix with each other happily, exist as members of family, and bond with each other in a huge sense of camaraderie. High vibration energies at the ashram are so infectious that automatically people begin to operate from their highest selves. I won't be wrong to say, that it's a moment of great self-discovery for each one of us as we relate to the opposite sex as equal beings and fellow travellers.

There is great joy in knowing each other, as individuals. This interaction is unpolluted by sexism, condescension, competition or prurience. And I deeply know that it is all a miracle woven by our Guru.

It is such fun to feel safe, accepted and loved unconditionally by your guru brothers and sisters. Who could have made it possible except our Dada? Anywhere else such proximity can easily deteriorate to decadence or be subject to stringent rules and regulations. The ashram is filled with mirth and unbound joy. Kindness, willingness to help and compassion rule the roost at the ShantiKshetraPremgiri Ashram. Disciples are free to meditate calmly inside the Shakti Peetham and the DhyanKshetra. Where else would you find such space, understanding and expansiveness of mind and heart?

Anybody who fears and opposes feminism, thinking it to be a radical, home-breaking movement should come to this ashram to see what it actually means. Feminism stands for equality of both the sexes while respecting each other's inherent differences.

It wants the world to become a playground not only for men but also for women. It wishes to give and receive love and respect in equal measure. It wants a space where men and women can breathe freely and equally. And it wants a world where fear has ceased to be a dominant factor between men and women.

Shivi Verma is the Editor with Life Positive and a devotee who found all her answers in loving God passionately.



Experiencing God and Guru in Oneness

Maitreyi Sonee shares her learnings in the ongoing journey with Dadashreeji

“Guru is the One who has an inner light that is brighter than the light of the sun. The darkness of the night cannot fade away without the rising of the sun and the darkness of the heart fades away only when we experience the True Guru” - Guru Nanak Devji

From a young age the word Guru has been a constant in life for I have always prayed to Guru Granth Sahib ji. The words written in the praise of my Guru became my reality, my truth for the true Divine Guru Dadashreeji came to dispel the darkness of all my preconceived notions and ignorant beliefs. Today, I no longer need to differentiate between my religion and spirituality since they both guide me towards the path of Oneness.

A beautiful truth was revealed to me when I went on an inward journey with my Guru. A truth that allowed me to experience my Inner Guru and marked the onset of my spiritual growth. When a heart and soul burns with a deep desire to know and experience completeness, then the Guru appears and we experience the true reality of who we are for the first time in our lives. The Guru is the highest energy in the universe and we can only experience the essence of the Guru by living the life of Oneness. All we need is faith in our Guru and leave the destiny of our life at His lotus feet.

I am thankful today to all those years of prayers to my Gurus, for it is a saying that not a single heartfelt prayer goes unanswered. The desperate seeking and prayers found the way when the invisible Divine became visible in the form of my Guru Dadashreeji. Once my soul recognized Him I did not need to look beyond Him -for with His one glance, the calm that came over me, the acceptance I received from my soul gave me the insight to acknowledge him as my Guru.

The path to the Self commences under the Grace and Guidance of the Guru with its first step towards Self-Realization. I realised that the feeling of discontentment and disconnection from the Self within was due to the separation from the Source. The understanding came with pure awareness that there is no separation between God, Guru and Self - all are One. The key point here was transformation of the Inner being and the awakening of the 'Self' to the eternal truth that all is One. The separation is only due to us being unaware of this reality due to our own illusions. The world changes for us as we start living in awareness each moment and become observers of our own actions.

A true Guru guides us from within the very inner core of our being and inspires and uplifts our consciousness to a higher consciousness. He is there in every vision, every awakened thought of ours and teaches us the most valuable lessons of life through the situations in our own lives; thus bestowing wisdom and knowledge. One experiences transformation and receives guidance at every step on the way. The hidden fears and insecurities are replaced by courage, faith and love. By being in His presence our whole being becomes centered and focused. He becomes an integral part of your life like your breath. With Him the Self dissolves, all that appears to the world is His reflection. We all are internally empowered with unconditional love showered on us by our Divine.

Pray that each soul finds the connection with the eternal 'Self' and experiences Oneness.

