

ANAHITA

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Get Up and Keep Walking

Gratitude - An Awareness

What is Maitri Light?



MaitriBodh

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From the Editor's Desk

Dear Divine Souls,

Our Divine Friend Dadashreeji has been guiding to help us all re-connect with our true Divine nature that is Love and Peace. He reminds us of our true Home, far beyond the turbulence of this mundane life and says, "Let's go back!" Time and again He has reiterated that this is the last call for mankind. It is now far beyond the reach of human memory when man first separated from the Divine. In every eon, Divinity has come down to remind us to stop wandering aimlessly, to remind us of the beautiful Home that awaits us.

As we celebrate the 'Festival of Lights - Diwali' this month, let us all pledge to light the lamp within. For it is this inner light that will give us clarity and show the path. It will guide us to live our lives more sensibly and perform actions in awareness, where every moment lived will be a Celebration! To facilitate this shift within, the Spiritual Week (Bodh 1, 2 & 3) is coming up in the month of November. Bodh 1's are going to be conducted in the Quad Cities just outside of Chicago and Bozeman in the US. Various programs for the youth have also been slated to enable them connect with themselves.

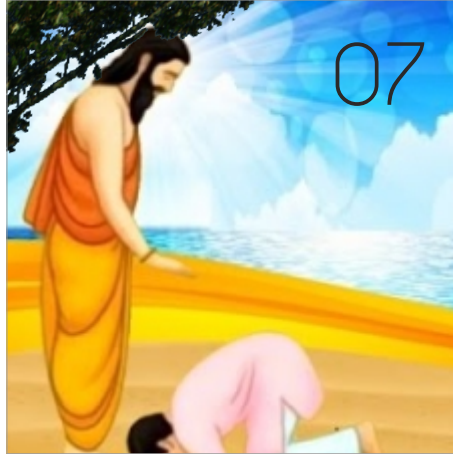
In this issue, do not miss Dadashreeji's message on the importance of 'walking the path' irrespective of the challenges that come along the way. The column for children - 'Letters about This and That', speaks about 'Anger' - a very misunderstood and feared emotion. Read the experience shared by Mitr Jeev on his journey with the Master, an article on the importance of having the spiritual emotion of gratitude and more.

Let's light the lamp within to dispel the darkness!

Be safe and stay blessed!

Love & Gratitude





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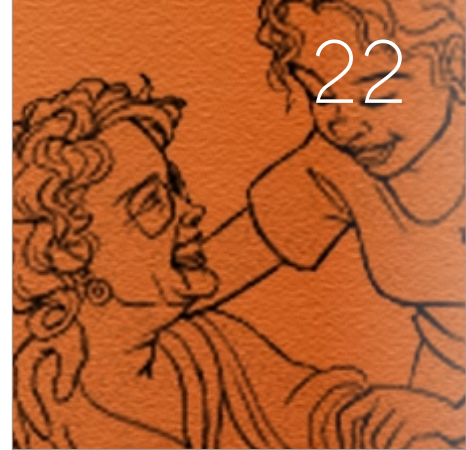
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Get up and keep walking!

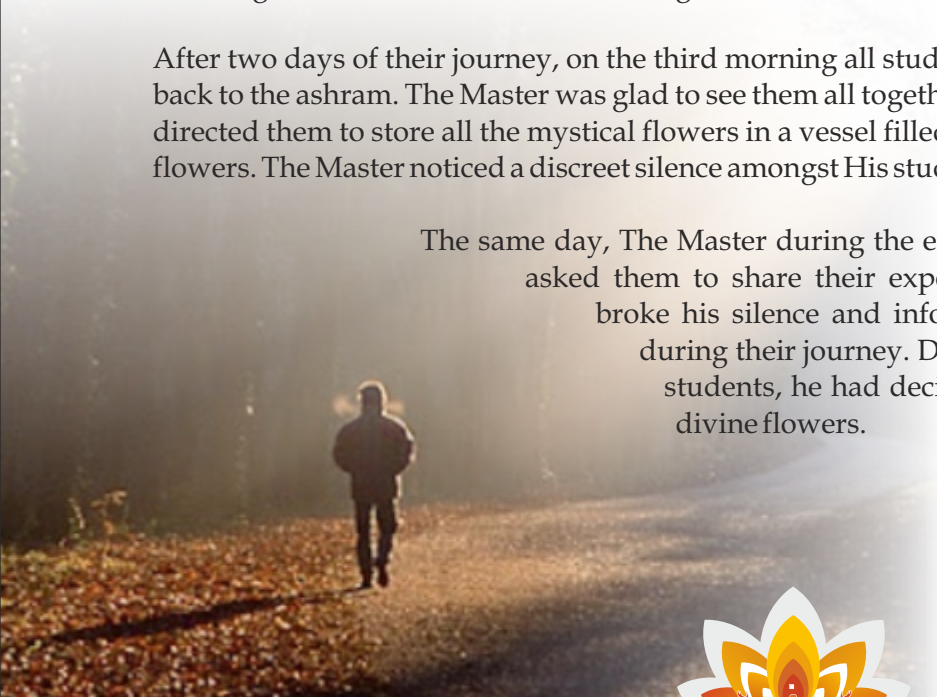
Everyone at the ashram was busy in the preparation for the 12-yearly Shiv Puja. Merely attending this spiritual festival was a sign of good fate and victory for kings. Many sanyasis hadn't slept well for days. Weary but still energetic, sanyasis were following their Master's instructions. Some of them joined work in the kitchen, some invited guests, some cleaned the ashram and some were absorbed in other rituals. Brahmanand was taking care of the rituals. Being knowledgeable about the work, he could guide many.

Just 4 days before the Puja, The Divine Master was explaining about the importance of the Puja as many were new in the ashram. Everyone was glued to His sweet voice. He mentioned the mystical flowers available in the nearby forest, Dharmaranya. With increasing curiosity, all present were excited. But the real challenging work was yet to come. He further added that Dharmaranya was one of the most difficult forests that one could hope to pass through successfully. "This forest has many deceptive paths where one can easily go astray. One can still succeed in getting the flowers by being focused and determined throughout the journey." The Master appointed Brahmanand to lead and guide a team of 6 students. Brahmanand happily accepted the task as he knew these flowers were essential ingredients for this auspicious Puja.

He reiterated his Master's instructions to the fellow students. Taking their Master's blessings, they embarked upon their journey to Dharmaranya under Brahmanand's guidance. The other students were excited and were talking about the various spiritual topics taught in the recent classes at the ashram. Reticent Brahmanand did not pay heed to the discussion initially and asked everyone to make a queue and remain in the group. The shady and dark forest had complicated their work as they were not able to see the path clearly. The short, curving and narrow dense paths confused them all. Brahmanand was quick and walked fast through the forest with little interaction with the others. His friends sensed Brahmanand's arrogance and decided to walk at their ease. Brahmanand was aware of completing this task early as he had to be back in the ashram within 2 days. If he had walked with them, it would have taken at least 5 days to come back to the ashram. He had something else on his mind. As the students marched, they suddenly realised that their guide friend was missing. They looked everywhere to find Brahmanand; but in vain. All were bewildered and disoriented not knowing their whereabouts nor where to go.

