

Significance of Chanting Mantras

How to deal with Suffering?

Thanksgiving - Art of expressing gratitude



MaitriBodh

www.maitribodh.org

From the Editor's Desk

Dear Divine Souls,

The essence of the current time is – Change!
Change of Season, change of Reason;
Change in Policies, change in Politics;
Change in Technology, change in Geology;
Change being the only Constant.

As we witness changes around us, do we wonder whether we are moving in the right direction or not? Dadashreeji has often mentioned that we are being led into an era of clear distinction between the positive and the negative. Every individual will have make a choice on which side they would like to belong. The MaitriBodh Parivaar stands on the side of the positive as change makers in this world. We represent a family of friends who are passionately spreading the message of Peace around the world through simple yet powerful acts of Love.

October was vibrant with festivals; Sevaks, Mitr's and Maitreyis of the MaitriBodh Parivaar were working towards creating more and more avenues for people to experience 'Transformation' in their lives. Purification - Bodh 2 in Delhi region was one such experiential process. The introduction of the Maitri Aarohan Classes for spiritual seekers is another door that will lead many souls in gaining authentic spiritual knowledge in the simplest form, as explained by Dadashreeji. Catering to all sections of society, Children's Bodh's were conducted and many Sangat Sessions were held around India. Youth for Global Peace and Transformation (YGPT) – also, brought young people together through platforms like – 'Neki ka Dabba', 'Say no to crackers and support education' and 'Run for Martyrs and Police'; details of which will follow in subsequent pages.

This issue of AnahitA also brings to you, chosen pieces of writing to help quench your spiritual search and inspire one to live a balanced life. Spreading the message of Change and Transformation to all corners of the world, participants will gather together amidst the serene surroundings of ShantiKshetra Premgiri Ashram in the months of November and December to attend the national and international Spiritual Weeks to connect to their Inner Divine. We gladly announce the first Youth Bodh to help the young explore their true potential.

May the Divine Light of the heart, lead you towards a brighter tomorrow.
Dadashreeji and MaitriBodh Parivaar are here to help!

Love and Gratitude!





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Send us your experiences at: experiences@maitribodh.org



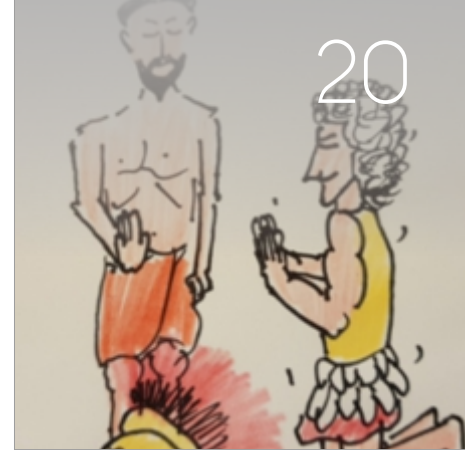
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03

Q. Does the Divine test us? Is testing a mandatory step to grow further on the spiritual path?

Dadashreeji:

My friends!

Nothing is static in life instead it is dynamic. It is the nature of life to keep flowing and with this, you keep growing. It is quite obvious that you have to clear your tests to be promoted to the higher grade. Hence, be sure that tests in your life are bound to happen. No matter how evolved you are or how close you are to the Divine, it is inevitable. There is no point in running away from these tests. Your refined and better understanding of these tests will clear doubts and fear in dealing with them. All seekers and enlightened beings have gone through this and therefore so will you.

Being intangible, spirituality is immensely misunderstood and a confusing subject for many. As a seeker or as a beginner, you encounter many diverse and vivid spiritual experiences through your practices. If you are blessed and fortunate, you may validate your experiences through your Master - a realized One. If this doesn't happen, you start assessing and analyzing your own experiences. Your self-interpretation and conclusions may lead you to further misjudge your state. With this self-analysis, you start boasting about your experiences to others. You claim to be a yogi, a devotee, a sevak, a clairvoyant, a healer etc. Since, there is no available way for you to ascertain your state, you have to get it tested.

It is like a student claiming to know all the subjects, being well read and well prepared, but fails during the examination and then realises where he truly stands. If there is no direct source or the Master validating your state, you better appear for tests as have many before you. And 'Yes', the Divine does take tests but they are not for Him to know how worthy you are of His Grace. It is simply for you to know where you truly stand while claiming your spiritual experiences or defining a spiritual state.

You need not worry as a true state and experience will always smoothly facilitate your journey helping you to overcome these tests successfully. Your transcended state will lift your level of awareness and enhance your growth further. This upgraded state not only transforms you within but inspires and guides many seekers to learn and explore their path too. If at all, you don't clear your tests, you will have further one more opportunity to learn and assimilate more to enrich your 'being' within. In all these scenarios, the Divine will be present and will guide you further with His Love and Grace. As long as you are determined and committed for your growth, guidance will never stop. Your relentless efforts and zeal to grow in life will always attract the Divine's attention towards you. With the Divine's compassionate presence, everything will change for you. The Divine doesn't need any proof from you, as He knows all. You need to know about your own true self; hence the test. Know yourself better!

If you have faith in your Divine and in His infinite, Unconditional Love for you, you would always pass through these testing critical moments in life fearlessly.