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.



The favorite game

By following the three simple steps : accept - forget - invest, one will never have to worry about the mind games and will discover the most amazing game that ever is "What's next?" says **Mitr Vineet**

As children, we loved to play all kinds of games and enjoyed the process of just losing our mind and being in the present. The thrill of playing was more important than winning or losing. It was our 'me' time to just relax and bond with our friends. As we grew older, the kinds of games we played kept changing, became more complex and so did the intentions of playing them.

Competition became more important than the thrill of playing and the bond we shared with the people close to us. We now play games with our minds rather than our hearts. Today, we all indulge in mind games, so addictive and complex that they do not allow us to be productive or perform as per our potential. That game is none other than "Who's fault is it anyway?" Take a moment and think about it. We spend most of our valuable time mulling over the past and thinking what went wrong and who is to blame for that. On the other extreme, we also think of what we want to do in future and who to blame if it doesn't work out. We are always trying to protect our own 'self' from hurt, blame and failure, and in doing so we knowingly or unknowingly hurt the people we are closest to, forgetting that the real essence of life is in being with the people we love and the people who love us. We rarely think objectively and accept the need to change and do better. We cannot possibly control our external environment, but we can definitely gain access to the operating room of our internal environment and bring tremendous transformation in our mindsets.

The starting point of doing that is and always will be to "accept". Accept that you need to change first, accept that you need help and accept that failure is a part of success. The next step is to "forget" what may have happened, give your 100 percent to what you are currently doing and not worry about the consequences. The last step is to 'invest' your time in learning the capabilities of achieving what you set out to do or the changes you wish to see outside or inside you.

If you can all learn to follow these three simple steps : accept - forget - invest, you will never have to worry about the mind games and you will discover the most amazing game that ever is "What's next?"

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



Paduka Prem Yatra



GURU CHARAN or GURU PADUKAS have immense importance in bhakti. As quoted in the book 'My Spiritual Journey with HIM' by Mitr Jeevji – “Whenever we want to remember our GURU, the best way is to visualize his CHARAN (FEET).”

DADASHREEJI says, “Mitr, one must always concentrate on the Guide's Charan only. That way, things will automatically flow well in one's life.”

This year GURU PURNIMA was a special occasion for the MAITRIBODH PARIVAAR, as it was preceded by a unique celebration of a month long event – the PADUKA PREM YATRA. This wonderful Yatra (journey), which commenced from SHANTIKSHETRA PREMGIRI ASHRAM on 4th June 2017 and ended on 8th July 2017, opened the doors to the hearts and homes to multitudes of devotees all over India. Seven pairs of DADA's PADUKAS were blessed by DADASHREEJI Himself, which then travelled to seven regions of India to spread Love, Peace, Joy and Positivity. The DIVINE PADUKAS began their journey of showering Grace to each and every Devotee and radiating love at all the places. More than 160 homes and temples welcomed Dadashreeji as NARAYAN in their homes with open arms and devotion. Hundreds of Devotees thronged into these homes and temples to seek the Darshan and Grace of the DIVINE PADUKAS.

The DIVINE PADUKAS travelled to these regions via Rail and Road – Mumbai, Thane, Navi Mumbai, Panvel, Pune, Satara, Nashik, Indore, Delhi, Punjab, Bangalore and Coimbatore. Even enroute the DIVINE PADUKAS blessed and graced all the fellow passengers in the trains and buses.

The seven DIVINE PADUKAS reached the AarohanKendrs of the respective regions and began their journey to the blessed homes and temples. Each morning the DIVINE PADUKAS travelled to a Devotee's home with great pomp, celebration and love, and thereafter the whole day was celebrated in Glory and Fun. Sessions of Sambodh Dhyaan, Maitri Sessions, Maitri Light and BhajanSandhya's were held. Havans too were performed in many homes bringing in Purification, Peace, Love and Abundance of the GURU's Grace and Blessings. Energies and Emotions of the Devotees have been at the highest when their homes were blessed with the Divine presence of DADASHREEJI in the form of DIVINE PADUKAS.