After two days of their journey, on the third morning all students along with Brahmanand returned back to the ashram. The Master was glad to see them all together and enquired about their health and directed them to store all the mystical flowers in a vessel filled with water specially prepared for the flowers. The Master noticed a discreet silence amongst His students.

The same day, The Master during the evening satsang (a spiritual gathering), asked them to share their experiences of the journey. Brahmanand broke his silence and informed everything that had happened during their journey. Due to the non-seriousness of his fellow students, he had decided to go ahead alone and collect the divine flowers.



Master asked Brahmanand, “Why did you consider them non-serious for the task assigned?”

Brahmanand replied, “ Dear Master! I noticed them spending extra time at their liberty on three things. That convinced me that they were not serious for the divine task. Having prolonged meals, resting and talking on various spiritual topics were the three things. They spent more time on these than required. None of them were focused on their duties at that moment. I instructed them repeatedly in detail; but nothing seemed to help. I had no choice but to follow the words of The Divine.”

That profound observation of Brahmanand impressed many students. Everyone felt the importance of time and commitment towards their duties. The Master turned towards the accompanying students, and asked them with affection, “Then, how did you all come together with Brahmanand?”

One of the students, Mohan narrated the event, “Dear Master! We noticed arrogance in Brahmanand, hence we continued the journey at our comfort. But when we realised that we had lost him and had no way to go anywhere, we were in despair at our foolishness. We spent a night without any idea where to go further. The next day, we still continued on our path without any definite direction. All of us were looking for Brahmanand with a hope that we may see him with Your Grace. At that moment, we saw him walking deep in the forest, a few kilometers away from us. He had collected the mystical blue lotus flowers with shining petals for the puja. He was very far from us but somehow we could see him through the bushes. Seeing his physical body, seen from afar, helped us take the path in the right direction. Although we were unable to communicate, we still made our way till we met him. Just by following him, we came out of that miserable situation. We did not inform you of all this, as we were ashamed of ourselves.”

The Divine Master, out of the treasure of infinite knowledge that he had, had shared one more lesson to be learnt by all the students. He praised Brahmanand and said, “Students, this example helps us understand the importance of walking on your path of life. People may criticise you, blame you or condemn your actions but you should never stop walking ahead in your life. If you look at it from the point of view of those students who lost the path, it was very crucial for them to see someone guiding them. No matter what happens in your life, keep walking ahead. You may guide hundreds, thousands or many more than that who have lost their path. Be the light for many! This will happen only when you don't stop in life but keep walking, keep walking and walking!”

The lesson filled today's gathering with deep unending silence within and without the ashram. All were speechless and merged entirely in the love for their Divine Master.

Share and Send Love to all our friends!

**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

“ Blend with the all-powerful
and all-loving consciousness.
Elevate the state of your
awareness ”
- Dadashreeji

Here Dada has used two important phrases. “All loving, all powerful consciousness” and “your awareness”. Awareness and consciousness are used interchangeably many times and quite rightly so. However, there are significant distinctions between the two.

All loving, all powerful consciousness is the screen on which all kinds of perceptions occur. How is “our awareness” different from unlimited consciousness? Awareness is that part of the unlimited consciousness that is limited to individuals. It is similar to a bottle filled with sea water floating in the sea. The quality of water is the same inside as well as outside the bottle, but the bottle is the limiting factor! Why does this limitation occur? This limitation occurs because of ignorance. In an individual the awareness gets closely associated with personal ego than with the ‘Supreme Unlimited Consciousness’.

Dada’s advice is to “elevate” the state of awareness and to blend with the all-powerful and all loving ‘Consciousness’. How do we elevate our state of awareness? This can be achieved by slowly dissolving the bottle so that the sea water inside can merge with the sea itself. It is done by slowly untying the knot between the ‘personal ego’ and ‘awareness’. It is done by turning our awareness inwards rather than outwards. Meditation, contemplation, mindful living, the company of spiritually inclined souls and selfless service are some of the methods that help in this endeavour.

Eventually “your awareness” blends with the “all powerful; and all loving Consciousness”. But the most crucial truth that we need to always remember is that none of the above is remotely possible without the Master’s Grace!



MERE DADA – MY FIRST ENCOUNTER

This is an excerpt from the book 'My Spiritual School with Him' by **Mitr Jeev**

By the time I finished my B.Com Degree, a quench for spiritual enlightenment became more and more compelling. Questions haunted me – Why was I born? What kind of seva should I do?

Such queries never left me. There was an NGO doing great work across Mumbai. I started getting actively involved in their activities in the service to humanity. Every night I used to pray to Devi Ma and seek answers. This went on for one and a half year. Meanwhile, I had started other sadhanas like the Gayatri Jap.

One night at 12 a.m, I woke up with tears in my eyes and a very strong feeling in my heart. I sat in front of Devi Ma's idol and started praying- "either give me a mentor or take my life."

I needed someone in my life to guide me in the right direction and knew well that I would not be able to continue for very long without a mentor. Just like a car's windscreen needs continuous wiping on a rainy day to see the road clearly, similarly I really didn't know where and when I would get a wiper for my blurred vision. My questions became more intense with time.

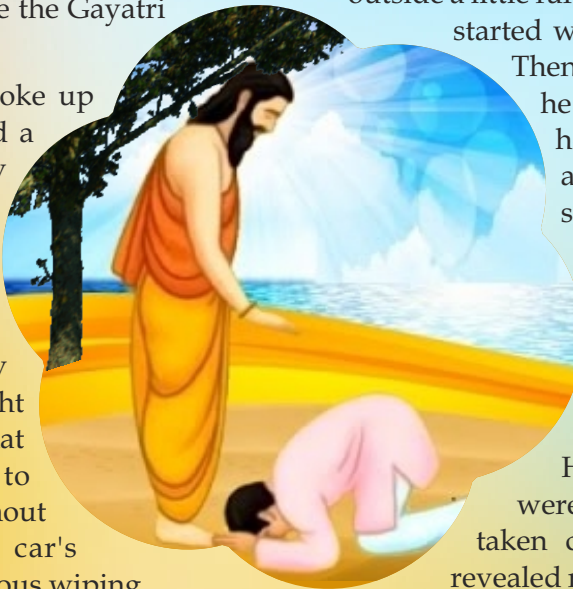
By the time I went back to sleep, it was already 6:30 a.m and the alarm went off. Surprisingly, the alarm that day sounded extremely pleasant and full of hope. At 8:30 a.m, I received a call from the Founder of the NGO for a personal meeting.

I was really surprised on being directly addressed by the Founder and wondered why he wanted to meet, that too at his own residence. I finished my daily activities and quickly reached the meeting place. On entering his home, I was welcomed and was introduced to his family. They offered me a cup of tea along with some snacks after which the Founder and I left. My questions were sounding even louder in my head and we had not even initiated the discussion. We walked outside a little further and sat under a tree. We started with discussing general stuff.

