

ANAHITA

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Dussehra Bhet

Adi Parashakti

Help your child grow emotionally



MaitriBodh

www.maitribodh.org

info.india@maitribodh.org

From the Editor's Desk

Dear Divine Souls,

The season of festivals has commenced. Having celebrated Rahshabandhan, Janmashtami last month, we have celebrated Eid and bid adieu to Lord Ganesh earlier this month. Navratri is round the corner. Throughout the ages we bear witness to events where the righteous triumphs, be it Lord Ram's battle with Ravana, or Devi Durga's victory over Mahishasura. In the end, it is only the Divine, the Truth that remains.

Our own internal conflicts are not different from these stories. Our true nature – that of unconditional love and joy, is hidden under layers of conditioning. Just as the Divine Mother battled Mahishasura and gained victory over him, let us all awaken to realize our true self. Let's celebrate this Dussehra with the realization of our Divine Self. The month of Sharad is packed with events. On the occasion of Navratri prayers to Maa Kali would be offered at the Shaktipeetham and Havans would be performed in the ShantiKshetra Premgiri Ashram concluding with DussehraBhet.

Happy to announce our new column for children - 'Letters about This and That'. This column will be published every month. Especially for children, these direct letters on various slices of their lives, would hold special meaning for them. In this edition, read the Vidhis to be followed during Navratri, an article on Adi Parashakti, also on how we could help children grow emotionally and much more. Do not miss the profound story shared by Divine Friend Dadashreeji on how the bond with one's Inner Divine can keep one away from all the negative and bad influences.

Be a part of 'Prem Anubhav', an interactive session as renowned actress and spiritual healer Smita Jayakar explores the Awakening of Love in conversation with Maitreyi Sulata on 10th September in Amritsar. Later this month, MaitriBodh Parivaar invites you to experience the Joy of 'Sharing and Giving' in the sacred presence of Divine Friend Dadashreeji at ShantiKshetra Premgiri Ashram on the occasion of Dussehra.

Soak yourselves in the Divine energies and Grace of the Mother this Navratri. Connect with the Divine!

Love & Gratitude!





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Disciple and the Poisonous River

At Premashram, the Divine Master called His student Mohan to assign a task to him. The Master requested Mohan to visit a nearby village, Jyotishpur and spread the message of Truth and Love. Delighted with this seva, Mohan prostrated at his Master's Feet and sought His blessings. The Master knew that Mohan was frivolous by nature, hence warned him about what to do and what not to. The Master also cautioned Mohan about a mysterious and poisonous Vaitarani river. He instructed Mohan to stay away from it, if he encountered the river on his path. Mohan took it as yet another daily dose of suggestions by his Master and did not take it seriously.

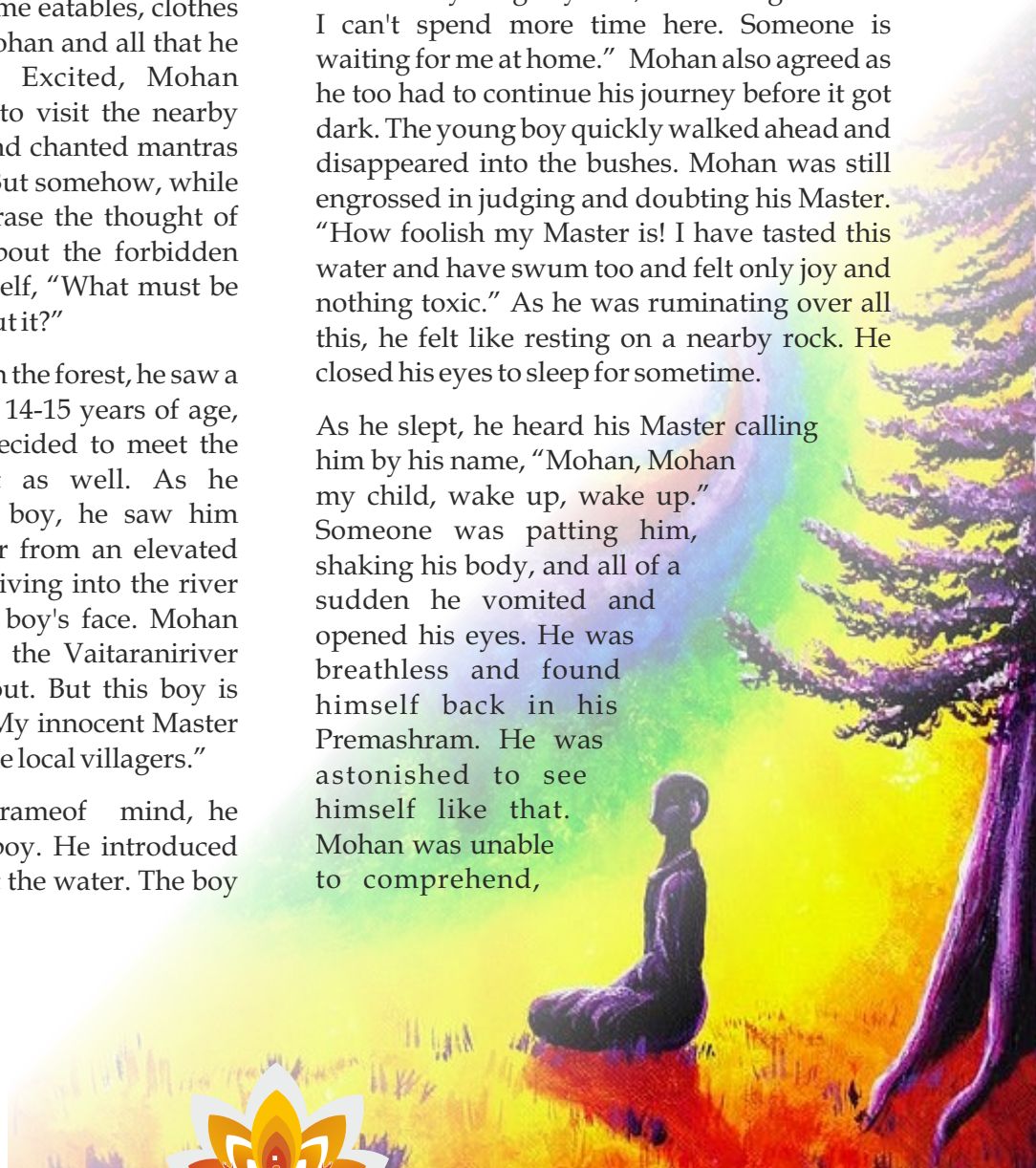
The Divine Master gave some eatables, clothes and a mat to sleep on, to Mohan and all that he needed on his journey. Excited, Mohan embarked on his journey to visit the nearby village. He sang bhajans and chanted mantras in the glory of his Master. But somehow, while on his path, he couldn't erase the thought of wanting to know more about the forbidden river. He kept asking himself, "What must be there? What is so secret about it?"