PoonamRawalji expressed her Gratitude,

“Thank you DADA, for the miracle you did in my home !!! It was the most heavenly feeling when my home turned into Brindavan !!! DADA, my heart weeps with joy at receiving your Love and I bow down at your Lotus Feet !!! “

Anjitaji from Punjab shared her feelings with these beautiful words,

“DADA, you came onto our lives and each one of us is filled with your Love and Grace. Your Grace, Your Love is magical and Your Magic isn't limited to one person but it spreads like fragrance in the air. Truly blessed and in Gratitude to have you come to Punjab and enlighten us and bless us with Grace our lives.”

Jasneetji from Delhi said,

“Such were the energies of my Dadashreeji's Padukas that the instant anyone would come in contact with Him, they would experience bliss and only bliss. We didn't have a mystical experience, we experienced complete silence. The silence we all have been looking for. Every person who came in contact with Dada was silent within and so were the surroundings. Can't thank Dadashreeji enough for giving us such a profound experience.”

Samiyaji, Indore,

“DADASHREEJI'S PADUKAS alongwithMadhavnathMaharajji'sPadukas adorned in a Palkhi was taken in a procession at NathMandir in Indore. The DIVINE PADUKAS were welcomed with open hearts with ShehnayeeVaadan, flowers and Pooja by the NathMandir Management team. Everyone around danced and sang Bhajans and were swinging in these blissful moments.”

Manikandanji, Bangalore,

“A 93 year old lady was so connected with DADASHREEJI today during the PadukaDarshan at our home, was continuously talking with DADA, singing, crying amidst 14 people, yet one to one with DADASHREEJI.”

Suhas Joshi ji, Thane,

“ My 87 year old mother, who hardly moves around, came out of her room, as soon as the DIVINE PADUKAS entered our home. She cried saying ' Devaale' (GOD has come to our home). Thank You DADA for this wonderful experience.”



As the SHREE PADUKAS left the abode of the Devotee hosts each one used to bid adieu with teary eyes. A 17-year-old young boy, Oscar, felt the Divine presence of DADASHREEJI at his home and did not want the DIVINE PADUKAS to leave.

Such were the Divine experiences, where each and every Devotee, participant and every seeker who came for Darshan experienced immense Grace and Love of DADASHREEJI during the whole PADUKA PREM YATRA.

The highlight of the whole PADUKA PREM YATRA was when the PADUKAS from the Thane region travelled to the temples in the villages around the SHANTIKSHETRA PREMGIRI ASHRAM. The PADUKAS began their VILLAGE PADUKA PALKHI SOHALA from the Hanuman Mandir in Kashele. The villagers opened the temple and their hearts to welcome DADASHREEJI's PADUKAS in this beautiful temple. With the help of the Gram Panchayat head Mr. Bhaskar Disaleji, who made all the arrangements, we enjoyed a beautiful session of Haripaath in the evening, which was attended by around 25 people. Later, all the sevaks and sevikas sang Bhajans and chanted DADA's mantra and had the prasadam, experienced wonderful Divine moments in the presence of DADASHREEJI.

The next day was simply a Zenith moment, when the SHREE PADUKAS travelled and reached the Vithoba Mauli (one of the forms of Lord Krishna) Mandir at Kamathpada. A villager, Tatyaji carried the DIVINE PADUKAS in the temple. That day been the villagers organized an auspicious day of Ashaadi Ekadashi, a most coveted event of PADUKA PALKHI SOHALA. A Palanquin Yatra (Palkhi Sohala), where DADASHREEJI'S SHREEMURTI and DIVINE PADUKAS along with Vithoba Mauli's Shrimurti in the Palkhi were carried by the villagers and our Sevaks in the whole village in a procession amidst dance, bhajans and music. The whole village, old and young, men and women, Mitrs and Maitreyis, danced along with the Palkhi as it traditionally made rounds of the whole Kamathpada village. Beaming with DADASHREEJI'S Grace and Love, all enjoyed DADALEELA in ONENESS. The villagers themselves cooked and offered Prasadam (bhog) for DADASHREEJI, which the Sevaks then happily gorged on. A unique bond was culminated and felt between the villagers and the Palkhi Sohala Sevaks. DADA's Love shone and bound all in One bond.