Then he quietly informed me that he has 'received a message' and he would be the one to 'guide me and tell me what I was supposed to do'. It was an electrifying moment. 'How did he come to know about my thought process and prayers, which I hadn't shared with anybody and only offered to Devi Ma?'

He told me that all my prayers were gradually and silently being taken care of by the Divine. He revealed many things about my future and purpose of life. In that moment, all my questions were answered. My life underwent a huge shift after that meeting. I was touched with the kind of simplicity I saw in him. Filled with gratitude, I instantly accepted him as my Master.

Here, I would like to introduce the Founder to you. It was a great honor and opportunity for me. The Founder was none other than the Divine Friend, beloved Dadashreeji whom I lovingly call 'Mere Dada'.



Spirited, happy and full of life... best describes Mitra Jeev. The simple, dynamic and inspiring disciple of Divine Friend Dadashreeji. His spiritual journey started with the initiation and guidance of Dadashreeji at a young age, following which he completely devoted his life to selfless service towards Humanity.



What is Maitri Light?

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

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

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

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

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

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





Dadaleela

..... Devotees' Experiences

My experience of Dussehra

"With Divine's blessing, I was invited to Dussehra festivity.

I was with a group of friends with whom I meet often for a coffee chat. I was bored over the gossiping and felt a slight headache. I left the group and headed for the Dussehra festivity. I was worried my headache may get worse. On the way, I somehow got lost. By the time I arrived to the place, I was tired, had a headache and was sleepy. I didn't think I would be able to stay for long.

After entering the house, I was comforted by the setting of altar and the smell of incense. Following the meditation led by the Maitreyi leading us, with the divine blessings I received, my headache gradually went away. My spirit was lifted. I felt peaceful, relaxed and happy

there. Then the Maitreyi played a short introductory of Dadashreeji for me to watch while she was preparing the food. I did not have much knowledge about Dadashreeji before. It was quite an inspirational story to me. My emotions were lifted by the surrounding energy. I cried.

I stayed for the delicious dinner and had a joyful conversation with the Maitreyi about Divinity. It was a wonderful experience to receive immense Grace from the Darshan Of Dadashreeji."

Lydia, Los Angeles





Dadashreeji's Leela

It was Gurupurnima day at the Karjat ashram and my husband and I were doing seva. My mother and her friend were to reach the ashram in the afternoon. My mother had attended Bodh 3 and had also hosted Dada's padukas. She was really looking forward to Dadashreeji's Darshan. When she reached the ashram, she was excited on seeing the Paduka Abhishek, but due to the exertion and the humid weather, she started complaining of a severe chest pain. But luckily, there was help at hand in the form of a cardiologist Dr. Rajesh Rajani (from Hinduja hospital) a devotee of Dada who attended to her and also gave her the required medication (taken from another devotee who was a patient of his and also present there). This was the second time at the ashram that Dr. Rajani had looked after my mother (he had completed Bodh 3 at the ashram along with her when she had suffered a severe asthma attack). The doctor asked my mother to go home and rest and see him later at the hospital. But mother who was feeling slightly better decided to stay for Dada's darshan quickly. During Dada's darshan my mother felt Dada smiling at her and she was mesmerized by divine glow on Dada's face.

After that, she kept saying that there was something uniquely different about Dada as she left for home.

After a couple of days my mother and I met Dr. Rajani at Hinduja hospital and found out that her blood pressure was high. My mother weighed 78 kgs and got tired frequently due to fatigue. She was told to undergo some tests including an Angiography. How Dadashreeji works on His faithful was proved in the next few days when her blood tests were all normal. In fact, when she was taken in for Angiography, Dr. Rajani came out from the Operation Theatre dancing and told me "Dada has taken care of her and no blocks were detected in her heart." On hearing this, tears of gratitude flowed from my eyes and I immediately thanked Dada as this incident was nothing short of a miracle for me. Now, my mother is back home, leading her independent life thanks to our Master Dadashreeji. Thank you my Dadashreeji for coming into our lives; Thank you my Dadashreeji for showing all of us the way; Thank you for all the miracles and your Grace.

Maitreyi Delphie



Dadashreeji and I

A lesson in the journey of life. ..

Incidents, situations occur in our lives and we get attached to them. Someone comes in our life and new hopes are created. Well something similar happened to me as well. A new entry and I felt wow, what a surprise! I loved this new presence bringing the gift of life for me. In this pleasure, I forgot that craving and want in today's world brings attachments and that only leads to suffering.

But Dada came with His magic wand and answered. He asked "what are you doing? Why are you seeking love from an outside source?" I asked Dada, What should I do?

The answer came with utmost clarity. My Inner Divine said, "Life is like a book made of many chapters. You finish one chapter, learn from it and then move on to the next one". But there was one chapter that was yet to be learnt. It was a beautiful chapter on sharing 'Love'.

He asked..Is your bowl of love (बढ़ा) full?

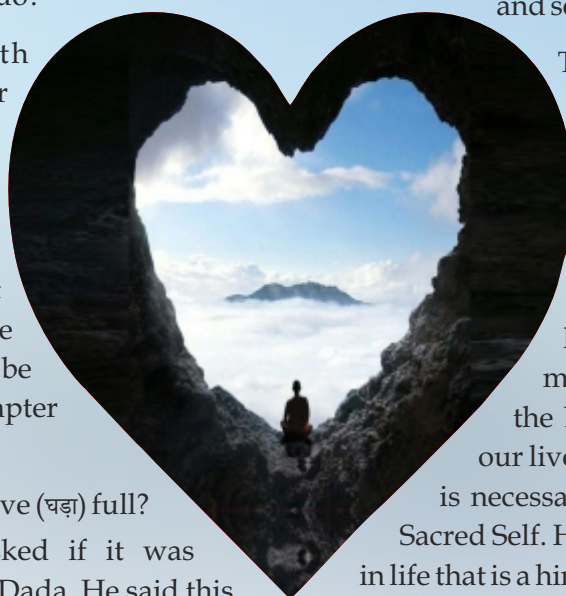
I said, yes Dada. He asked if it was overflowing? so I said yes Dada. He said this lesson needs to be learnt, because the love you have needs to be experienced and shared with others.

You are perfect as you are. He said, don't seek from outside sources. Only and Only connect to the Eternal Divine Source of Love and share what you receive. So I said, "Dada please guide me on how you want me to move forward". He said, "what you need to do is to help the one (बढ़ा) who has come into your life. The one experiencing 'Lack of Love' and 'Suffering'. The one who needs to experience Divine Love and be filled with it from within; Help fill up his bowl. Only if that bowl is full will it overflow and reach you".

I answered, "but Dada I don't meet or talk, how can I help him"?

He asked "do you meet me or talk to me physically? Are you in contact with me"? So I replied "no Dada". "Then how has your bowl (बढ़ा) become full?"

I answered "by connecting to you within, by talking to You Dada". He said "that's it! You know the answer already. Now connect within and fill the one in need from within. Only when the innerself is full of love will it overflow outside". He said" now connect from your heart, send love, talk within, hug and share love and see the change in a few days".