Grow with Love!
Grow with Friendship!
Grow with the Divine!



Love and blessings,
Dadashreeji!

His Words

“ You are a part of the same creation, ‘One Source’.
You do not have to do anything additional. If at
all, your only sadhana is to free yourself from any
false layers that you have added ”
- Dadashreeji

We are part of the same creation, the same ‘Source’, namely the ‘Universal Soul’. Once on the spiritual path, our individual soul is on a journey to eventually merge with the ‘Universal Soul’.

What are the “false layers” that have been added which has led to our inability to discern that we are part of the whole? The false layers are those identities which limits us. We believe and live our whole life that we are body or mind or intelligence or we are the way we think in our mind.

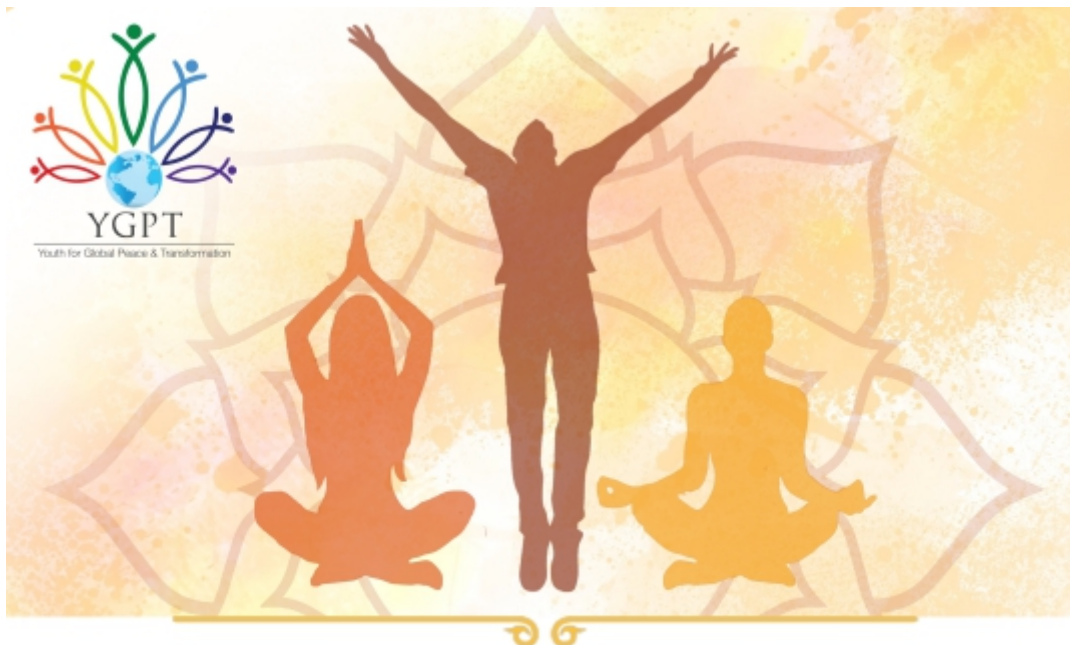
However the truth is we are not these.

How do we realise what we are? This is where Dada has given us abundant clarity. He says, “If at all, your only sadhana is to free yourself from these false layers”. To the query “who has added these layers?” His answer is

unambiguous – “You Have!”. How does the false identification with these layers occur? It occurs because our limited consciousness identifies with the body/mind rather than the ‘Supreme Consciousness’. This is one of the most important and difficult knots to undo in spirituality.

How do we undo this knot? What sadhana helps us in this regard? Any sadhana that makes you perceive that you are not the body/mind but consciousness is appropriate. In this regard both Bhakti Marg and Gyan Marg are both useful. In Bhakti Marg we say ‘everything is You’ and eventually realise ‘Him’ and as a result realise who ‘We’ are. In Gyan Marg we enquire ‘Who am I’ and eliminate all that we are not and arrive at the same conclusion that is derived in Bhakti Marg.





YOUTH BODH (AWAKENING & PURIFICATION)

- * Get to know yourself better *
- * Explore your true potential *
- * Discover right direction in life *
- * Grow to realise your dreams and help others do the same *
- * Overcome deep-rooted fears from your Inner Being *
- * Connect to the source of unlimited, untapped energy within *

Age Group: 15 to 30 years

Date: 1st to 3rd December 2017


Place: ShantiKshetra Premgiri Ashram,
near Jambrung village, Karjat, Maharashtra.

Contact: Usha - 9967919259 or Rigved - 9930005765



VISIT: www.maitribodh.org

 YGPT group

 Dadashreeji - MaitriBodh Parivaar

Have you ever wondered what it would be like to follow your Dreams,
To take the right decisions with ease,
To have reliable guidance at all times?

Welcome to Youth Bodh, a program to help you identify and release your limiting beliefs, wherein meticulously planned sessions help you forge a strong connection with your Inner Guide, your Strength Within. Come discover your true potential and find the courage to be Uniquely Yourself!