The DIVINE PADUKAS then travelled to Ganesh Mandir in Suvarnapad where many villagers attended and participated in the Narayan AshtotaramVidhi of the DIVINE PADUKAS. DADA's Divine presence was strongly felt when the villagers along with the Sevaks chanted DADASHREEJI'S MANTRA holding each other's hands. Around 60 people including children attended the evening session of Sambodh Dhyaan, and all felt DADASHREEJI's Grace and Love.

The Krishna Mandir in Devpad welcomed DADASHREEJI'S PADUKAS with such Love that all the Sevak's were overwhelmed. The evening session of Haripaath was attended by more than 85 people including the participants and Sevaks of the Spiritual week, along with the villagers. An evening filled with a plethora of Divine joy was experienced by all, where everyone was lost in the Love and Grace of DADASHREEJI. Everyone enjoyed the beautiful Haripaath session and dance, re-creating a Krishna-Gopi Raasleela from Brindavan. Each and every being was soaked in immense Love, Peace, Joy and Gratitude.

The last temple where DADA's DIVINE PADUKAS rested was that of the presiding deity - Goddess Khermata at Jambrung village. All the villagers happily welcomed the SHREE PADUKAS and offerings of Prasadam flowed from many homes. The final culmination of this blissful PADUKA PREM YATRA and VILLAGE PADUKA PALKHI SOHLA was on the 8th July, an auspicious day before GURU PURNIMA, when all the seven DIVINE PADUKAS travelled back from the respective regions. A massive procession of all the seven DIVINE PADUKAS carried by the Mitrs and Maitreyison their heads along with the villagers and Devotees from all over India joined the beginning of GURU PURNIMA celebrations.







Guru Purnima Celebrations' 2017 at ShantiKshetraPremgiri Ashram, Karjat

GURU PURNIMA is celebrated to acknowledge the selfless induction of wisdom and knowledge by our Guru's and to offer gratitude to them. However, there is a vast difference between knowing or understanding a concept/phenomena intellectually and experiencing it firsthand. From being one of the innumerable auspicious days in the calendar, to becoming the most important day in the year has been an eventful journey possible only through the Grace of Divine Friend Dadashreeji for all of us.

Guru Purnima is a day of gratitude. It is a day when one expresses one's gratitude for all that one has received – to the Divine.

II Gurur Brahma, Gurur Vishnu, GururDevoMaheshvarah

Guru SaakshatParabrahma, TasmaiShriGuruveNamah II

The best way to offer our gratitude to the Supreme is simply to offer it to the 'One' who personifies the Highest, the dispeller of ignorance, the embodiment of the Divine – 'Our Master, Our Guru.' Innumerable hymns have been sung, odes have been written, scriptures have been sanctified, eulogising and extolling the Guru, and offering a million thanks at His Lotus Feet.

For all of us at the MaitriBodh Parivaar, Guru Purnima is a most sacred and important day in the year. Planning for Guru Purnima starts weeks before the actual day. There is excitement among Mitrs and Maitreyis to plan the event and hearts are aflutter with the thought of meeting our beloved Divine Friend Dadashreeji face to face.

With Dadashreeji's Grace, Guru Purnima was celebrated at the regional Aarohan centres in Punjab, Delhi, Indore, Ujjain, Pune, Thane and Coimbatore and then again at the Ashram.



The regional celebration, held on 2nd July at all the centres was distinctive as it was held in the presence of Dadashreeji's Divine Padukas. The sessions were graced by many devotees who experienced Love and Peace expressing their heartfelt gratitude to the Divine. Love and Gratitude to Mother Earth was also expressed by all during the gathering.

The tempo was building and the month long Paduka Prem Yatra was also to culminate with Guru Purnima on 9th July. On 8th July, a day prior to Guru Purnima, the ashram was abuzz with Mitrs and Maitreyis from all over India, devotees and participants of the Spiritual week who were soaking in Dadashreeji's love.

We all were looking forward to welcoming Dadashreeji's Padukas to the ashram. The Paduka Prem Yatra concluded as the holy Padukas of Dadashreeji were brought home from Jamrung village in a pud yatra (journey on foot) with songs, dancing, elation and much rejoicing.