This guidance from my Inner Voice gave me the clarity on letting go...for I truly didn't need to seek love from an outside source. I didn't need to create attachments. All I needed was to share, to have faith as whatever is meant for me, will find me as the Divine is constantly there in our lives making sure we get all that is necessary to connect to our Higher Sacred Self. He makes sure nothing comes in life that is a hindrance in our growth. In fact whatever comes with His Grace has but one purpose.

**To Learn our Lesson and move forward*

**To share all that we receive in this journey.*

Thank you Dadashreeji for all that you give and for all that you don't give.

You keep sending beautiful lessons through beautiful people and life has become an experiential journey with love at its epicenter.

Love you to eternity and beyond.

Yours and only YoursMaitreyi Sonce



GRATITUDE -An Awareness

Mitr Sut shares the importance of having the spiritual emotion of gratitude

A 5-year old child on the morning of his father's birthday requested him for Rs. 1000 to pay for something at his school. The father who was getting late for work...frowned, but nevertheless, handed his son the money saying he would ask him the details later.

In the evening, when the family decided to go out for a celebratory dinner, the father was still inquisitive about the whereabouts of the money. But before he could ask, the son smiled and handed him a gift box, happily saying "Happy Birthday Papa! Thank you for the money, I love you". The father instantaneously realised what the money was for. He lifts the little child in his arms and hugs him tightly with tears rolling down his eyes. As he opens the box, the father is overwhelmed. The things in the box were those that he didn't need.

The irony in the story is that the father got a gift bought using his own money. But what really mattered was the effort and the emotion of the child behind that act of 'wanting to give back with love and gratitude'. In the end, it's the intent behind the action and not the act itself that really counts.

But, aren't we all doing the same thing, like that child?

From dawn to dusk, from birth to death, whatever we possess, transact, give and take or donate; is there anything that truly belongs to you? This is one of the most profound realisation for anyone who is truly growing internally with or without the 'tag' of 'spirituality'!

Most of us even after having much more than what we need, act out of a mode of deficiency, wanting more and more..

On the other hand, a true spiritual being will automatically act out of this infinite feeling of complete fulfillment of whatever he/ she receives from the world and from nature.

Like the gift of our birth from our parents, the gift in the form of our teachers and the school. which educates us and has been instrumental in molding and guiding us. Also, our friends who stand by our side, our job, life partner, children and so on...

As this realisation of having received so much dawns deep within one's heart, our head will truly bow down in reverence. It is this state, that evokes an immense feeling of gratitude, when one starts thinking- what is it that one can give back of what one has been receiving endlessly. An earnest desire sinks in to give back, to do





selfless service / seva, which is the very core of the teachings of MaitriBodhParivaar, by our Divine Friend Dadashreeji. And when all the above is mixed with an experience of Divine Love, by an internal bond with Dadashreeji or any other Divine form, there is nothing left but to drown in devotion, love and selfless service.

For a few, who are able to ascend and conquer into still further heights of spiritual awareness, the eventual cognizance is 'what can you actually give to the 'One' who has actually created it all and all that is happening is only with His Divine Will? In fact the feeling of gratitude of having received so much, makes a true devotee who is completely surrendered, restless within, so much so that he / she will not be interested even in मुक्ति/ liberation, but just भक्ति/ devotion towards the Divine form he / she is bonded with.

II मेरे हृदय की कृतज्ञता मेरे वपुल प्रयत्नो से भी नहीं कह सकता ।

हे गुरु मुझ पर अनुग्रह करे और मुझे आपके चरणों की परम प्रेम रूपी भक्ति प्रदान करे ।।

(Krtajnata verse 11)

* Oh Lord ... the GRATITUDE that I feel from my heart I cannot convey with all my intense

efforts. Please Grant me the Supreme Love and Devotion of your Lotus Feet!

This profound statement from the scriptures exemplifies the state of a person who has experienced the love of Divine Friend Dadashreeji. And as one is soaked in that experience, the finest of the words, poems and literary knowledge all seem to dissolve and one is then filled with immense gratitude for Him..so much so that one starts wondering how do I convey this thanksgiving, as nothing in the world will suffice by way of our gratitude. Then comes a wave of SURRENDER and as you drown in that wave, you just want to prostrate at His Feet and ask for nothing, but devotion and love for His Lotus Feet!

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



Making work a source of joy

The author shares insight on how one can enjoy one's work each moment and not get stressed about it..

How to work so that work seems like a vacation? This was an important question that vexed me a few years ago when I was taking baby steps towards spirituality. This question in turn made me put forth another follow-up question i.e. "What are the factors that lead into making a vacation relaxing and joyful?" Some of the answers that came up were:

- 1) The surroundings change
- 2) The routine changes
- 3) There is no time constraint
- 4) There is a feeling of relaxation

But I soon realised that as soon as I returned back to work from any vacation, slowly the feeling of relaxation waned and the stress returned! Again, on introspection, I realised

that the surroundings will not change and even if they do, it will be a temporary phase. The routine may not change much and again even if it does, it will be for a very short while. The minute you are back to your base, the usual time constraints will start haunting.

The last answer seemed to hold the key and this was something on which I had contemplated the most. I realised that the feeling of relaxation and lack of stress was the most important thing that made a vacation what it really is. So the next logical question was, how do I relax and work without stress? And for this, it was imperative for me to know what stress is and why its triggered in the first place!



Stress in simple terms gets created when your mind does not like or presumes it will not like the situation it is currently in. In other words, stress occurs when things don't occur according to you or are not in your control. Being a doctor, I slowly realised some interesting facts. Although my body and all its organs belong to me, I cannot control my heart! I cannot make it stop beating at my will! Similarly, I cannot control the movement of food or its constituent nutrients the minute they enter my stomach. Furthermore, there are many processes that occur in the body on which I have no control whatsoever! However, somehow I am OK with that! This was a stunning realisation. I was dumfounded. My inner voice laughed at me and said "How is it that you are OK with these things, inside your own body, which are not under your control, but you want to control things outside you?"

At about the same time, I was also reading books on spirituality and it struck me that this was exactly what all the scriptures advocated. One of the central tenants of Bhagwad Gita "Karmanye vadhikaarashche maa phalechukadachana" reverberated in

my ears. You have the right to do but not to expect in return. The joy is in doing and not in expecting returns. The returns may not always turn out in your favour. "Doing" is in the present. There is no past or future when you are totally focused on "doing". It was then that I realised that to do to the best of your abilities, whatever you are doing is life. The outcome was never in your hands anyway!

We are just a manifestation of Divinity. Divinity has brought us up with various special talents. Blessed is the one who realises what his talent is. That talent is given to us to share with others. In sharing, there is joy. Divinity in its wisdom gives us talent and also the stage to share the talent. The Lord creates water and the thirsty life seeks to drink it.

For me treating my patients with whatever knowledge I have, gives me joy. Seeing the happiness on my patients face gives me joy. This single point of realisation has made my work place a scenic location for vacation, making my work a source of joy. I thank all my Masters for the same.

A doctor by profession, the author writes under the pseudonym of 'The Sadhak'. He believes in living every moment to the fullest and is a true seeker in every sense.