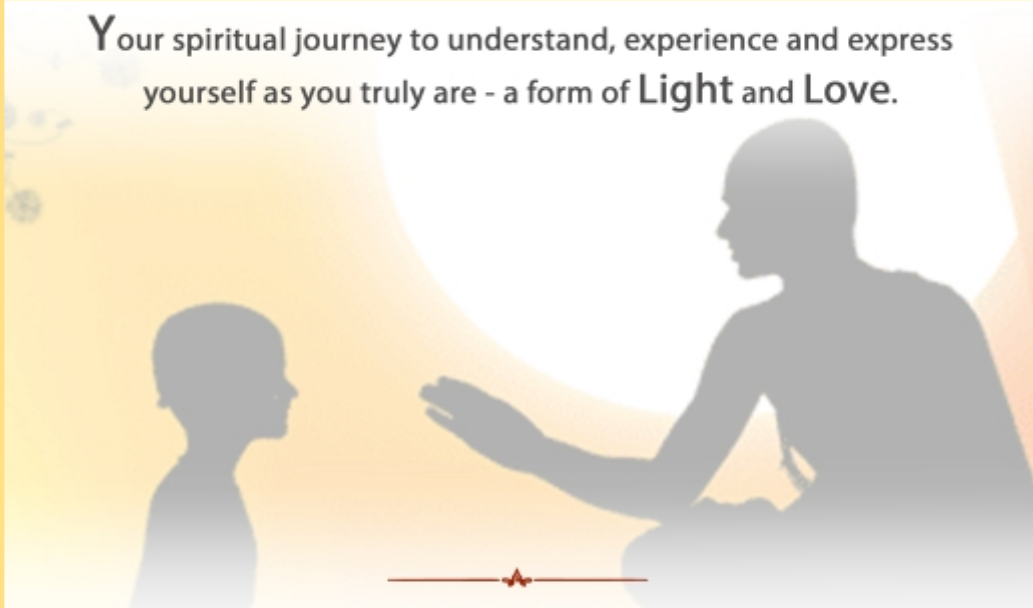


Dear Seeker,

A few of us have been blessed with endless hours of spiritual sessions with Dadashreeji which have brought the much needed clarity on how to lead our lives. He has explained spirituality so simply that we not only understand it thoroughly but also live it in our daily lives as a part of us, effortlessly. With a vision to share the same with our friends and grow together, we bring to you -MaitriAarohan Class. These are spiritual classes where one can unlearn the wrong concepts, gain the right knowledge and experiencing it till it becomes one's own Truth. The seekers will be taken on a journey to understand, experience and express themselves as they truly are – a form of Light and Love.

MAITRI AAROHAN CLASS

Your spiritual journey to understand, experience and express
yourself as you truly are - a form of **Light and Love.**



*“ I am here to establish the Truth in you. I am here to
erase all past ignorance influencing the human mind
and nature around, spread by many. ”*

~ Dadashreeji

REGISTRATIONS OPEN

(Only for seekers who have completed Bodh 2 or above)

Registrations open for devotees who have completed Bodh 2 or 3.

Kindly follow the link below to register
<https://goo.gl/forms/qGbBldixiMJtHa682>



Under the Grace of Divine Friend *Dadashreeji*
MaitriBodh Parivaar presents,

Spiritual Week

22nd to 26th November 2017

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

Awakening to Self Realisation

Bodh I

3PM to 7PM ,IST



Purification

(Chitta Shuddhi)

Bodh II

9AM (23rd Nov) - 5PM (24th Nov)



Path Divine

Bodh III

9AM (25th Nov) - 5PM (26th Nov)



Please note Purification & Path Divine (Bodh II & Bodh III) are residential processes.

For further information or registration:

Log on to our website: www.maitribodh.org

Call us on - +91 9820980194.



MaitriBodh



Dadashreeji - MaitriBodh Parivaar



MaitriBodh Parivaar

Speaking tree - Masters / Dadashreeji





Dadaleela

..... Devotees' Experiences

The Calling....

I did my bodh, all the 3 levels this year in April'17 at the ashram.. I am a theatre actor, presently doing a Gujrati and Hindi play.. I got associated with Smitaji Jayakar (Maitreyi Madhuraji) last year and attended her workshop on entity level 1. During her workshop she introduced us to her Guru, Dadashreeji. At the end of our workshop, Smitaji told me that Rinku, you will have to do Bodh, to which I just wondered that I no more wanted to do meditation courses, coz since a very early age of 19, I was into different meditations, rituals, travelling, going to ashram, attending different programmes there, I am 37 now and felt that I am done with all that... But to my surprise, before I attended entity level 2 workshop of Smitaji, I could see Dadashreeji appearing everywhere. When I opened you tube, I could suddenly see Dadashreeji's mantra, Mahavatar Babaji's mantra. At night when I would wake up Mahavatar Babaji's mantra was playing on you tube.. By the time I attended entity level 2 workshop, I could see Dada smiling in His shrimurti, when Vandanaaji came to speak about Dada before all of us, I could see a white light falling all over her. Such experiences had already begun before I even attended Bodh 1. It

made me think that there was some strong calling and I attended Bodh 1 and thereafter Bodh 2 and 3 at the ashram. The experiences I had at the ashram cannot be put into words.

Seeing Dada physically present before us felt like a dream come true as if since many births I was waiting for just this one moment when I could see Him again...

Dada... I dived in the ocean of love and He engulfed me in His waves of grace.... Every energy work processes I do here, He is so very strongly present.. Always making sure that people are relieved from their suffering, that they get an answer to their questions...