The day concluded with a resounding aarti in the Shakti Peetham as all danced to their hearts content in the Divine energy that was palpable. We retired for the night with our hearts filled with love and in blissful anticipation of the darshan of our beloved Dadashreeji the next morning.

The auspicious morning of Guru Purnima dawned in the Karjat hills with a slight drizzle – as if cleansing and quenching the parched soil and our souls.

The Ashram was pulsating with energy, as hundreds of devotees started arriving for Dada's darshan. The auspicious day commenced with a powerful havan at the Shakti Peetham to invoke the blessings of the Divine Mother – Ma Kaali. The havan energised the whole environment and set the atmosphere for the Paduka Abhishekam. The Abhishekam was a sight to behold as seven pairs of Dadashreeji's padukas were consecrated. Divine hymns and bhajans were sung which soon had everyone joining in singing and dancing in devotion, bliss and joy as the Abhishekam concluded.

Finally, the moment that all had been waiting for came. It was time to meet our Beloved Dadashreeji. All queued up to seek Dadashreeji's darshan and express gratitude to Him. The excitement and happiness was in every devotees' heart.

In the presence of Divine friend Dadashreeji – His eyes full of Love and tenderness, His smile, His radiant form; transported all to a plane which was beyond this realm. Hearts beat faster, Love was pouring, Joy and bliss permeated each one. There was something which words could not express, something that happens when one meets Dadashreeji. A form so human, yet radiating an energy that can only be felt by the heart – inexplicable. Thoughts disappear, past and future ceases to exist and one is just there – soaking in the energy experiencing His Love and Bliss raining down upon His devotees. How absolutely enthralling!

All sang, danced, rejoiced, immersed in the outpouring of Love and Grace emanating from His Divine form that all recognised and lovingly called Dada. It was the most blissful Guru Purnima... ever.

Wish all seekers and sadhaks the Grace and good luck of experiencing the bliss and ineffable joy of having a Guru in their lives. It is only those who have experienced this first hand that can articulate their good fortune. It is our earnest endeavour that each one of us carry His message to all mankind to come and share our good fortune and they too be blessed by Divinity – thus succeeding in making our lives meaningful and purposeful.



INTERNATIONAL GRATITUDE DAY CELEBRATIONS in the US & Europe

Guru Purnima was celebrated as Gratitude day in Europe (Austria & Switzerland) and across the four US cities of Los Angeles, San Francisco, Davenport and Bozeman. Devotees gathered at the MaitriBodh Soul nourishing centres at Los Angeles and Davenport and offered their love, gratitude and gifts to Divine Friend Dadashreeji. The heartwarming celebrations at Davenport and Bozeman with Dadashreeji's and Jesus' shrimurties at the Unity Church were a highlight of the event.

In Switzerland, people of different origins followed their hearts, whether old or young, to participate in the celebrations. Together they chanted the Dadashreeji & Narayana Ashtotra Mantra. The highlight of the celebrations was the creation of a mandala made of natural materials, which was assembled with dedication and love by all the members of the Parivaar. In Vienna, Austria, after exploring the word meaning and importance of a Guru, all recalled how and why the lotus feet of a Master's Padukas are honored, and shared the significance of this special day with millions of people all over the world.

During Sambodh Dhyaan, Dadashreeji's presence was like a complete power blackout throughout the center where all felt the silence and in the darkness saw the light of Divine Grace. Gratitude to Dadashreeji and Mother Earth was flowing from every devotee present there. The ceremony continued by praising the Divine and chanting the Narayana Ashtotram accompanied by the gift of countless colorful petals.

It was also a day where it became visible how the community had grown and blossomed together over the last year with Dadashreeji's Love and Grace. With Gratitude filled hearts the day became festive with joy and love being shared all around and hearts overflowing with love and acknowledgement for all that they received.

Mitrs and Maitreyi's came together as one family to celebrate this wonderful day of Gratitude offering their love at His Lotus feet.