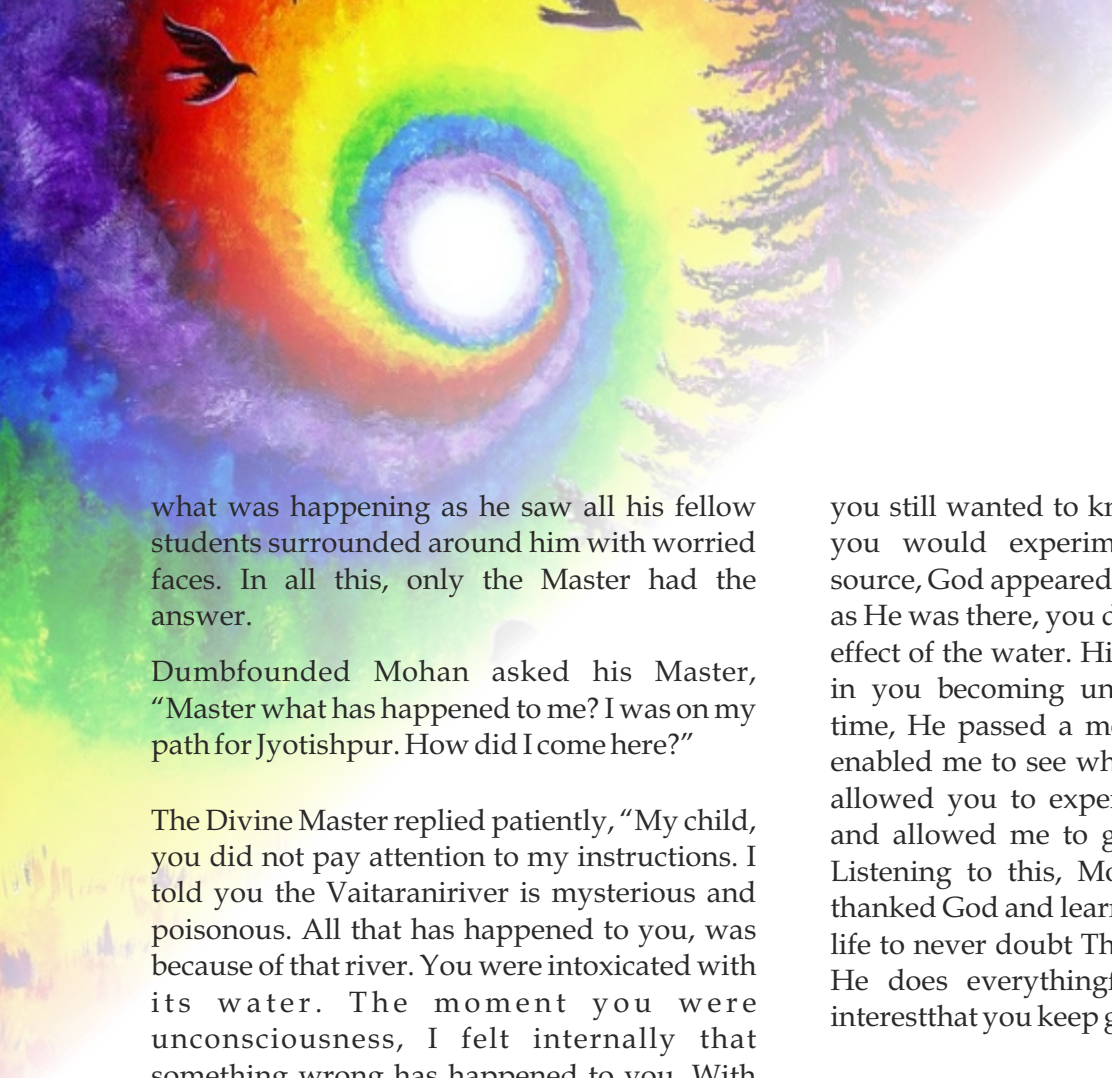
As he made his way through the forest, he saw a young, thin boy of around 14-15 years of age, through the bushes. He decided to meet the little boy and take rest as well. As he approached closer to the boy, he saw him diving into the river water from an elevated rock close by. The joy of diving into the river was reflected on the little boy's face. Mohan remembered, "Oh! This is the Vaitarani river that my Master spoke about. But this boy is having so much fun here. My innocent Master must have been fooled by the local villagers."

Consequently, with this frame of mind, he went ahead and met the boy. He introduced himself and inquired about the water. The boy

said nothing and instead asked Mohan to join him for a swim. He said, "Why don't you swim with me as well and enjoy the water?" By now, Mohan was convinced that there was nothing wrong with the water. Without a second thought, he too jumped into the water. To his surprise, nothing untoward happened. Instead, he enjoyed swimming in the water as much as the young boy. Internally, excited and joyful Mohan wanted to share this new revelation with his Master and other students. He was proud of himself, as he had got the secret out entirely by himself without anyone's help. After spending a few hours in the water, they both came out of the river and sat together for a while. The young boy said, "I have to go back as I can't spend more time here. Someone is waiting for me at home." Mohan also agreed as he too had to continue his journey before it got dark. The young boy quickly walked ahead and disappeared into the bushes. Mohan was still engrossed in judging and doubting his Master. "How foolish my Master is! I have tasted this water and have swum too and felt only joy and nothing toxic." As he was ruminating over all this, he felt like resting on a nearby rock. He closed his eyes to sleep for sometime.

As he slept, he heard his Master calling him by his name, "Mohan, Mohan my child, wake up, wake up." Someone was patting him, shaking his body, and all of a sudden he vomited and opened his eyes. He was breathless and found himself back in his Premashram. He was astonished to see himself like that. Mohan was unable to comprehend,





what was happening as he saw all his fellow students surrounded around him with worried faces. In all this, only the Master had the answer.

Dumbfounded Mohan asked his Master, "Master what has happened to me? I was on my path for Jyotishpur. How did I come here?"

The Divine Master replied patiently, "My child, you did not pay attention to my instructions. I told you the Vaitaraniriver is mysterious and poisonous. All that has happened to you, was because of that river. You were intoxicated with its water. The moment you were unconsciousness, I felt internally that something wrong has happened to you. With my inner eyes, I saw everything that had occurred and rushed there to save you, otherwise you couldn't have been able to see us all, as you are now."

Mohan was unable to forgive himself for doubting his Master's words. He was ashamed of his act but had one more question. He again humbly asked his Master, "Then, Master tell me, why didn't I feel the negative impact of water at first when I was swimming and tasting that water?" The Master smiled at this query and enlightened Mohan affectionately, "It was Grace. When you left from the ashram, you had a desire to know more and see for yourself about the river. Although I had warned you,

you still wanted to know more. Knowing that you would experiment with the negative source, God appeared to you as a child. As long as He was there, you did not experience any ill-effect of the water. His disappearance resulted in you becoming unconscious. At the same time, He passed a message to me inside and enabled me to see what all had happened. He allowed you to experiment with your desire and allowed me to give you one more life." Listening to this, Mohan became emotional, thanked God and learnt the lesson for his entire life to never doubt The Divine and His words. He does everything for you with only one interest that you keep growing internally.