Recently, I did a havan at my home, the energies were very very high and vibrant.. I could feel Dada every moment in the room. The energies were so powerful, I felt as if I was melting in those energies, flowing in it like a feather.

Love you Dada.. :)

Rinku Patel



Communion With My Divine

Experiencing the divine at all times is the most fulfilling experience anyone can have. My tryst with that ultimate source began in 2016 when I did Bodh 2 in Amritsar. My connection with my Divine friend Dadashreeji opened me up to a different consciousness. Hence offering seva (service) for the same event, this time in Delhi (28th -29th Oct'17) a year later, followed naturally.

For me seva was an opportunity to be in communion with my Divine. The self in me was ready to surrender and receive what was given as a duty or a responsibility. Being there completely was my primary task and it flowed effortlessly. It opened me up at different levels and made me realise its importance in one's growth. It worked on the following levels:

Physical: When I reached the venue, I was worried as to how I would be able to climb stairs with an injured knee. Work began and it didn't seem so difficult. With His grace I went through the whole process so smoothly even climbing stairs. The two days seemed so effortless and easy that I still had some energy left to do more. This awakened me to my own body and I realised how important it is to be fit and healthy.

Mental: Since this was my first full blown seva, I had started preparing mentally to always be in a mode of receiving and willing to take on anything. This helped me to be in the flow. It awakened me to the fact that how important it is

to be flexible and adapt yourself to any situation.

Psychological: Seva takes out the best in you psychologically. Unless you are mentally prepared to be positive you can run into a lot of issues with your co-workers over duties and responsibilities. Sometimes your ego takes a beating when you have to take orders from your team leads. However, this honed my skills as a team player. I realised positivity is one of the cornerstones of maximum productivity.

Emotional: Seva makes you more humble and empathetic towards others. You naturally feel compelled to share the same experience you have had with your Divine. You are willing to go to any lengths to make that experience real for others. My heart flowed with love for all the participants there. I strongly felt when we operate from love, compassion and empathy we touch others' lives deeply.

Spiritual: Seva is the other form of love. Love that is pure, unconditional and pristine. You are soaked in by the Divine energies which uplift you to a different level of consciousness. You feel as though you are always in the presence of your living master. A surreal experience. Here I was guided to always live, feel and work for others' upliftment. To come out of my comfort zone and look at humanity as one big family to love unconditionally.

Richa Handa





Significance of Chanting Mantras and how they work

At the beginning, Creation started with the Big Bang and hence the entire Creation is made up of sound waves and vibrations. We often wonder why we chant some sounds without understanding their meanings. Can something beyond our understanding help us? The meaning of every mantra is infinity. It is a sound vibration beyond the cognition of the mind. When the mind is unable to cognize, it simply dissolves and moves into a meditative space. Mantra's are sound in a particular frequency creating divine feelings & vibrations.

Different sounds have different effects on the human psyche. If a soft sound of the wind rustling through leaves soothes our nerves, the musical note of a running stream enchants our heart, thunder may cause awe and fear. Mantras are repetitive sounds used to penetrate the depths of the subconscious mind and adjust the vibration of all aspects of your being.

According to Samkhya, one of the schools of Hindu philosophy, the very first element that manifested itself in this plane was sound and that the element of sound itself originated from Lord Shiv's Damru, (drum). The Sanskrit alphabet is made up of 52 sounds, all of which are associated with different parts of the body and these sounds are like mantras.

The sacred utterances or chanting of Sanskrit mantra provide us with the power to attain our goals and lift ourselves from the ordinary to a higher level of consciousness. They give us the power to cure diseases; ward off evils; gain wealth; acquire super natural powers; worship a deity for exalted communion and for attaining a blissful state and attain liberation. Traditionally there are many mantras that may be chanted. But most saints say that the most powerful mantra is just chanting the name of your beloved form of the Divine.

The name is a verbal expression of the conception of the Supreme Being, who is known by different names and forms, in different climes and times. Without the name of the beloved Divine none may hope to cross the sea of samsar (worldly existence). The beloved form of the Divine's name is the lasting medicine against any kind of ailment. You cannot be overtaken by sorrows, sins, troubles, sicknesses if you take refuge in the Divine's name. Repetition of the Divine's name dispels all fears and evil thoughts.

The physical benefits (of mantra chanting) firstly is relaxation, it lowers the heartbeat, calms the brain waves and relaxes the breath. Chanting balances the functioning of the two sides of the brain and oxygenates the brain. By constant repetition of the mantra, one is knowingly (or unknowingly) regulating one's breathing patterns and heart-rate. Praan, which is another name for the life-force, is very important for the proper functioning of the body-mind complex. By regulating your breath and your praan, you are automatically getting physical benefits.

Further by the constant chanting and repetition of a mantra, one begins to get pure thoughts, good positive energy flows into your mind. With great positive thoughts, pure thoughts, divine thoughts, one's mind gets purified. When the mind is purified, all the six enemies of the mind – lust, anger, greed, pride, delusion and jealousy get weakened and lose their grip over you because each mantra has a meaning and helps in associating with the Divine. Thus by chanting the mantra one is knowingly (or unknowingly) thinking benign and positive thoughts, divine thoughts, thereby creating a strong positive force.



How to deal with Suffering?