Samboadh Dhyan and Maitri Light Sessions

De-addiction and Rehabilitation Centre, New Delhi

Sevaks from the MaitriBodhParivaar have started weekly sessions in a rehabilitation and de-addiction centre. With Dadashreeji's Grace the transformation will soon be visible and experienced by all the participants. The pain and suffering of the people here reached out to the Universe and the way was made for Sevaks to reach here and share with all the Grace and Unconditional Love they receive in abundance from their Master Dadashreeji.



Samboadh Dhyan - Gurgaon

The session was attended by over 100 students and their teachers from a Government School. The ages of the children ranged between 12 - 14 years who received it well.



Medical camp

The MaitriBodhParivaar in association with Hinduja Hospital, Mumbai organized a medical camp on the 21st July 2017 at Jambrung Village, Karjat specifically for school students. It was attended by 165 school students and 65 villagers despite the incessant rains. The team of doctors from Hinduja Hospital had brought along with them a medical bus to facilitate quality healthcare to the villagers. Amongst other issues Gynecological issues of women were also addressed.



Chanting Dadashreeji's Mantra for Mother Earth: 24th May to 24th June

The nonstop month long chanting was conducted with deep heartfelt gratitude for all that we receive from Mother Earth unconditionally and selflessly. Parivaar members from all over the globe took part in this chanting to seek forgiveness from Mother Earth, His Divine Love and to pray at the lotus feet of our Divine Friend Dadashreeji to help heal Mother Earth. Prayers and experiences shared by devotees validated the fact that our prayers have reached the Divine. Thank you Dadashreeji for being the guiding light for the entire humanity in establishing Love and Peace on this planet and for showing us how to live in harmony with Nature and Mother Earth.

Experience of a devotee (from Claude-Vienna) chanting the Mother Earth prayer:

“ At a certain point while chanting, my voice became very clear and distinctive. As it happened, I felt teleported to a waterfall and raising my arms I could feel water flowing over me (this was amazing) until I myself became this very waterfall . This went on until all of the water was purified and cleansed! ”

Maitri Manthan in Europe (July'17)

It was the first Maitri Manthan where Divine Friend Dadashreeji was not physically present, but His Love and Grace was felt every second. It was amazing how active all teams were, as each team presented their work with love and joy. The vision of MBP for the coming years was shared. During one of the sessions, the Mitrs and Maitreyis experienced Divine Friend Dadashreeji fully awakened in Mitr Parnji. A magnificent moment of pause and stillness came where everyone was in tears and bowed down at his feet. Being a part of this heartfelt movement and the global family is helping each one of us to grow and experience the results of selfless service. On the last day, all connected to Divine Mother Earth to shower love on Her and seek forgiveness for the pain and sufferings caused by mankind.



Bodh 2 in Germany (Europe)

A wonderful experiential journey over two days by the participants of Bodh 2 conducted in Germany left indelible impressions in the hearts and minds of the participants. Unnecessary knowledge and blocks were removed through the deep and powerful processes making way for Divine Love and Energy of our Divine Friend Dadashreeji.

Testimonials of participants

Sarah Lillot, Kamp-Lintfort (Germany)
says,

“ It has been a weekend with many impressions. In the past I had done some processes, but never ever have I experienced something like this. I had lots of knowledge stored in my mind, but now for the first time I can really FEEL the emotion in every cell of my body and most importantly in my very heart. This is only possible because of the help, grace and unconditional love of our Divine Friend Dadashreeji and his lovely Sevaks. I am deeply grateful for this intense experience as it helped me to see clearly where I will go to...INDIA BODH.3! Thank you so much beloved Friend Dadashreeji! ”

Bärbel K., Haselünne, Germany, said, “Namaste, beloved ones!