Awaken to the real self

Maitreyi Andrea speaks on the how one can bring about a true inner transformation

Mankind is riddled with the following questions:

1. Would our state of mind ever change?
2. Is it normal that one cannot be happy?
3. When would the suffering stop?

It's all about Transformation!

We are like onions. We have layered ourselves with false notions and beliefs and identify oneself with it. In fact, we are miles away from the reality. These false layers need to be dropped in order to experience the true self. Something wants to be seen. It is your true being, which wants to bring its light into the world. We need to peel our layers one after the other, drop the falsehood, to realize that we are not to be identified with our body...but this is really difficult for the mind to accept. 'What shall be transformed?', it asks. I can see no change and there is no betterment. Perhaps this story about transformation is only a fairy tale?

In moments like these we are needed to trust

But, whom do we trust? Until now we only trusted our mind, even if the heart proposed another direction. The conditioned fear of the unknown, the fear of being different, the possibility to fail and to not be included is simply too strong. Our belief system is then like a hard egg that shatters in a hundred small pieces. Once we reach this state we can peel the skin and understand that a miracle has occurred, completely unnoticed.

It is an unbelievable 'Act of the Divine' to let this change take place within ourselves, deep in our core. Anyone who has connected within will experience, that the change takes place within. People who live in the world of the

mind, will not be aware of this, the change has occurred and one becomes aware of it gradually.

Where does the journey take us to?

The power of transformation turns us from a human being to a Divine Being. A being who is one with the 'Source'. A being who experiences this unity fully in every cell, every moment, as its own inner nature. This power cleans our core and reveals our true nature. It's a process through which every seeker who is willing to transform passes through.

Why do you suffer?

Suffering arises due to lack of love. If we are not connected in a natural way with the Source, we dry out. That's the reason why Divine beings like Dadashreeji, are exclusively here on earth, to guide us to bring about inner transformation so that we merge again with the 'Source'.

Dadashreeji offers His support

One doesn't have to do anything, need no extra diet, need not follow anybody nor practice rituals. The willingness to transform with an honest heart is the only requirement to receive His help. Meet the Divine first in the outer world and then within oneself.

It is His wish, that we experience our own Divine nature. That's the reason why he is a Divine Friend. A friend, who holds your hand and guides you to your Inner Self.

Maitreyi Andrea is deeply connected with Divine friend Dadashreeji. She lives in Vienna (Austria), to spread His love and message to many. Since many years she is being working as a consciousness and intuitive coach who helps people to connect to their hearts and to go through times of change and transformation.





Expressing Yourself

Maitreyi Shraddha shares the secret of effective communication

Once my Divine friend Dadashreeji shared in one of His sessions that we must express ourselves fully to allow our relationships to grow so that we can understand the other person. However, one must make sure that a heart talks to another heart.

I wanted to put this teaching into practice and so thought of expressing myself completely to my loved ones first. I realized that it was not easy. I found myself operating from the fear of hurting the other person or being judged. I also experienced that more often than not...we do not listen and let the person complete what he/she has to say and jump to a conclusion. What really happens is a mind is trying to express to another mind. Sometimes, when I did try to express from my heart, I realized that the heart was expressing to the mind. The only time my heart expressed to heart was when I was communicating with my Divine Friend Dadashreeji. In that moment, I operated from love even though sometimes I was expressing my intense anger.

I wondered why it is so easy to express myself clearly and truthfully to my Inner Divine, but so challenging when it comes to others. I realized that it is, because the communication between me and my Divine Friend Dadashreeji happens from heart to heart and the origin of our communication is love. There is no pretense, no fear of judgment or the relationship being spoilt with my Inner Divine. He understands me fully. The

communication happens in the present moment, is spontaneous and there is no baggage to be carried later.

I prayed to my Inner Divine for help and received a beautiful insight. I realized that if I have to express myself completely to others, want others to understand me, first I need to be true to myself. I need to listen from my heart when someone else is expressing to me. I need to develop patient listening so that I am able to patiently listen and let the other person complete what he/she has to say. I was reminded of how Dadashreeji patiently waits for me to finish what I have to say before He tells me something. I also need to be open to accepting other person's truth or perspective. I need to understand others before I expect to be understood. In all, I need to operate from my heart first before I expect others to do the same.

Above all, I cannot change myself without the grace of Dadashreeji. Connecting deeply and bonding with Him has given me positivity that expressing fully and truthfully is possible. It starts with me taking the first step.

Thank you Dadashreeji for holding my hand while I took that first step.

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





The Unseen Fear of saying 'NO'

Maitreyi Sonee shares her lessons in the ongoing journey
of life with Divine Friend Dadashreeji

Whenever we are confronted and we are bombarded with apprehensions and accusations. Hidden fears and insecurities raise their ugly head. Without realizing why, the actions that arise out of these fears, creates our destiny taking it many a time in the direction it was never meant to. The reason in many cases is because we never learn to say 'NO' at the right time, especially where it counts. Most of our lives go by where we feel stuck in situations with no way out. Even though our heart wants to say no, our lips say yes. Often we slip out of a situation by ignoring it or by going along with it, therefore losing our identity and in the longer run our relationships. We constantly struggle to prove our existence.

We do not realise that we are forever living to please others by being pretentious and dishonest. They may be the ones we love, friends; where the need to be better than another rules us. A dilemma is always present and to control the situation is a priority in our minds. In this confusion, we allow external factors to rule our lives. Not knowing when to push ourselves and when to draw a line, thus losing our balance and our 'Self'. Instead of saying what our heart tells us to, we often say what is expected by the other. By saying 'YES' we at times try to please our conceited selves...proving that we are cowards or are obsessed with our own self and hence, unable to do justice to the situation at hand.

The joy of living is simply not there and life

continues to be a struggle till the day we are on our death bed. Then the following thought might strike - 'What did I do with my life? Did I live only to please others? We live a superficial life where only the pat and the appreciation of society counts, making us say yes when we should actually be saying no. If only we knew, there existed happiness beyond what we are seeing, would we want more? If only we realised that the one within also has a right to live on its own terms.

Awaken to the awareness within. Ask yourself, is the 'Inner Me' happy in the given situation? Are my actions resonating with my natural self? Become aware and live from that truth. Connect to your Inner Divine, for this Bond is the key to everything in life. The guidance that comes with this bond surpasses everything else and never misguides you. Don't hesitate and take the step today to connect and learn to say 'NO' at the right moment.

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.



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 have a big smile on my face as I see this blank sheet of paper in front of me. In a few minutes it will be filled with words - from me to you, and that is so special, to be able to express what is in my heart and connect with you.

Today I want to write about a powerful, but less understood, force inside each of us - Anger!

Anger is a very feared emotion as it can destroy, and nobody really enjoys destruction. In our hearts and culture, we cherish harmony and peace. So, from the time we are little children, we are taught that anger is a 'dark force' and we are not allowed to feel it or express it. I am sure you would relate to that. Have you had that kind of experience, when you got angry with a friend or your brother or sister, and your teacher or your parents strictly said to you, 'Don't be angry. Put your anger away. It's not good to be angry.'