Dear Friends,

Your Inner Divine is your True Friend. His association stops you from experiencing the viciousness of the physical world.

Having a bond with your Inner Divine, keeps you away from all the negative influences and consequences.

Learn to listen to your Inner Divine and free yourself from all the worries and obstacles!

**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

“ Ask for that ‘Giver’ Itself! Asking for less than this lowers your state of consciousness. Do not fall down to ask for something that your heart does not resonate with! Hence remember, ask for the ‘Highest Divine Love’. It is the only remedy for all illnesses ”
- Dadashreeji

We fall short in our spiritual ambitions. We ask for small things. Divinity is an ocean and we often stand before it with a spoon.

“Don’t ask for something that your heart does not resonate with”. This statement clearly signifies that whatever one asks for must be heartfelt, must be desperate enough to move Divinity to fulfill your wish. The desperation, the fervor needed to ask something from Divinity can only be achieved if your state of consciousness is elevated.

Ask for “The Highest Divine Love”. Here Dada clearly defines the pinnacle of asking and the

pinnacle of Grace. Divine love is unconditional love for everything without any favoritism. This can only happen when you become “love” itself. It can only happen with Divine Grace. At that stage there is Unity or Oneness. There is no “you” or “me”.

Ask for “That Giver” itself! What a prayer that is! When you are not bothered, or don’t want anything except to be with the Divine! This is what all the great Bhakt’s asked for and received. Lord Hanuman, Sant Tukaram, Sant Dnyaneshwar and Ramakrishna Paramahansa to name a few. They only pined for the Divine. Their love for the Divine is what eventually made them become Divine themselves.




Dussehra Bhet

‘A Guru, ordained by God to help individuals in response to their deep prayers, is not an ordinary teacher; but is a human vehicle whose body, speech, mind, and spirituality God uses as a channel to attract and guide lost souls back to His home of immortality. We meet various teachers in the beginning, through our vague desire to know truth. But a Guru is a living embodiment of scriptural truth and an agent of salvation appointed by God in response to a devotee’s incessant petitions for release from the bondage of matter.’

Being in the presence of a Guru is an opportunity that cannot be missed. There is a feeling of profound bliss simply by being in His presence. The atmosphere is thick with peace. There is an absolutely magical feeling in the air

that one could never feel anywhere else, as though we are existing on a heavenly plane of consciousness. Every step feels like a step on holy sacred ground, and one becomes much more conscious of every thought, action and movement of the body. All worries and doubts of the mind seem to melt into ‘knowingness’ that everything is perfect here and now. Each moment seems to take on a deeper depth, beauty and significance.

Come, experience higher consciousness and soak yourselves in the loving, divine presence of your Dadashreeji for ‘Dussehra Bhet’ on 30th Sept’17!




*To uplift humanity and shower Grace,
To unveil the layers of falsehood and evil
through Love and Transformation*

MaitriBodh Parivaar welcomes you for
DUSSEHRA BHET
with
LOVE INCARNATE DADASHREEJI
to receive Love, Grace and
a gift blessed by Him.

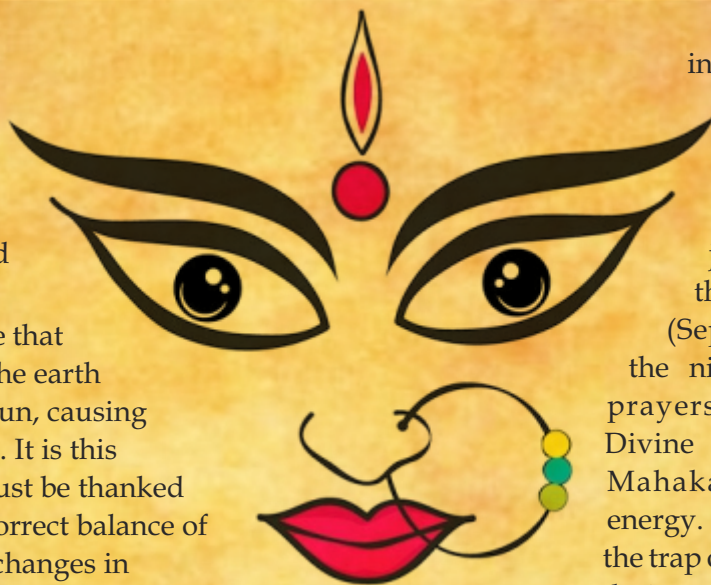
Date: 30th September
Time: 9 a.m. to 4 p.m.
Venue: ShantiKshetra Premgiri Ashram

*We request you to bring a
small non-perishable and
inexpensive token of love
as a gift.*

~ For more details call +91 9323540830 or log on to www.maitribodh.org ~



Navratri Vidhis



Every festival has a reason and significance behind its celebration. Festivals are not only celebrated for fun and enjoyment.

It is the Divine source that provides energy for the earth to move around the sun, causing the changes in nature. It is this Divine source that must be thanked for maintaining the correct balance of the universe. Due to changes in nature, the bodies and minds of people undergo considerable changes.

It is also true that because of changes in the climate change and the influence of solar cadence and rhythm, the energy level of the body goes up & down. If the energy level is high, positivity increases. As a result, humans becomes dynamic, enthusiastic, creative & happier. If the energy level is low, negativity increases. Consequently all types of negativity like greed, jealousy, hatred develop in humans.

One such festival which helps raise energy levels at time of such changes is Navratri. Navratri means nine nights, i.e. Nav - Nine and Ratri - Night.

Why Worship the Mother Goddess?

We assume that this energy is only a form of the Divine Mother - the mother of all. We are all her children. "Why mother; why not father?" you may ask. It is believed that God's glory, His cosmic energy, His grandness and supremacy can best be depicted through the motherhood aspect of God. Just as a child finds all these qualities in his or her mother, similarly, all of us look upon God as mother, the creative aspect of the Absolute.

What is the significance of worshipping Adi Shakti Mahakali during the nine days of Navratri?

The word asur (demon) can be loosely translated as 'one who remains engrossed only

in enjoying the mundane pleasures of life'.

These actions give rise to real demons such as ego, sorrow, greed, jealousy etc. Then on the first day of Ashvin (September-October) of the nine days of worship, prayers are offered to the Divine mother "Adi Shakti Mahakali", the source of energy. To become free from the trap of demons, the simplest solution available to us is to pray to Divine Mother "Adi Shakti

Mahakali", by realising the illusory form of the Demons. Therefore, Shakti should be worshipped during the nine days of Navratri. This victory is celebrated on the day of Dashmi and is called Dussehra.

First set of three days: The Mother is adored as a spiritual force called Durga in order to destroy all our impurities.

Second set of three days: The Mother is adored as a giver of spiritual wealth, Lakshmi, who is considered to have the power of bestowing on her devotees inexhaustible wealth, as she is the Goddess of Wealth.

Final set of three days: The final set of three days are spent in worshipping the Divine Mother as Goddess of Wisdom, Saraswati.