Mitr Sut shares his insights on how one can choose to not suffer

Michael (name changed) a 12-year boy, who came for his MRI test in hospital, had a most lively and refreshing smile. As he came closer, there was a distinct suppleness and dexterity of a mature being on his face. And then it became clear from his hair loss, that he was undergoing chemotherapy. His reports suggested an aggressive stage-IV cancer and wouldn't survive more than a year. Later as he was about to leave, I saw him alone happily smiling with the same innocence. I couldn't stop myself from asking him 'Aren't you afraid?' He smiled back saying 'Not at all' and there was an exchange of a most divine understanding wherein no other words were needed.

Michael chose not to suffer, in spite of being in a situation where anyone of us could have completely crippled down. How did he do it?

Is it easy to remain untouched when suffering and pain enshrouds you? There is no denying the fact that only the sufferer knows what he/she is going through. No amount of talking, consoling at times will relieve this, at that moment.

So what is it that can be done, to steer one out of it? We need to understand more about its source and get to the root cause.

As Divine friend Dadashreeji says- there is "pain" which is different from "suffering". A person who meets with an accident and fractures a bone will naturally be in severe pain and has to undergo that pain and "may be" suffer. But even in that situation, as one is going through that pain, one can allow the mind to divert and not suffer in that pain. Pain is related to the physical body and suffering is related to the mind. If mind is able to naturally divert and gets a hook to something permanent, solid

source of true love and happiness, its misery will be naturally ablated. This source is nothing but your inner Divine. But this does not happen easily, as mind has been conditioned to love the pain and suffering and is naturally directed to the outside world merely reacting to situations, without the proper use of the intellect or letting the heart flower.

So what can be done?

1) Understanding (knowledge of the Truth)-

An understanding and acceptance of the fact that you are the cause of your own miseries and the problem is not out there, is the basic step towards reducing half of the suffering.

Mind most naturally tends to be restless, clings to uncertainty with innumerable confusing thoughts rushing always outside, which needs to be channelized to something positive, secure, firm, reliable and the ultimate truth. Unless you experience or taste something divine, mind will always be restless. When the ultimate Truth and the highest Knowledge descends into your being and becomes a part of you, your awareness itself will make you question who is the sufferer? Eventually the real you within cannot suffer. Your innermost core (your Dadashreeji within you) is that everlasting unfathomable love and happiness that remains untouched by any sorrow and is the very source to take you out of all sufferings. So to the extent that one can keep that connection and bond with this inner being, to that extent one is isolated from suffering.

2) Right action - After understanding the situation and analyzing your own self in that situation, which you feel makes you suffer, practical positive steps may at times need to be



taken. Such as, if you are deeply hurt or annoyed by someone and internally going through a major turmoil and suffering, you need to express openly, preferably to that same person calmly and with right choice of words, letting out all your disturbances within. “Express yourself to rejoice in life” is what Dadashreeji says.

In certain situations expression to that person may not be possible, wherein one can openly express to the Dadashreeji within, or any Divine form you are connected to or worship. Also Prayers can produce miracles and help to sail you through your sufferings.

3) Sadhanas (Practice)- Mind needs to be given proper direction, as otherwise it naturally has a tendency to become restless, insecure and will go outward with thoughts of all negative things. Daily meditation such as ‘Sambodh Dhyan’ helps in calming and composing the mind and most importantly going within, to Bond with the Divine.

Your physical body should be treated like a temple, as it is the keeper of the Divine, who indwells within this body thus, its is a vehicle to reach the ultimate Truth. So taking care of your

physical being, with regular exercises and healthy saatvik food should be a part of one’s routines.

And finally

4) The Experience – As Dadashreeji says “Cause of suffering is Lack of Love” so unless and until the heart is awakened with the experience of Divine Love the mind will cling to the worldly influences. “Lack of Love” is one of the most crucial and root cause which needs to be treated. Once you experience this True love and are able to dwell into it as much as you can, all the pain and suffering though may be there, yet they will not be there and will lack the potency to hurt and distress you.

Divine Friend Dadashreeji’s physical presence on this earth, is the very source of that experience of true Love. One needs to only make that attempt and a little effort of connecting with the inner being, with Divine friend Dadashreeji or any other source. This source once awakened and firmly bonded with, becomes a most powerful, consistent and unflinching internal Guide, which along with the above steps will uplift you, to as if soar you above the ground and dissolve all suffering.

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





Thanksgiving - Art of expressing gratitude

Thanksgiving begins with acknowledging God, earnestly giving Him thanks in advance for His abundant blessings says **Maitreyi Cecilia**

Thanksgiving is a day of gratitude celebrated on the fourth Thursday of November in the United States. Thanksgiving was nationally celebrated as a federal holiday every year since 1864. President Abraham Lincoln proclaimed a national day of Thanksgiving as praise to our beneficent Divinity for all the blessings bestowed. In today's modern times, across the USA, families get together and celebrate over a large banquet of food and drink, reflecting together and celebrating their bond of love.

Dadashreeji says "Express your gratitude wholeheartedly internally and externally". We are so fortunate that we are always receiving Divine Grace every fleeting moment of our lives as we are growing and glowing in the loving rays of Divinity. There are boundless moments to be grateful for, but unfortunately most times we are so caught up in our daily activities that we fail to notice.