This is good advice, coming from hearts that care for you. Your parents and teachers want you to be safe, accepted by your friends and live well in society. They want to teach you how to avoid harm. Sadly, without realising it, they are failing to make a connection with you.

Imagine a volcano, coming up with a huge force and we just do 'ssshhhh' and put a plug on the mouth of the volcano - what will happen? It will either break through the top or it will find another outlet.

Like the volcano, anger too can be destructive, when we let its force take over and throw it around without any understanding. It can hurt and harm people and things.

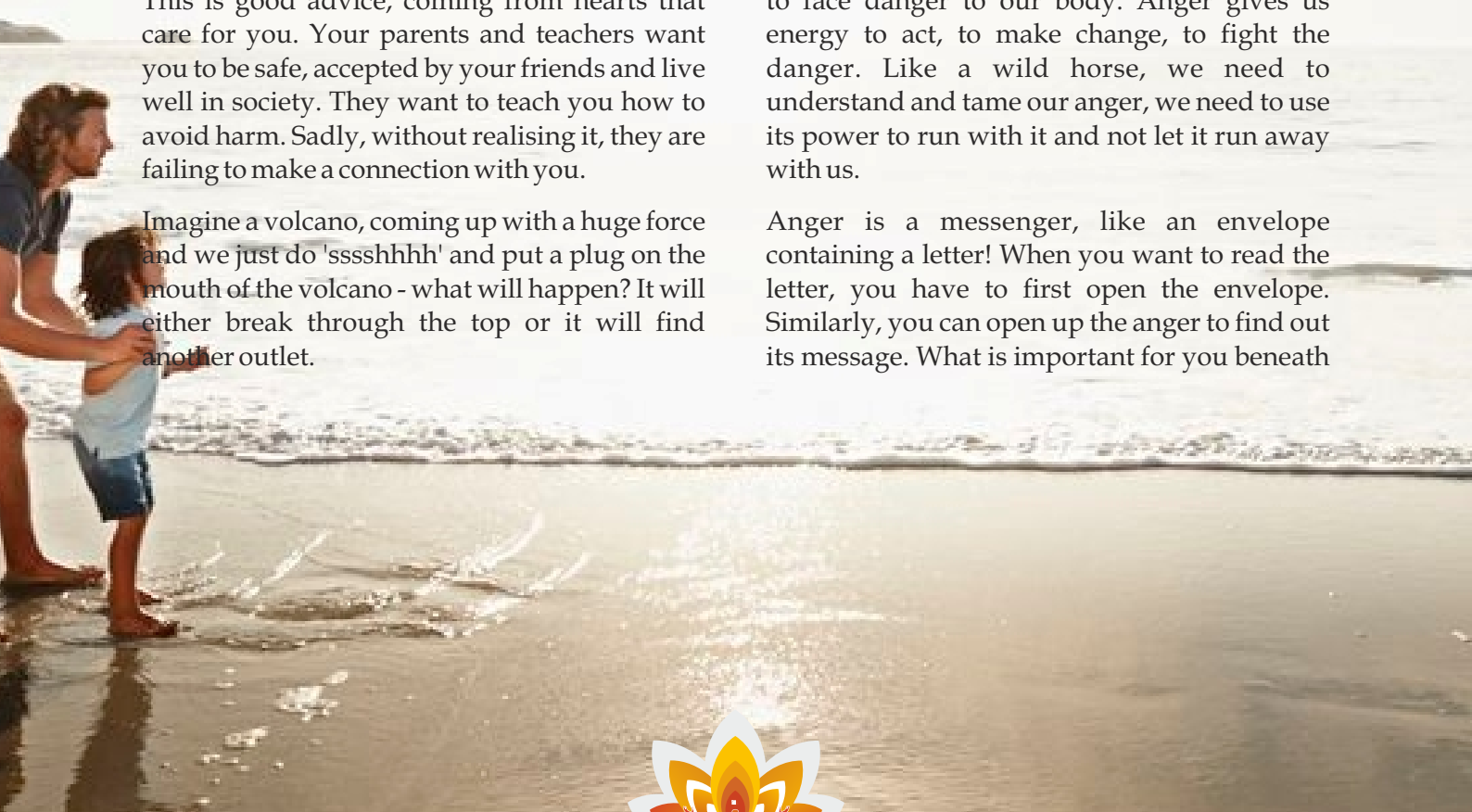
On the other hand, when we do not express our anger and we 'bottle it up' or 'squash it' out of fear or shame, it can destroy us from inside, it can harm our health and turn us into bitter human beings who cannot cooperate and have bad relationships.

So it is a puzzle isn't it? Wild expression or desperate suppression, both have a destructive outcome. What does one do?

There is hope. There is a way. When understood and held well, anger can be the source of creation. Anger can protect. Anger can free. Anger can cleanse.

All anger comes with a message, of something that is very important to the person who is feeling angry. It is nature's way of equipping us to face danger to our body. Anger gives us energy to act, to make change, to fight the danger. Like a wild horse, we need to understand and tame our anger, we need to use its power to run with it and not let it run away with us.

Anger is a messenger, like an envelope containing a letter! When you want to read the letter, you have to first open the envelope. Similarly, you can open up the anger to find out its message. What is important for you beneath



the anger? Maybe you are tired and want some rest, maybe you want some freedom to play, maybe you want to make your own choice, maybe you want to be part of the group and play with everyone, maybe you want to protect someone, maybe you want to express your own views and thoughts...and maybe no one understands that. There can be many reasons why anger arose. Once you have read the message, you have no use of the envelope, and you can put it away. So put the anger aside and express what you really want. You may get what you want or you may not, but you will not lose connection and you will not do any harm to yourself or another person. In fact, you will probably have a better relationship or friendship when you can express like this.

So how can we do all this? Well, we have a good friend inside us who can come to our rescue - Awareness!! Awareness is a calm understanding of what is happening to you, awareness is being able to step back and looking at yourself from outside, awareness is not judging what is happening as good or bad but just observing it. It is like looking at a reflection of yourself in the mirror and observing, with curiosity and love.

The next time you feel anger rising within you, follow this process:

1. Observe your breath and body sensations – the breath will be fast and the body will heat up
2. Observe yourself with the help of your Inner Friend – awareness
3. Tell yourself: I am feeling angry, it's ok, it's only a messenger
4. Listen to the message – what do you really want

5. Notice that the anger is gone

6. Express to your Divine Friend what you really want

7. Ask for His guidance – what should you do

8. Follow your Inner Voice and express and share

9. See what happens next

Anger is easy to awaken, and difficult to manage. So don't get sad if you find it hard. With more and more awareness and practice you will surely succeed. Not only will you be good at understanding your own anger, you will also understand other people's anger and will not be scared. Because your Divine Friend, will help you to take the right actions from a place of love in your heart.

Do write to me about your experiences after you try out what is shared.

Here is a movie about getting 'mad' that you may find helpful:

<https://www.youtube.com/watch?v=n9KybT2wkyY>

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!