In order to succeed in life, one seeks the blessings of all three the aspects of Divine femininity, hence the nine nights of worship.

The following are only suggestions to help the seeker receive the highest of blessings during these nine days.

Process of Celebration

Please observe the following during the navratri period:

1. You can fast throughout the nine days. The fast can be observed from the time you wake up in morning till evening 7 pm. During the fast one can consume water (if possible



warm water). During these nine days observe maun i.e. silence for at least one day (of your choice).

2. Chant the Adishakti Mahakali mantra for 108 times daily. Before breaking your fast, chant and offer it to Divine Mother, Adi Shakti Mahakali. Offer your prayer for the first set of three days to destroy all impurities such as greed, ego, etc. During the second set of three days to bestow spiritual wealth such as faith, compassion, etc. During the last set of three days to grant

wisdom.

3. Try to reach home before 7pm. so that you can chant and break your fast.
4. Homemade meals are the best during this period.

Note:

- If you are suffering from any chronic illnesses or gastric anomalies, please do not fast. Follow the instructions from 2 to 4.
- Those who cannot fast may chant at 7pm and offer the chants to the Divine Mother.

Adi Shakti Mahakali Mantra

|| Om Mahakalikaye Vidmahe
Premgiri Vasinye Dhimahi
Tanno Ghore Prachodayat ||

॥ ॐ महाकालिकाये विद्महे
प्रेमगिरि वासिन्यै धीमहि
तन्नो घोरे प्रचोदयात ॥

Meaning

We know that Supreme Mother
We meditate on her who resides
at Premgiri

Through this meditation we
would attain enlightenment

A Havan is an ancient and sacred process which helps to eliminate Sufferings, protect from Miserias, 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 call on 9320234596 and for Navratri Pooja call us at 8655562995

*A channel to connect with Shakti,
An expression of Love and Purity,
A journey of bliss with the Grace
of Devi Maa*

On the occasion of Navratri
MaitriBodh Parivaar invites you to
experience the most sacred Vedic process

havan

From 21st September 2017
to 29th September 2017

To have a havan & for more details please call +91 9320234596 or log on to www.maitribodh.org



Come, seek blessings and immerse yourself in the Grace of Divine Mother Mahakali during the auspicious occasion of Navratri!



Adi Parashakti

Adi Parashakti is the primal energy and has been always described in the feminine form. Except for Shakta Puran she has not been described clearly elsewhere. Adi Para Shakti alone existed before the creation of the universe and she alone will exist even after the dissolution of the universe. In the stage prior to creation, she is formless (nirgun), not perceived and is the real truth. From the unknown state she appears as a bolt of light.

The first manifested form (sagun) of Adi Parashakti is named Sri Lalita Tripur Sundari. In this state she is said to have three eyes, carrying many weapons like trishul, shield, mace, bow, arrow, chakra and sword. She is said to have looked around and found no creation around her and took the form of Kushmand (ku-little, ushma-warmth, anda - egg). Mahakali was born when she opened her left eye. Mahalakshmi was born when she opened her right eye and Mahasaraswati was born when she opened her third eye.

Adi Parashakti is both the formless reality and dynamic feminine form. She is also said to have created the Trimurtis. The Trimurtis i.e. Brahma, Vishnu and Mahesh appear to govern

the universe through her dynamic energy. She assigns Lord Narayan (Lord Vishnu) as the preserver of the universe and stays beside him as Goddess Lakshmi. From Lord Vishnu, Lord Brahma was created by Adi Parashakti. She then directed Lord Brahma to be the creator and Goddess Saraswati to be His consort. Adi Parashakti also created Rudra (Lord Shiv), the dynamic form which arises due to her energy and helps in the dissolution of the world. She also becomes Lord Shiva's consort Mahakali.

Creation, preservation or destruction cannot occur without energy (Adi Parashakti). Energy is needed to get a soul into the body it is needed to sustain the soul and also needed to release the soul from the body. Without Kundalini Shakti (another form of Adi Parashakti) even Lord Shiva is rendered powerless.

Adi Parashakti splits into Durga Devi who in turn splits into nav-durga to control the movements of the nine planets. She also transforms into vidya shakti and maya shakti, to delude the beings to illusion and also eventually promotes the beings towards union with the ultimate God.





Dadaleela

..... Devotees' Experiences

Grace of the Divine

My dear friends,

I want to share my story with you.

I have been fortunate enough to be blessed with a sharp brain. I have a photographic memory and can manage to perform many tasks simultaneously.

But a few years ago, I realized, that I had started to lose my train of thought under stress, but it never really got worse than that.

But then last year I felt really bad, knocked out totally. I was under a lot of stress, so much so that I started experiencing frequent blackouts. I suspected I had Alzheimer's. I got so scared and implored Dadashreeji for help.

Soon after that I experienced another blackout while we were in Pitzol for a training session with Dadashreeji. It was the worst thing that could have happened to me. I lost track of my

thoughts while standing next to our beloved Dadashreeji. I felt utterly miserable and cried and prayed the entire night.

But to my surprise, I never have had a single blackout since that day one year ago. My thoughts are absolutely clear and logical. I always remember what I wanted to say.

I am so deeply grateful and indebted for this transformation. My love for Dadashreeji is beyond words. He helped me out of this suffering and a lot more. Dada my heart, my light, my sun, I bow down to your lotus feet as your child.

**Dadashreeji Sharanam ,
Maitreyi Andrea, Vienna**



Love with all your heart

When I was younger I used to enjoy reading my pictorial bible. It expanded my vivid imagination of the biblical characters, of Jesus's life and the illustration of His parables. It was a modality that as a child helped me inculcate good morals into my life. This was my connection with Divinity in its most innocent form.

As I grew older, my moralities remained intact, but One thing became vague and that was - how to deal with people? A few years ago I got a chance to meet Dadashreeji. I started seeking a path where I would be able to feel that same excitement as I felt when I was reading my pictorial bible. I was looking for Love and a way to reconnect with my Inner Divinity.

After meeting Dadashreeji, I started to experience these immense bursts of love once again. I started to find an uncanny resemblance of Jesus in Dadashreeji and so I started to grow deeper and deeper in love.

But when my parents were visiting, I was very apprehensive about introducing them to my loving friend Dadashreeji. I knew my parents followed a different path and wouldn't necessarily understand mine - or so I thought.

I prayed deeply to my dearest Dada and internally I received only one clear message "Love them with all your heart and let your love speak for itself" and so I decided, my only job was to Love. I am not here to prove anything or change anyone. And so when my parents visited, I enjoyed every passing moment with them, like I would have if Dada were visiting

my city. The happiness I experienced with them was truly a gift I will cherish. And when I introduced them to Dadashreeji, they showed compassion. They didn't judge me for the path I had chosen for myself. My love had surpassed it all!

I have since then always kept this message close to my heart in my dealings with people from different walks of life. Having totally surrendered to the love of Dadashreeji, the part of me that I share with people is full of Dada's love.