On a day like Thanksgiving, how amazing it would be to just sit in peaceful silence before our Divine form and remember all the small and big moments of Grace and Blessings showered upon us. Let us express gratitude internally and externally.

Let us all take a moment to be grateful especially for our wonderful family MaitriBodh Parivaar- each Mittr, Maitreyi, Sevak and Devotee. Let's express our gratitude to every living being who has a living Dada within their heart and spreading unconditional love.

Thank you Dadashreeji. We are eternally grateful to you.

Maitreyi Cecilia

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.



How a three year old taught me Selfless Service

My husband and I met when we were both coincidentally beginning our spiritual journey. From our earlier Guru to our current Master - Dadashreeji was a beautiful handover and we were lucky that Divinity took us with it wherever it was in its most awakened form. As we started our journey with MaitriBodhParivaar we also started the journey of parenthood. While I was carrying my child I did a lot of spiritual processes at the ashram both intentionally and unintentionally for the right sanskaars (values) to be instilled in her.

After she was born we continued to take her, every opportunity we got, to the ashram for workshops, processes and celebrations. We will always be eternally grateful to the Divine for keeping us and our family in the spiritual loop.

My daughter has grown up like every other child going to a regular school and doing all the naughty things a child does except the one thing that has added to her growth is her connection with Divinity.

One day while I was feeding her dinner I received a call from her teacher. Like every concerned parent my first thought was "What has she done?!". I nervously answered the call. Her teacher wanted to speak to me regarding some event in school which was a huge relief and then I confessed to her that I had thought she was calling to complain about something my child had done. She giggled a little and said the things that would take a parent on cloud

nine. She expressed her wonder of how I was raising my daughter as according to her she had never seen a child so humble, independent, loving and understanding. She added that my child was being observed and wondered over by all teachers in school as to what is it that makes her who she is. My eyes swelled up with balls of tears and my heart melted with gratitude towards Dadashreeji.

After her teacher was done expressing her awe over my daughter I told her the simple secret which was MaitriBodhParivaar and Dadashreeji. She was immediately interested and she came the following week for a meditation session at home.

My learning in all of this came to me when I was sharing all of this with a friend. She pointed out how my daughter had contributed to another person's life just by being herself. I realised how my child was in service only by being her natural self and without even realising that she is actually helping or contributing. This is when it dawned upon me what Selfless Service is truly about. It is serving by being your natural best self and without the knowledge of the self / I / ego that you are doing work for the society. Till date my child doesn't even understand that she was instrumental in changing another person's life and that's how Selfless Service should be - Serving without the awareness that the Self is serving.

Shared by a member of MaitriBodhParivaar



The Guide



Just as we need guidance in our worldly life, we also need in our spiritual life.
That's why we need to connect to someone who can guide us
towards our goal says Maitreyi Shraddha

With Divine Friend Dadashreeji's Grace, my husband and I planned to go on a holiday to the beautiful city of lakes, Udaipur. We knew that Dada as we fondly call him will definitely teach us something even on a holiday.

A city rich in culture and history, Udaipur is famous for its palaces and forts. We started by visiting the famous 'Chetak Smarak'. As we bought the tickets to enter, a calm looking gentleman stopped us offering to be our guide. We hesitated initially and wanted to go around on our own, however the guide made a simple statement, "You have no idea about this place, I will tell you everything you need to know about it, I will guide you and take you around the most relevant spots otherwise you will waste your time and would not learn anything either."

True to his words, our guide took us through the monument wonderfully explaining the history and the purpose of each spot. Through his talk he helped us experience the monument. Though it was very hot, he guided us to walk around in the shady areas. There was one spot that he just showed us from far. We were curious and wanted to go there as well but he said, "Don't go there, you will not learn anything but waste your time." We thanked him in the end for being our guide and realized his importance.

Our next spot was 'Saheliyon ki baadi'. We

wanted to explore this on our own. We read some information regarding this garden at the entrance, however did not fully absorb it. We went inside and admired the beautiful fountains, flowers etc and came out without experiencing anything. After sometime, we had forgotten if we had even visited this place.

Hence, the next place we visited, we ensured that we took a guide along.

Similarly, we are visitors on this beautiful planet called Earth on a journey called 'Life'. We can be on our own, trying to explore, find the meaning and the purpose of life ourselves. However, we will not be able to learn anything significantly about life or ourselves. We will not know if the path that we have taken is the right one. A guide, holds our hands, helps us experience every moment on the journey and walks the path along with us. We can understand the essence of life and our purpose only if we have a guide. The guide never leaves us midway and guides us till the end of our journey.

If you make friendship with your guide then the journey becomes the most enjoyable along with the learning.

Thank you Dadashreeji for being our Guide and Divine Friend in this beautiful journey called life.

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



Letters about This and That



Especially for children, these letters are on various slices of their everyday lives, that hold special meaning for them.

Dear Lovely Children,

Here we are again, you and I! That makes me smile; I hope you are smiling too!

I am thinking of one of my favorite movies – Kung Fu Panda. I am thinking of the scene when Po does very badly in the training and is ready to quit. He loses faith in himself as a Dragon Warrior. When he talks to his adoptive father, about quitting, Mr Ping says to him, ‘Let me tell you the secret of my special soup. There is no secret ingredient. To make something special, you just have to believe it is special. You must believe.’ Things happen when we believe in them. Po did go on to become a Dragon Warrior.