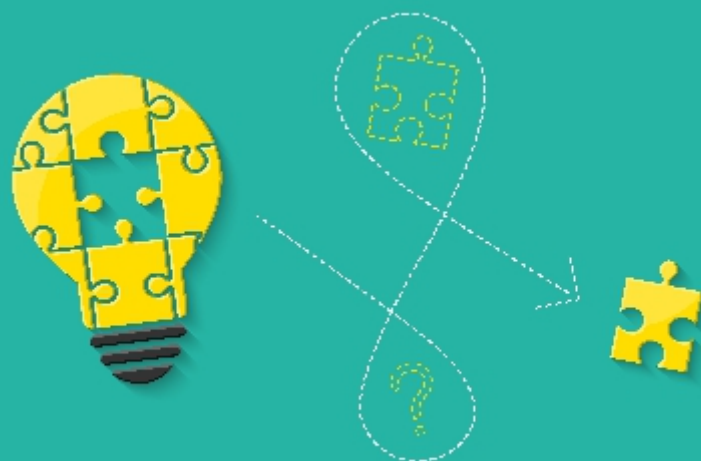
Write to us about what you would love to read at: anahita@maitribodh.org

**With Love,
Maitreyi Jagruti**

The writer, 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.



Be grateful to your problems



Adverse situations are created for our growth, one needs to know how to make the most out of them says **Mitr Vineet**

I recently had the opportunity of visiting the United States and had intriguing and varied experiences about the people and life there.

New York is very similar to Mumbai – bustling with a lot of energy, diversity in the population with people always in a hurry to get from point A to point B. There was a certain aggression about the way they perceive life and it seemed like a constant struggle. They seemed so neck deep in their daily routines, trying to make ends meet that there seemed no time to think that there exists something beyond the mundane routine life, that a time and space exists where they do not need to struggle so much and life can be beautiful, no matter the situation they are in.

On the other hand, Durham, a small town in North Carolina, presents a totally different scene. The standard of living is very high and everyone seems comfortable with their lives.

They are usually happy about their daily routine and content with what they are doing. Very few people seemed to be struggling. In this situation, it seemed as if they didn't feel the need to search for a deeper meaning of life or to look for a broader version of happiness.

Adversity is the fuel for self growth. Too much can shatter you from inside and make you feel lost (like New York) and too little can stagnate your will to improve (like Durham).

Therein lies the beauty of association with Dadashreeji. He provides just the right amount of adversity for your growth – not enough to shatter you but enough to take you forward and prevent stagnation. And even if you do shatter once in a while, He gives the strength and guides you to rebuild a better version of you. Unique problems in life are created just for you by Divinity – make the most out of them and grow!

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



The Three Questions

Once the king of Kazakhstan sent his royal messenger to the emperor of India, Jalal ud-din Muhammad Akbar, with three profound questions.

Where does God live?

What does God eat?

What can God do?

Birbal was one of the Nava-ratnas in Akbar's court who was known for his wit and wisdom. Therefore, Akbar asked Birbal to answer the questions. The king wanted to hear the answers in person so Birbal was called to the king's palace.

"Where does God live?" the king asked his first question.

Birbal demanded a glass of milk in response. As soon as he got it, he dipped his fingers in the glass and started rubbing them.

"Hmm..." he said shaking his head.
"There's no butter in this milk."



Everyone in the court laughed out loud, and then the king said, "You have to churn milk to get the cream. Further the cream must be churned to extract butter."

"Exactly, Your Excellency," Birbal said. "The butter is in the milk, but we can't see it. The milk has to undergo a certain process before we can taste butter. Similarly, God lives in all living beings but an individual has to purify himself to experience the presence of God. He has to erase his ignorance to experience the Divine within him and others around him."

"Very well," said the king, pleased with the answer. "What does God eat?"

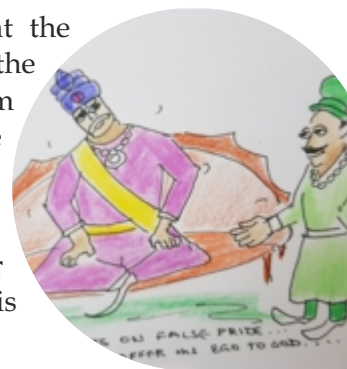
"Clearly, if God lives then he must eat something too," he added. "Indeed, Your Majesty," Birbal replied instantly. "God does eat. He feasts on the false pride that we humans have. Anyone who seeks God has to offer his ego to Him."

"Beautiful!" exclaimed the king. "And, what does God do?"

"To answer this question, you'll have to come closer to me," Birbal said.

The king was taken aback at the instruction but curious to find the answer, he stepped down from his throne and went where Birbal was standing.

"I can only answer your question by sitting on your throne," Birbal said bowing his head.



The courtiers frowned at the suggestion and nervous whispers ran through the court.

"So be it," the king said. "I must find the answer."

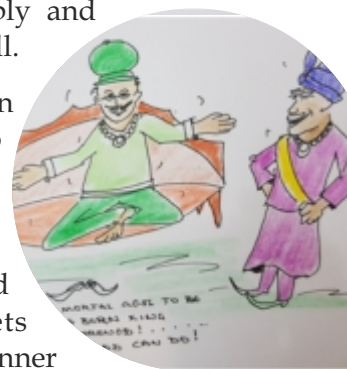
With utmost grace, Birbal climbed the regal staircase and sat on the throne, a place where no one other than the king had ever seated.

Resting his hands on the two diamond-studded armrests, Birbal spoke like an emperor, "This is what God does, O king! In an instant, an ordinary mortal like me, born in poor family, gets to be the king where, on the other hand, you, a born king, is dethroned with least resistance."

"You've proven beyond doubt, Birbal, that the wittiest man on earth serves in Akbar's court."

The king rewarded him amply and Birbal was given a royal farewell.

The Divine lives within us, in our heart. However, we need to connect with Him to experience Divinity in us. Once we realize or experience the Divine, we become humble and our false pride slowly gets erased. Bonding with our Inner Divine helps us to do right actions. We see the Divine everywhere, in everything and in all our actions.



The Magic of Seva

Little drops of water
make the mighty ocean

Maitreyi Cecilia shares on how seva or selfless service helps one grow spiritually and at the same time contributes to the improvement of a community no matter how small the act

Seva is an ancient Sanskrit term meaning "selfless service" or work performed without any thought of reward or repayment. It is believed to contribute to one's spiritual growth and at the same time uplift the local community and eventually perpetuate into global upliftment.

Many of us deep down in our hearts have the desire of making a difference to someone's life, the environment and the world as a whole. Many a times, this desire remains stagnant because we wait for a perfect opportunity to make that "Big" difference. Seva doesn't need a special

skill, all we have to do is be willing to say "YES". By asking questions such as "How do I begin to serve?" only delays your action of seva, instead only answer "YES" to seva.

Seva can mean expressing a simple prayer for your neighbor or watering a plant in your backyard. Mother Teresa lovingly said "Not all of us can do great things. But all of us can do small things with great love." We may not be able to change the world overnight, but your contribution will definitely keep the wheel of positivity moving.



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.