On days when I feel challenged, which is a part of life, I pray to Dada to help me through the challenges and show me the direction to His unconditional love. He teaches me new lessons every day through different trials and tribulations, but there is an undercurrent of contentment in everything that goes around.

And this is not limited to my own personal testimony, but I've seen so many of our Parivaar members across the globe offering all the love they can to others.

May we always remember to extend our loving selves to others, for although Dadashreeji might not be physically present everywhere, at all times, our loving friend Dadashreeji is in us, always alive and eager to meet new people and change their lives!

Maitreyi Cecilia, USA



Divine Validation



Reading has always been a passion for me since childhood. In different stages of my life as I grew up, I read different kinds of books - fiction, non-fiction. Over the past two years I have developed this quest for reading spiritual books. After getting connected with Dada and the bond becoming stronger over the past few months, I started getting messages and answers to all my questions through reading and how! I would inadvertently read something and later realise that this was an answer to one of many questions that keep floating in my head. It is an amazing experience.

Sharing one such recent experience. I have a book on "The complete Life of Krishna", which narrates the complete life of Lord Krishna in a story form. I had always read about Lord Krishna in the perspective of his role in Mahabharat and His childhood. However, this was my first endeavour on His life after Mahabharat. In the course of reading this book, I had many experiences, received many messages and answers. I started having similar experiences as were narrated in the book. This became an extremely enjoyable and emotional journey. When I reached the part where Lord Krishna is advising Uddhav, there was one line which gripped me and I could not control my emotions - "In the form of your Guru, I shall come and be your captain, mark your course, and set your compass in the right direction". This was a profound statement and reinforced my belief that my Dada is Narayan and from a Divine friend and elder brother, he has now become my Divine.

Thank you Dada. Thank you.

**At your lotus feet,
Shalaka Batte**



Shine upon with Dadashreeji

With a shining smile I was flying home. Love traveling!

This time in Vienna, taking part in Maitri Manthan, an annual summit of our lovely European team of Dadashreeji. Such gatherings usually bring exciting surprises, not something to miss!!

Thus, with outstretched wings I was flying home all inspired with future plans.

Upon checking in, I usually choose my seat by the window, as I love observing the beautiful panorama of the cities from the birds' eye, but this time all window seats were taken.

So I said, "ok!". And I let the Divine pick a place for me, and decide my neighbors. "Let the Divine Will flow"...and such a statement makes miracles happen...consecrating your choice to Divine's Will.

Being seated among two empty seats, I patiently waited for my neighbors. A woman joined me, scooted over and took the window seat although she was supposed to sit on the aisle seat. I started observing the woman. She had a veil covering her head, seemed shy and modest, avoided eye contact and spoke only Swedish and Arabic. "Hmm, that would be a hard way to connect with her", I thought to myself.

I started waiting for the other passenger to join us. In a short while, a man my age came over and

took his seat. But even before he was seated, I felt a powerful flow of energy pouring over my head, way too strong to ignore.

"Aha, here is my patient."

Usually, I'm quite shy to start a conversation with strangers. But here there was no need to cope with my shyness, as the man started a conversation with me even before he'd fastened his seat belt. We spoke for an hour and a half.

He kept sharing his private matters, the ones you keep for your psychologist...

And with each story, the energy kept pouring into my crown chakra, my heart was bursting and palms were pulsing. All these blessings were pouring for this person, healing every shade of his worry and pain. All I had to do was breathe, relax and listen. Divinity was performing its process.

As the plane landed, the young man confessed that he had actually planned to take a nap but instead got talking.

This is how one becomes a pure channel of Divine Light and Love.

Just one week of an intensive training retreat of three levels with Dadashreeji, to improve your own life and be of help to people around you.

Tatiana Sevciuc, Denmark



Know Thyself in Silence

Maitreyi Sonee shares her learnings in her ongoing journey with Dadashreeji

We generally are our worst enemies, for we have no idea who we truly are. To get out of our own way, to make space for the true self almost seems impossible. Often we are not even aware that there is a hidden true self within us waiting to be revealed. To make this possible, it is imperative for all of us to be in silence, to 'know thyself is paramount'.

Silence - can it be described, can it be explained, can it be put into words or planted in thoughts? We are forever seeking inner peace, a respite from our incessant, over bearing, chattering mind. Running after silence seems to go on forever. The moment we are mentally, spiritually and physically tired we stop, and for a few moments are surrounded by silence created through tiredness. If we actually think over it, we will realise that it is in this weariness that we get the first glimpse of what we were chasing. Allow this tiredness to guide you to that door of stillness. Sit still for a few minutes everyday with eyes closed and experience the inner silence.

This journey of knowing the true self started with stillness in silence. The silence that had at

one time taken the shape of loneliness later came to become my best friend. Silence was not something I bought from the market or learnt from books. It came from within, through the connection I formed with my Inner Divine. In this exploration of the true hidden me, I found that I was courageous, stronger than I thought myself to be. I was resilient and flexible ready to listen to others before I shared my views. I was a warrior, a peaceful warrior who knew when to end the war with a smile and a heartfelt hug. I did not need to look for transparency and truth in others, all I needed was to be honest with myself. I learnt to take responsibility for my actions.

The world around me simply fell into place and in silence I found Oneness with my Divine. Silence is utter stillness of the soul, peace and love. In silence you experience the inner light with open eyes. Silence is the music of our soul.

Become one with yourself, experience silence of the soul within the noise of this world and allow your true self to emerge. Thank you Dadashreeji for such a profound experience that is now my constant companion, me and my inner silence.

Maitreyi Sonee 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.



Help your child grow emotionally

Maitreyi Cecilia shares on how we could raise emotionally stable children



One of the most silent processes that eventually impacts society as a whole in a positive manner, is the holistic development of a child. Every child in their formative years, develops nearly 700 new neural connections every second while the brain triples in size in the first few years. This is why we must all collectively help our children develop into loving and caring individuals.

As Dadashreeji teaches us, true knowledge is knowledge of the Self. We must be able to help children gain this insight. One of the key modalities to strengthen your child's ability to look within is to help them recognize their emotions. Young children less than the age of six, don't understand love, sadness, happiness, fear or anger. For a child, it is merely a sensation that they experience and with time, they start to correlate sensations with a specific emotions. If in early childhood they are taught how to recognize and then express both positive and negative feelings, their development and maturing process becomes healthy and productive. For example: It might seem very common for any parent/adult to see a young child angry and throw tantrums. We often deal with this by:

-Giving them 'time outs' and making them suppress their action.

-Spanking them and again suppressing their expression.

-Or sometimes even expressing compassion towards them by hugging them, but not explaining why they feel, what they feel.

This does not in any way give the child insight of what he or she has experienced and expressed. The child now correlates anger outburst with tantrums. It becomes deep rooted as the child hasn't been prepared to express it any other way. Eventually a large percentage of these children become defiant as young adults and develop serious personality problems when they grow up and become adults.

If we fail to help children express their emotions while they are young, the difficulty in handling this emotion becomes worse as they grow older and this results in their inability to connect with others using their heart, and this eventually causes stress.