“ The day after BODH.2, I would have loved to call you all to THANK YOU! Going back to my regular work on the following day was quite difficult. I was so tired and would have loved so much to stay in Divine energy, silence and remoteness. But this was not possible. Never the less it was a good day with the kids in the school and a VERY DIFFERENT ONE compared to normal!!! I can't find words for this exceptional, unparalleled and wonderful weekend and for THAT what has been changed and strengthened “in me” and this feels so tremendously good to me. I want to THANK YOU from the bottom of my heart, that I was allowed to be there and that I was encouraged by you to take part so that I was (and I am) able to be one of those flames of Love which got together again on this occasion. Each and every moment WAS and IS a gift of heaven and an enrichment on all levels of my existence!!! Never ever before I had felt so much pure Love than from all of you and Dadashreeji!!! I felt so very much secure, at ease, protected and pampered. Never before in my life (and this is very honest) I was bestowed with so much love. Again THANK YOU so much from the bottom of my heart for your love, your efforts, for all your gifts and naturally the most of my gratitude I give to Dadashreeji and Mitr Parn. And... for sure I would love the most to right now, fly to India for attending BODH.3!!!! Thank you...Thank you...Thank you! ”



SPIRITUAL WEEK

4TH TO 8TH JULY 2017 AT ASHRAM

The Spiritual week took place at the Shantikshetra Premgiri Ashram, Karjat from the 4th to 8th July 2017. It was attended by 52 participants who came from Mumbai, Pune, Delhi, Punjab and Canada. It was an eclectic group from all age groups.

The rains had just set in and the view in and around the Ashram was very soothing and peaceful with greenery and small waterfalls. The Ashram was also getting ready for Guru Purnima celebrations on the 9th of July, immediately following the Spiritual week.

The Spiritual week began on the 4th with Bodh 1. The participants were not known to each other but slowly bonded together as they flowed with the sessions. Bodh 2 and Bodh 3 had more participants joining in, and coming together as a large group of friends. The participants bonded very well with each other and established a strong and beautiful connection with Dadashreeji. The participants also bonded with the Sevaks, communicated and experienced feeling of love for those strangers who for some reason were going out of their way to serve these strangers. The participants joyfully embraced the teachings and processes. These further helped them to experience Unconditional Love and Divine Grace helping them walk on the Divine Path. A lot of love was felt by the participants as they flowed beautifully experiencing the positive energies of the Ashram.

Bodh 3 concluded on the 8th July in the Ashram. The participants then joined the PadukaPremYatra where they went to the village near the Ashram and joined the all the other Parivaar members and came with the Padukas from the seven regions in India back to the Ashram.

The participants were connected beautifully as they joined the Parivaar in celebrating Guru Purnima the following day immediately after attending Bodh. They attended the PadukaAbhishek and then they were graced with the Darshan of Divine Friend DADASHREEJI.

Bodh 1 was conducted in Pune, Ludhiana, Coimbatore, Delhi, Colaba, Switzerland.



Navratri Celebrations

from 21st - 29th September at
ShantiKshetra Premgiri Ashram

A Havan is an ancient and sacred process which helps to eliminate Sufferings, protect from Miseries, enhance Spiritual Growth. It has a purifying effect on the participants and the environment.

Havans will be performed at ShantiKshetra Premgiri Ashram during all the 9 days of Navratri.

There will be 2 types of havans performed:

- **Individual havans:** Exclusively for one family
- **Samuhik havans:** For three families together

Come be a part of the Navratri Celebrations at ShantiKshetra Premgiri Ashram!

For any queries or to request for a Havan, please call us at **9320234596**

On the occasion of Navratri, MaitriBodh Parivaar brings to you the ancient and sacred Vedic process

havan

21st September, 2017 - 29th September, 2017

Being with Divine we get blessings; immensely and continuously then **why does one need Havans?** The reason is we carry our own baggage of karma which creates blocks on the path of blessings. Divinity still tries that the Grace is delivered. To overcome such situations, one needs to offer specific prayer to receive Grace for specific things, situations or to remove those blocks in our growth.

Havan is one such process which helps in removing the blocks and delivers our prayer directly to the Divine and in return we receive His blessing.

For more information and bookings please contact on : +91 9320234596
www.maitribodh.org



Upcoming Events

Navratri Utsav	21st -29th Sept	ShantiKshetra Premgiri Ashram
Dushera Bhet	30th Sept	ShantiKshetra Premgiri Ashram
Bodh 2	27th - 29th Oct	Delhi

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

Mumbai

Maitreyi Monica
Mo : 98203 79973

Delhi

Maitreyi Sonee
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

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