This kind of story of heroism is familiar to me. I love stories of heroism, especially when seemingly ordinary human beings accomplish extraordinary actions! Our heroes and heroines bring magic to our lives, they set a bar for who we all can actually be! They change what we believe about our world, and when our beliefs change, everything changes.

This letter dear children, is not about our heroes and heroines, but about YOU! It is about what you believe and about possibility. What we believe shapes us, and how we show up in this world.

When Gandhiji was thrown out of the train in South Africa, for ‘daring’ to believe that he, of brown skin, could also sit in First

Class, it changed the history of India. That man, who was thrown out on the station platform, could have taken many different actions at that point. He could have believed what the British believed, that he is inferior, and not entitled to privileges unless he becomes servant to the white skinned people; or he could have believed that white skinned people are terrible, they are the enemy and blamed them for all the wrong things they are doing and become very angry with them. However, what he chose was to believe that all men are born equal and that their dignity matters. He chose to believe that freedom could be achieved without causing harm to others. He chose to believe that truth with compassion is the way to live. Through these beliefs he stepped up and led a country to freedom without shedding blood.

If you look it up in the dictionary, the word belief is described as something that we assume to be true, it is not the absolute truth, but it could become. For instance, my height is 4 ft and 11 inches. This is an absolute truth. On some days, I ‘believe’ I am ‘short and short is ugly’ and when I have this belief, I walk around with less confidence, I compare myself to other taller people and feel small, my shoulders droop and my mood is quite flat. So, what I believe has come true! On other days, when I have a different belief, ‘small is beautiful’ then my world changes again – I walk with ease, with grace, I dress well and I hold my



head higher. So, again, what I believe became my experience. The height will not change, but the way I experience that will.

The point is, what do you believe about yourself? And, what will you allow to become your beliefs? Choose what you believe wisely. We inherit many of our beliefs from the world around us, from the culture we are born in and from the family that raises us. When we are born, we are like a blank sheet of paper, and the beliefs become patterns on that sheet. When we are young, we are vulnerable and have no control on what patterns are being laid down. These patterns can help to expand our world or they can limit our world. If the patterns come from fear, they limit; when they come from love they expand us. When we become aware of our patterns, we can choose.

I am writing to you to invite you to take charge! I invite you to become curious about your own patterns and to begin to shift them so that they set your magic free and help you towards greatness. Remember, in the most difficult and challenging of circumstance, your beliefs will give you courage and hope; your beliefs will keep you peaceful; your beliefs will guide your actions.

Inside each of us, there is a source of deep wisdom and love, whose voice helps us to live well. This source always believes in our magic, it believes we are special, worthy and are free. It has no fear, only love.

Here is something you can try out:

Sit with a piece of paper in a quiet place. Close your eyes and take few breaths to quiet your mind. Make an intention to see yourself from the eyes of that inner source, inner friend. Then complete the following statements:

- My best quality is
- I am proud of
- Something that makes me unique is
- My family enjoys it when I
- Something I do that brings a smile to others
- One word to describe human beings
- One negative inner talk that I want to change
- Something that I value very much
- My special power is
- The change I want to bring about in this world

Read this paper whenever you need, and watch how the answers change your experience of yourself.

Here is what I believe about you, about all children – I believe that you are wise and full of magic!

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 All My 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.



Forgiveness - Virtue of the brave

Forgiveness is the virtue of the brave,
If someone understands it,
They'll get peace in their graves.

Forgiveness should be respected the most,
As,
It is not a grill in which vegetables roast

It is itself a sentence which means a lot,
After forgiving someone,
Happiness is got.

Coming to the nature
Whose poems are written in Literature

Nature is the oldest and the bravest thing on the earth,
Even before dinosaurs' birth.

The humans are cutting thousands of trees
But still after forgiving us,
Nature forms a cool breeze.

We think that the weather outside is very hot,
But never think that how heat is formed,
And how it can be stopped.

Forgiveness cannot be given again and again,
Mind it that the nature is in pain,
The first time it forgives,
The second time it warns,
But the third time it punishes in the form of floods and earthquakes including rains.

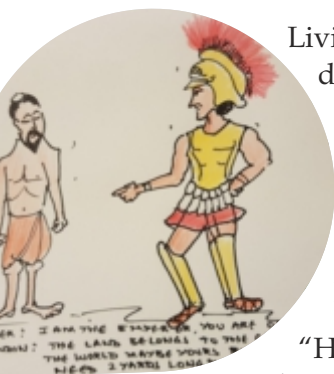
Diya Shah



The Truth

Once Alexander the Great, sent one of his messengers to invite the quiet yogi Dandini for a discourse and discussion on philosophy. He had heard a great deal about this yogi. Dandini, however, turned down the invitation and chose to stay back in his hermitage in the woods. Alexander didn't take it too kindly. But, being a pupil of none other than the brilliant Aristotle, he well knew that mystics and philosophers could rarely be lured.

He sent his helmsman, Onesicritus, to invite Dandini one more time who praised, the yogi lavishly and offered him gifts. When Dandini didn't change his stance, Onesicritus threatened him saying Alexander had ordered his beheading, should the orders of the emperor be disobeyed. Dandini refused all gifts, remained unmoved, and said he had no fear of death. Onesicritus couldn't muster the courage to kill him, and, instead, paid his respects to the yogi and went back to report the incident.