Below are three simple ways to help your child, age two years and older, get closer to understanding themselves and put them on a path to get closer to the Divine:

Identify emotions: Identify the emotion as soon as you see the child experiencing it. Both, positive and negative. If the child is happy, he/she could be made aware of it by saying, "my dear child you are experiencing a feeling of



happiness” likewise when they appear frustrated or angry, say “dear child what you are feeling right now is anger”. When they feel sad, identify that they are feeling “sadness”. Tell them more about these feelings in simple terms. For example, anger can make you feel hot, raise your voice and scream or cry, it can make your heart race. “Happiness” makes you feel cool within and makes you smile or laugh. They must know that it is common that they should experience the sensation and express “why” they feel so. Sitting and praying in silence with the child would help them recognize their connection with Divinity (that of Love). Help them identify the emotion of “love” as the positive feeling they experience day in and day out, for example when they see their mother cooking their favorite meal or feeding them, or when their father takes them out to play. They should be told that this is their Divine experience which is full of love. This would help maintain their already strong loving relationship with Divinity and ensure they grow holistically.

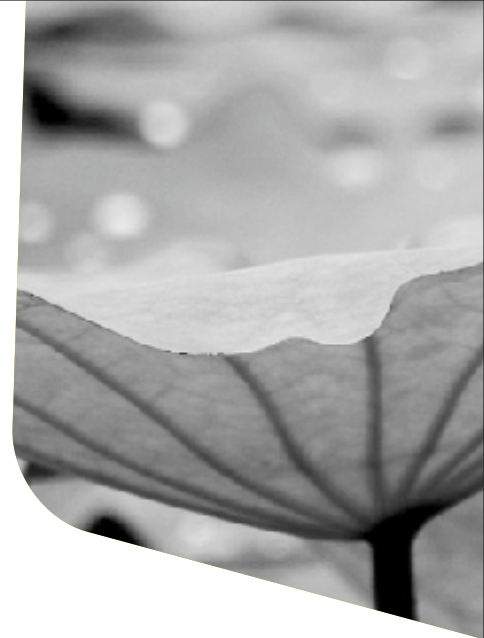
Depict Emotions: Teach the child about emotions through picture books. These images can be created too. Picture books depict many feelings. Showing them images of characters depicting anger, happy, sad, love and help them identify it.

Express Emotions: Teaching children to express their emotions. They need to know that it’s okay to cry or get angry, but they must know how to find the “cause” and share the reason with either of the parents. The same when one is sad. When happy, express it through a “hug”, either to the Mom and Dad or one could do something good for the siblings, family or friends.

We have to try to make children understand that emotions aren’t bad, they’re just part of the richness of being human. When you’re comfortable with your feelings, you feel them deeply, and then they dissipate. We don’t usually have a choice about what we feel, but we always have a choice about how we choose to express ourselves fully.

Maitreyi Cecilia is a Pediatrician, currently training in Pediatric Neurology at Duke University, USA. Her greatest passions are child health and their spiritual growth. She envisions to aid caregivers and parents in the holistic physical, mental and spiritual development of children.





Lessons from a Lotus...

Mitr Shivam tells how we could blossom to our best like the Lotus flower which symbolizes non-attachment and purity

The Lotus is one of the most beautiful flowers ever, which symbolizes purity, serenity, wealth and is held sacred by Hindus and Buddhists so much that even a Guru's feet are termed as the Lotus feet. It is presented to Lakshmi Ma which makes it even more pious. But what does this grow on? Filth. The dirtier the water, the better it will grow. This lotus teaches me no matter what life throws at you, you have to stay true to your nature. You will be put to test, but you should learn to only ooze out His fragrance (love). Its roots search for and absorb only positive nutrients from what appears to be only dirt to our human eye. This is probably the only blessed flower to grow in unfit conditions and teaches me if you have Him backing you, you

have all you need. Whatever adverse situations you are facing, remember He has kept you rooted and all He wants from you is to hang on, because every phase will eventually pass on and you will come out of it even more beautiful and pure.

Be a Lotus, Be Love because Love is all there is....

Mitr Shivam is a young entrepreneur and is currently pursuing law. He has been associated with MaitriBodh Parivaar since 2013 and has been actively involved in social work since then.



O'MOTHER EARTH

I asked for a gem
 You gave me diamond mines
 I desired for bread
 And you gave forests to feed from
 I asked for few drops of water
 And you gave me rivers
 When I wanted a friend
 You magically made a bird's nest on my window pane
 When I failed and fell
 You gave me mountains to climb on
 Whenever I asked to be left alone
 You poured raindrops on my forehead
 You made my nights calm and my days bright
 You gave me seasons which taught me
 Time never remains the same
 You were my first teacher
 My first guide
 O'Mother Earth
 You gave me plenty
 When I asked for a penny
 I have failed you many times
 But you never lament
 O'Mother Earth
 My words cannot express, the full depth
 what you mean to me
 But still, I try
 To thank you
 With gratitude
 To praise your holiness
 For you always have cleansed my soul.

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



Let Go

Have we really learnt to 'Let Go'? asks **Maitreyi Shraddha**

This is the phrase that I keep hearing from my husband, close friend and also my heart. I have tried letting go but was not very successful. After meeting my Divine Friend Dadashreeji, I had my friends telling me, "Give your thoughts to Dada and offer your worries to Dada". I did it, however, I still found myself engaged with the same thoughts and concerns until I accepted with all my heart that I found letting go challenging and needed help. I prayed to Dadashreeji to help me so that I could move forward in life.

Dadashreeji taught me the act of letting go beautifully. I work with children with different abilities. One of my child has difficulty in controlling his anger. Once I had the following conversation with him.

Me: I want you to give all your anger to me, all, just take it out and give it to me.

He did the act of giving me his anger and said, "Take all, now, I don't have any left".

Whenever he would get angry, somebody would remind him that he doesn't have his anger anymore as his anger was with me and he would get calm.

Sometimes I also tell children to throw away their irritation, anger etc. They are told if they throw something, they can't possibly take it out from the bin. It becomes a part of the garbage

which we don't even keep in our house for more than a day and let go of it.

This morning, I had a recurring thought about something which was bothering me a lot. I was in the kitchen and told myself to get rid of the thought. I opened the bin and did the act of putting the thought in it and suddenly recalled what I tell children. This realization helped me let go of that thought from my heart.

Also, another important realization that whatever I give to Dada, I can't take it back from him so if I have given my concern fully to him, it's with him, I have let go of it. However, I also realized that we become so comfortable with our burdens that we still want to hold on to it and don't fully give it to Dadashreeji.

It brought a feeling of peace and lightness that I am not carrying that burden anymore. I have given it at His Lotus Feet.

We give beautiful things to our friends. However, Dadashreeji is my Divine friend who happily takes all the unwanted from me and fills me with His love in return.

Special are His ways of teaching us in a way that we experience the lesson.

Maitreyi Shraddha is a student of life, she finds joy in being with her students with different abilities.