Project Tejaswini

Project Tejaswini empowers women with knowledge, skills and financial independence. Under this project, the ladies of Jamrung village are being taught to make and decorate Diyas (clay lamps). The skill set is being specially imparted to generate self employment opportunities.

Sneh Sanskar Gurukul

A new and improved uniform has been designed for the students of SSG to mark the completion of its one year. The aim is to create a positive and focused milieu for the students.



Sangat Sessions

Sangat Session is a spiritual workshop focused on the role of Divine in one's life. These transforming sessions are being conducted by Mitr Jeev Ji in Mumbai, Pune, Indore. He throws light on the role divinity plays in our lives by sharing his own experiences in his journey with the Divine.

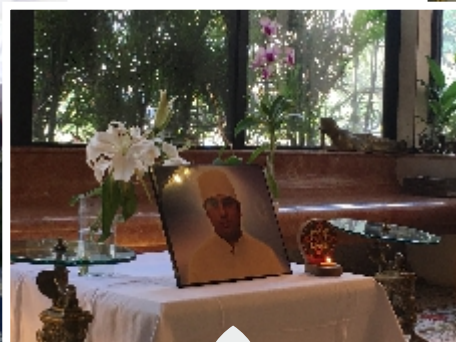
Bodh 2

2nd & 3rd Sept, Austria/Salla

Sangat Session is a spiritual workshop focused on the role of Divine in one's life. These transforming sessions are being conducted by Mitr Jeev Ji in Mumbai, Pune, Indore. He throws light on the role divinity plays in our lives by sharing his own experiences in his journey with the Divine.

Bodh 1

Bodh 1 was held in India and abroad on 4th Sept - Mumbai, 8th Sept- Sharjah (UAE), 17th & 18th Sept - New Delhi





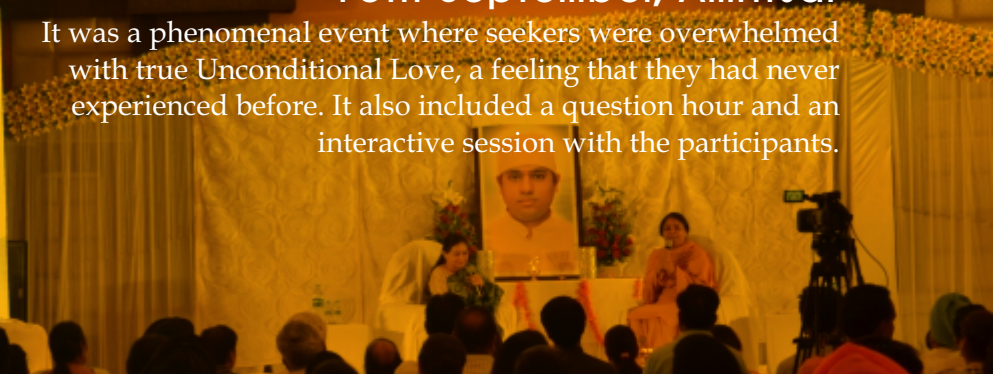
Sambodh Dhyān & Maitri Light sessions

are conducted regularly across all the Aarohan Centres in India.

Prem Anubhav

10th September, Amritsar

It was a phenomenal event where seekers were overwhelmed with true Unconditional Love, a feeling that they had never experienced before. It also included a question hour and an interactive session with the participants.



Kanya Puja

at ShantiKshetra Premgiri Ashram, Karjat:

A first time ever for MaitriBodh Parivaar, young girls from nearby villages and Sneh Sanskar Gurukul were invited for the 'kanya puja' to mark the day of kanyaswaroop of Goddess Durga. The feminine power vested in the girl child who is considered to be the purest form of the Goddess is worshipped on this day of Ashtami.

Celebrations of Navratri

through the Sacred Vedic processes of Havans - 21st to 29th September, ShantiKshetra Premgiri Ashram, Karjat

The ashram was glowing with lights, love and grace for all of nine days that were filled with celebrations in the presence of the Divine Mother. A Divine Light that illuminates the lives of her children and guides them with the light of love, courage and grace. Devotees performed havans to seek blessings of the Divine Mother. Words are not enough to convey the gratitude to the sevaks for their selfless service throughout this month without which these celebrations would not have been possible.



Dussehra Bhet

30th September , ShantiKshetra Premgiri Ashram – Karjat, Los Angeles, Iowa (USA)

The festival marks a triumph of good over one's fears. The day was immensely gratifying as all devotees got to be in the physical presence of Divine Friend Dadashreeji. A large number of people from all over the country reached the Ashram to receive His Love and Grace, and a token of gift blessed by Him. Immense Grace and Love was felt by the participants who attended the session conducted on the festive occasion of Dussehra at a devotee's house in Los Angeles. They offered their thanks with gratitude filled hearts to Dadashreeji and to the Maitreyi who hosted the session.

"A Gift of Love"(Dussehra Bhet) was celebrated in the Quad Cities on September 30th and all present experienced Dadashreeji's loving presence. The celebration began with chanting and Sambodh Dhyaan meditation. A small feast of delicious goodies was also arranged. An elder member passed out the gifts offered so lovingly at Dadashreeji's Shrimurti and they joyfully accepted these as Gifts of Love. Thereafter, a list was made regarding the characteristics that the seekers wanted transformed through the Grace of Divine. Each participant present bonded as a family as they broke bread together. Thank You Dada for showering your Grace and Love!





Selfless service – Austria, California

In Austria a community has been formed with the sole purpose of focusing on the act of giving without expecting. The first project was carried out in the old age homes in Austria, Germany and Switzerland. The project focused in spending time with people forgotten by the society which is not only gratifying but is also an act of selflessness.

Sevaks of MaitriBodh Parivaar from different walks of life come together every month with home-cooked, fresh meals to be distributed to our brethren in the homeless shelter in Orange County, Los Angeles, California. The activity was inspired by the fire of love burning in one person's heart to serve, which has now spread from one to many. Such is the power of good will, positivity and loving service! It is a fragrance that can't be contained! They also regularly practice Maitri Sambodh Dhyaan (a meditation) at the center. It started with one act of someone's desire to share love and is now changing lives every month.



Upcoming Events

BODH 2	28th -29th Oct'17 4th – 5th Nov'17	Delhi Amritsar
Peace Within – Soul Nourishing Retreat	17th - 19th Nov'17	Mumbai
Spiritual Week	22nd – 26th Nov'17	ShantiKshetra Premgiri Ashram, Karjat
Youth Bodh (1 & 2)	1st – 3rd Dec'17	
BODH 1 - USA	28th - 29th Oct'17	Davenport, IOWA Contact - Maitreyi Lori (563) 508 5745
	4th - 5th Nov'17 11th - 12th Nov'17	Bozeman , Montana Contact - Mitr Randy Elmo (406) 570 9239 / Mitr Gregory Mascari (360) 229 8433

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.jagruti@maitribodh.org
Coimbatore - maitreyi.roopa@maitribodh.org
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Indore - mitra.arun@maitribodh.org | 97525 31945
Kolkata - maitribodh.kolkata@gmail.com | 98306 05180
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