Livid at being rejected by a forest-dweller, Alexander decided to teach Dandini a lesson. His anger took a backseat as soon as he looked into Dandini's piercing eyes but when the sage did not get up to welcome him, he was furious once again.

"How dare you refuse my gifts?" Alexander asked him sternly.

"They were smeared in blood." There was something in Dandini's voice, a chilling truth, a fearless conviction that shook Alexander from within. Alexander dismounted his horse and stood tall before the sage who was sitting calmly.

"Do you know who I am?" Alexander roared.

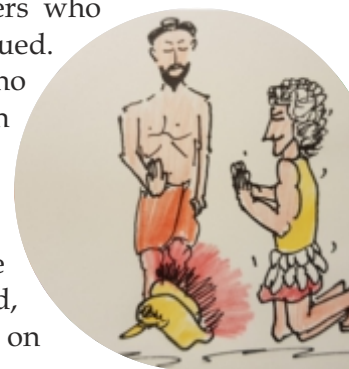
"I don't think you know who you are."

This ticked off Alexander who took yogi's cryptic answers as an insult. Pulling out his shining sword, he raised it in the air and brought it close to Dandini's neck.

"I am Alexander, the world conqueror," he

shouted. "You are sitting on my land. Surrender or I'll kill you"

"Your land?" Dandini chuckled as he cut him off. "The land belongs to no one, O King!" "Before you, there were others who claimed it as theirs," he continued. "After you, there'll be others who will say it's theirs. All creation belongs to the creator alone, Alexander. And no one has any right to destroy what they haven't created. You may have a temporary claim on the land, but you have permanent scars on your soul."



Alexander lowered his sword and adjusted his posture uncomfortably. Signalling his men to wait at a distance, he cleared his throat.

"The whole world is mine, Dandini," Alexander exclaimed. "History will remember me as the mightiest king! My men can die for me!"

"What good is your ambition or their remembrance, O King? These men who surround you, they are tired of you. They'll give up on you one day very soon."

"Besides," Dandini continued, "what will you do with the world? The truth is that all you need is two yards. Two yards long and two yards deep."

Deeply moved, Alexander put his sword back, sobbed before Dandini and left immediately.

Barely a few months had passed when his army mutinied bringing an abrupt end to his campaign in India. Three years later, Alexander died at the age of thirty-three in Babylon.

Life is simple and beautiful. However, our mind and actions originated from the mind do not let us experience the essence of life. Being in the presence of an enlightened Master or connecting with the Divine within helps us experience the truth and walk the Divine path.





YGPT, Amritsar: 15th Oct, 21st Oct, 22nd Oct

An online awareness campaign was initiated, where the information of the harmful effects of bursting crackers was shared. Guidance was given on donating money for educating the youth rather than spending on objects that create pollution. The slogan of the drive was, 'Say no to crackers and support education'.

'Neki ka Dabba' was another initiative where clothes were donated by people and distributed to the needy.

'Run for Martyrs and Police,' an event organised by the police department where YGPT played a vital role in helping children with special needs take part in the marathon organised. YGPT was recognised and applauded for its contribution towards society.





Bodh 2 - New Delhi

28th and 29th October

It was a landmark event held in Delhi, one that will be a new beginning for all those who came to be a part of it. It created a powerful wave of transformation for all. There was not a single heart that did not flutter, that did not cry with gratitude and with the feeling of being overwhelmed with love of our Divine Friend Dadashreeji. Experiences shared were profound. One of the participants shared that even though he has not found what he was looking for, he got to know that he was on the right path, with the right Guide. Whereas another said that he had been asking for the path of seva and that he found it here when he saw the sevaks taking care of all the participants selflessly. Yet another said that she had found the Divine in the form of a Friend, the one she had been looking for.

Another said that at last she had found her lost family, a family of friends through Maitribodh Parivaar.

Children's Bodh - New Delhi

11th October

Two Bodhs were conducted in Acme International school. Children were excited for the new experience and enjoyed themselves thoroughly where they got a chance to learn and enjoy.

Bodh 1 and Sangat sessions were held in many cities in India.

Regular Sambodh Dhyani and Maitri Light sessions are being conducted in India and abroad.

The Love and Grace of Dadashreeji continues to touch and transform many lives across the globe.



Upcoming Events

Spiritual Week Event Co-ordinators: Maitreyi Vijayalakshami - (360) 229 8433, 9820980194 & Maitreyi Impreet - 7718805555	22nd – 26th Nov'17	ShantiKshetra Premgiri Ashram, Karjat
Youth Bodh Event Co-ordinators: Maitreyi Usha - 9967919259 Mitr Rigved - 9930005765	1st - 3rd Dec'17	ShantiKshetra Premgiri Ashram, Karjat
International Spiritual Week	11th -16th Dec'17	ShantiKshetra Prmegiri Ashram, Karjat

The following Mitrs / Maitreyis are Regional Events Representatives (REPS) across India.

Mumbai

Maitreyi Monica
Mo : 98203 79973

Delhi

Maitreyi Surbhee
Mo: 9833075979

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.

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