The Ultimate Navigator - Dadashreeji



Maitreyi Claude shares her journey aboard Air MaitriBodh

Recently, I was on an overnight flight from Abu Dhabi to Australia. It was a quiet trip and as night approached, everyone fell into a deep slumber except the busy stewardesses, who were bringing yet another drink or an extra cushion for the small kids, preparing for the next meal, doing an amazing job, while always maintaining a genuine smile.

All of a sudden it dawned on me, that life is indeed nothing but a trip where Dadashreeji is the Captain of the biggest Aircraft, carrying all of humanity onboard.

He alone knows the destination and the route. All of us have booked a ticket aka life, some of us have a vague feeling of where to go while some of us don't. Many have no idea about who is navigating us through the darkness.

At least most of us are hoping for a safe trip and an enjoyable ride. All of us carry our own stories and this is where we come into the picture, the MaitriBodh Parivaar family, we are the flight attendants we are the first ones to connect with for whatever arises. We barely sleep, some of us working on night shifts. We listen to every request and we make sure to meet every need in pure devotion for our great Master and Pilot Dadashreeji.

I'm grateful beyond words to have chosen Dadashreeji's Airline.

Contemplating on this, I had the most pleasant long distance trip ever.

Maitreyi Claude Leeb is a seeker from Austria and an integral part of MaitriBodh Parivaar



Letters about This and That



This is a new column that we will publish every month. It is especially for children, letters on various slices of their everyday lives, that hold special meaning for them.

Dear Lovely Children,

"I walked one morning with a friend, and wished the day would never end"
- Anonymous

Do you agree? Have you ever felt like this?
I have...

I am nearly 50 years old now, but ever since i was a child in school, like you, friends were very special people in my life! My friends lit up my world with laughter, with listening, telling me the truth and sharing all my big and small moments.

Through these fifty years of life, I have concluded that there is no relationship more pure than true friendship! Friends are people who know me in and out, who love me fully - my good, my bad and my ugly! Friends cheer me up when I am gloomy and encourage me when i am afraid. Friends sometimes tell me things that are difficult to hear but true and stop me from making bad choices. Friends even fight with me at times, because they care and they also easily forgive and forget.

Now, I have the best friend of my life, Divine Friend and guide - our beloved Dada!

Our bond with Dada is unique, as it is the bond of Maitri or Friendship. It is a very simple, clear and most trustworthy relationship. With DADA, you can say and be anything, and as He is a true friend, he will not judge you. DADA will be the most loyal friend you can ever have, for all his love is only for you! Also, YOU are super special to DADA - he waits and longs for

you to go and spend time with Him. He wants to hear all your stories - what happened to you at school, at home, what your feelings are and your dreams, what mistakes you may have made, what is challenging and what you are celebrating - everything!

DADA becomes a voice in your heart guiding you, becomes a shadow at your feet protecting you, becomes a smile on your face enjoying life with you. DADA is this magical friend who is all around and yet not seen, you have to call him from your heart, when you call Him with sincerity and love, He appears to you in special ways. DADA is also mischievous like you, and plays loving tricks to keep you guessing - and later, you both can have a good laugh about it.

Through all the activities, make sure to share each moment with Your Divine Friend, experience Him in your heart and how he enjoys life with you.

Wishing you every blessing of this pure friendship, will be back in this space in the next issue, with a new letter for you, my special ones!

Write to us about what you would love to read at: anahita@maitribodh.org

**With Love,
Maitreyi Jagruti**

Maitreyi Jagruti Gala, is an educationist and is involved in extensive work with children, for the past 15 years, through the two NGO's and a school that she runs in Vadodara. She is also a coach for inner transformation for adults.



Becoming the instrument of the Divine

In a Kingdom everyone was observing the fast of Ekadasi in honour of God Vishnu. There was one man however, who didn't observe the fast. When the king heard that there was someone in the kingdom who wasn't fasting, he was furious. The man who wasn't fasting was brought before him. The king demanded, "Why don't you show your respect and fast on this holy day?!" The virtuous man replied, "My Guru has taught me to always fast. Every single day I observe a fast. I eat a little, sleep a little and I avoid all temptations that distract my faith. I am in constant devotion to the One and I merge myself with my Divine. Dear King, every day is holy."



The king was so touched and impressed by the words of this virtuous student of the Guru. He said, "In my life, I would be honoured to meet your Guru." The man replied, "If you pray to see him, he will surely answer you."

Sure enough, after the king prayed, he was able to meet Guru Nanak ji. He brought many expensive gifts and valuable offerings for the Guru. "Please accept these offerings and accept me as your student." But the Guru didn't accept his request or offerings. He tried again, "Dear Guru, please come to my palace, I will feed you and take care of you in every way. I beg you." The Guru asked him politely, "Why? Do you have something special to offer me there?" "The whole Kingdom is an offering to you!" "No king, offer something which belongs to you." "Guru Ji, I am the king, the kingdom is mine." "King, your ancestors also claimed to own the Kingdom. Where are they now? Do they still own it? In your past lifetimes you have claimed to own things. Do you still own those things? You don't own these things. Offer something which is yours."

The king tried to think of what he could offer the Guru besides his wealth. "Guru ji, in that case, I



ॐ नमो भगवते वासुदेवाय ॥
 श्रीगुरुभ्यो नमः ॥ श्रीगुरुभ्यो नमः ॥
 श्रीगुरुभ्यो नमः ॥ श्रीगुरुभ्यो नमः ॥

Again the king was confused and out of ideas. So he said, "Guru ji, if my Kingdom, my body and my mind are not mine, than I have nothing left. What do I have left to offer you?" "Offer your 'me and your mine." Said the Guru smilingly. He was asking the king to give up his ego. The king, hearing his words, drifted in to a sublime state of contemplation. He had grasped the teaching and found that for the first time he wasn't thinking about himself. He had a taste of selflessness. Guru Ji told him, "Now go rule the Kingdom." "O, Guru Ji, only you can make me understand. I have just given everything to you. I am no one and I have nothing, how can I rule now? Please guide me further."

"Dear King, you have always ruled with the idea of 'my Kingdom', 'my palace', 'my family', 'my treasure', 'my people'. Now you have given up your 'My'. You are not trapped within yourself any more. Now just be an instrument of the Divine, just be like the hand of God. Do your royal duties as a holy offering to the Creator."

When we become the instruments of Divine, we see the Divine in every being and all our actions become Divine.



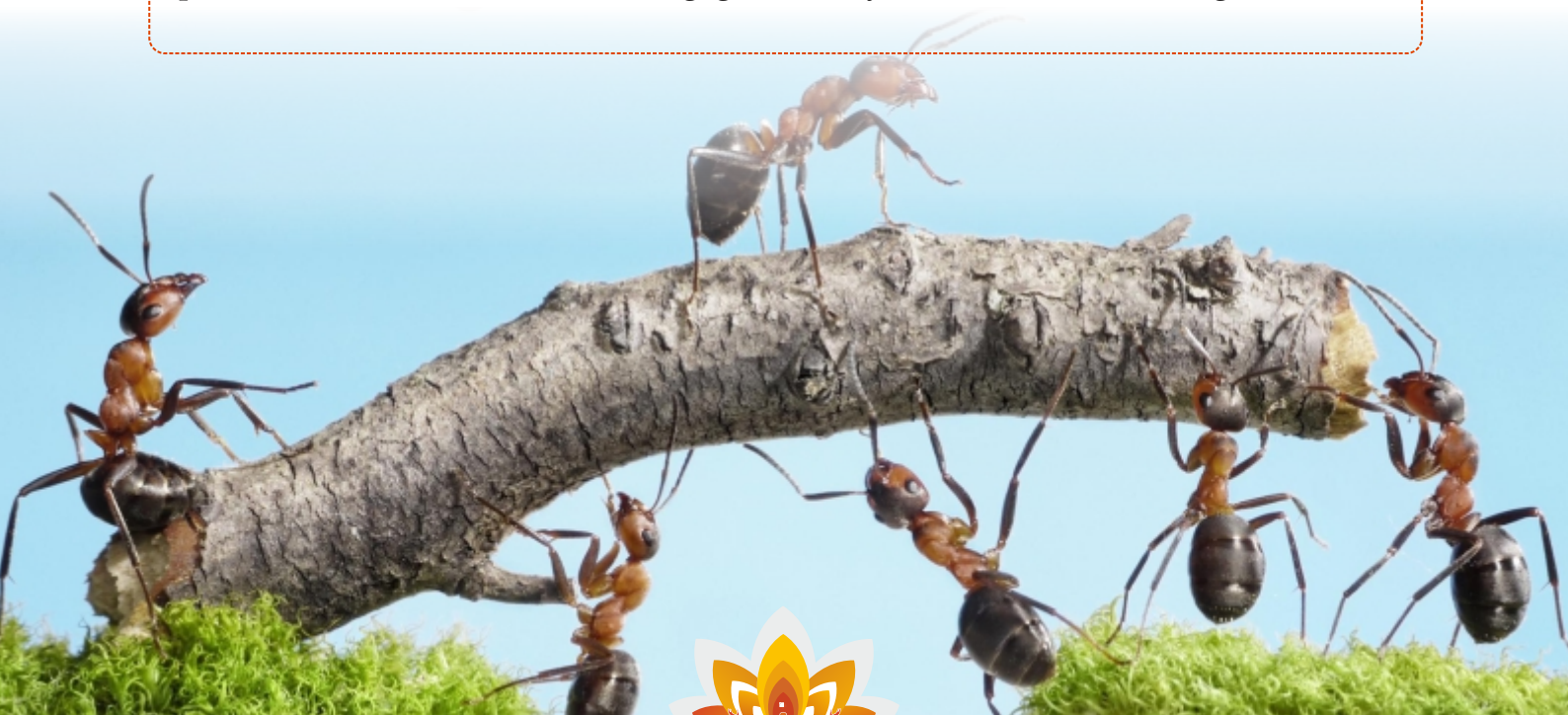
The Highway

With Dadashreeji as his guide and mentor,
Mitr Vineet breaks his barriers and looks forward to more

I was born a stubborn child, not stopping till I got what I wanted. I liked to work alone, rather than in a team. I felt as if team work slowed me down and decreased my productivity. If I was forced to work in a group, it was my way or the highway. Since I was in school, I used to do my own work, not interacting with many people. For a long time, it did help me a lot, taking me to success and achievements far beyond I could imagine for myself. At the same time, it also separated me from others. I had very few friends as I grew up and this made it difficult for me to connect with people at an emotional level or empathize with them. It created a palpable shield around me which protected me from getting hurt. I was very happy, or at least I thought I was.

Then came Dada, and all hell broke loose. He made me realize that there was no point in my success if I was all alone. It was not going to help anybody. After I made a conscious decision to follow him and connect with him, he started breaking me, piece by piece. I had to do all the things I didn't want to do at all - team work, talking and listening to people, accepting the way of working of others. All the barriers I had so meticulously created to protect myself shattered in front of Him. It was very painful at first, but then I started enjoying the process. Now I actually look forward to the next thing He is going to break within me. I now understand that there is a better way than 'my way' - the 'high' way.

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



Simply Spirituality- 5th August

The session was attended by people from different walks of life. Some came to understand spirituality, some to learn meditation and some as learners, explorers. Talking about spirituality and love in simple words, helped every participant to experience and apply it in their daily lives.

Celebrations at Sneh Sanskar Gurukul – Amritsar & Karjat

Friendship Day, Independence Day, Janamashtami & Rakshabandhan were celebrated at the Gurukuls with great enthusiasm. The importance and role of friends in our lives was shared with the Gurukul kids. Children were told to share their feelings with their friends. This relationship was based on pure love as a true friend never expects anything in return except love and trust. Teachers explained the significance associated with Raakhi Poornima. Independence Day was also celebrated with zeal and fervor.

Bodh: De-addiction Centre

A Bodh was conducted at a De-addiction centre in New Delhi. The souls crying with pain and unrest reached out for help and the universe created ways for help to reach them. Sambodh Dhyana and Maitri Light sessions were taking place consistently for the past 45 days. The participants expressed their gratitude for the efforts made to help them receive Grace, to help them overcome their sufferings and find the right path before it was too late.

Bodh 1 was held in the following cities: 6th Aug – Satara, Andheri, 19th Aug – Pune, 27th & 30th Aug – Delhi, 2nd Sep – Thane, 3rd Sept - Amritsar

Sambodh Dhyana

It was conducted in three different schools in Gurugram. Children were receptive and took active part in the meditation.

Session in the Corporate Sector

An event was organised at Pay U (a corporate) with the sole purpose of reaching out to people from different walks and sectors of life. The session had a talk on stress and ways to deal with it and Sambodh dhyana our flagship meditation. Grace was flowing and the participants experienced inner peace and silence as the session ended.

Sangat sessions were conducted at Pune, Thane, Koparkhairne, Indore.

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



Upcoming Events

Prem Anubhav - Awaken the Love Within (Session by Maitreyi Sulata ji & Maitreyi Smita ji Jaykar) Event Co-ordinator: Mitr Shivam ji	10th September 5pm-7pm,	Kumar Resorts, Albert Road, Amritsar,
Navratri Havans & Celebration Havan Co-ordinator: Maitreyi Swapna ji - 8655562995 Navratri Pooja Co-ordinator: Maitreyi Nanda ji - 9320234596	21st to 29th September	ShantiKshetra Premgiri Ashram
Dussehra Bhet Event Co-ordinator: Maitreyi Jyoti ji Shahpurkar	30th September Time: 9 am - 4 pm	ShantiKshetra Premgiri Ashram
Bodh 2	27th - 29th October	Delhi

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
 Pune - maitreyi.varsha@maitribodh.org | 94220 07104
 Punjab - mitra.shivam@maitribodh.org | 92168 22222

International

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

