

ANAHITA

Issue: 12 || Volume: 05 || Dec. 2017

Grace

Conversations with the Divine

Healthy emotions, healthy you



MaitriBodh

www.maitribodh.org

info.india@maitribodh.org

From the Editor's Desk

Dear Friends,

With each passing day it is getting more and more evident that the human race needs nothing short of a miracle to submit to 'Spiritual Transformation'. We have forgotten that 'Divinity' resides within us. 'Transformation' is the only key available to humanity to help us tide over the present state and thereby experience Love and Peace. Under the guidance of Dadashreeji, Mitr and Maitreyis of the MaitriBodh Parivaar are working tirelessly to help everyone experience the much needed unconditional Love and Peace through experiential programs called 'Bodh'.

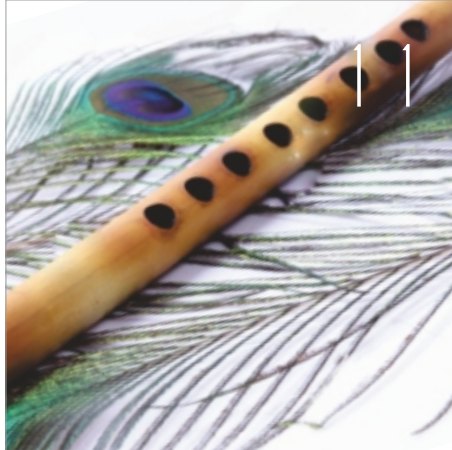
The experiences shared by seekers at the Spiritual Week in the towns of Davenport and Bozeman in the USA and at ShantiKshetra Premgiri Ashram last month bear evidence to the transformation these programs bring about. In this issue, do not miss Dadashreeji's message on 'the ways to cultivate Divine love within'. This month's lead article by Mitr Sut on 'Grace' throws light on its significance as the ultimate transformational catalyst and how we can enhance it in our lives. Read more on 'How we can regulate our emotions' and about 'Falling and Rising in love'. Creativity cannot be learnt; Maitreyi Jagruti, in her letter to children shares how they can nurture and nourish it.

25th and 27th December are celebrated as Kripa Diwas (Grace Day) and Anandotsav (Selfless Service Day) respectively to commemorate the birthday of Guru Maa and Divine Friend Dadashreeji. For the celebrations, many events have been organized at the Shantikshetra Premgiri Ashram. People from more than nine villages have been invited for the free Medical camp, Maha Bhandara (Annadanam) which would be followed by Bhajan Sandhya. A Tree plantation drive and many more events have been organized, the schedule of which is mentioned in this issue. The International Spiritual Week at the ashram takes place between the 11th through the 16th of December. Indore will be hosting Prem Anubhav, while Bodh 2 would be organized for the first time ever in Pune.

Wishing you a Merry Christmas and a Happy New Year! Let's spread joy, hope and love!

Love and Gratitude





CONTENTS

PEARLS OF WISDOM

04

HIS WORDS

06

GRACE

07

SELFLESS SERVICE

09

DADALEELA

11

FOOD FOR THE SOUL

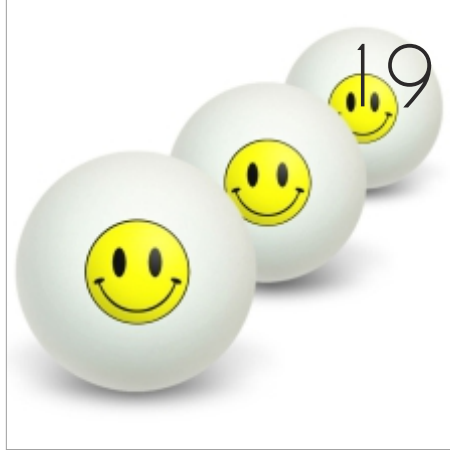
13

- ▶ A Miracle
- ▶ My Divine Experience

- ▶ Keep falling in love,
Keep rising in life

Send us your experiences at: experiences@maitribodh.org





REFLECTIONS

16

- Conversations with the Divine

YOUNG IMPRESSIONS 17

- Letters about this and that
- Healthy Emotions, Healthy You

STORY

21

@MBP

23

UPCOMING EVENTS

28

Send us your articles, stories, poems, spiritual questions to anahita@maitribodh.org
The views and opinions expressed or implied in this magazine are those of the authors and do not necessarily reflect those of MaitriBodh Parivaar.





Q. I have realised the importance of Divine Love. As a karm-yogi (one who follows the path of action) engaged in various worldly activities, how do I cultivate Divine love within? Please enlighten us.

Dadashreeji:

Dear Friend!

Your true identity is all about Love. It gives purpose to your lifeless existence and meaning to your lamented life. You have moved ahead from realising the importance of Divine Love to cultivating it. That reflects a seeker's spiritual growth. It is not enough to just know the importance of Divine Love in one's life. One must constantly seek to grow with Love. Many of you stop or somehow slow your growth down by assuring yourself that you have got the best of the spiritual world that may be a meditation technique or a highly evolved Master or a special hidden knowledge. Your scheming mind makes you enjoy this achievement but inside it silently celebrates its win over how successfully it tricked you. Your distracted attention further debilitates your spiritual growth. You don't even realise it. There is no seeking left to pursue but a struggle to get what you had experienced at the beginning of your journey.

The biggest advantage that you have while walking on the Path of Love is that you will receive constant reminders by your Beloved Friend, mischievously provoking you, saying, "Come and get me!" This privilege is totally missing in all the other paths, especially when there is absolutely no role of Love facilitating your growth. Blessed are those who are able to experience Divine Love within, even if it is for a few seconds!



As a seeker of Truth and Love, you should gather all your energies and intensify your focus on spiritual growth. There are two simple ways, easy ones that can be practised anywhere, anytime and at your comfort to allow Divine Love to arise and expand within your consciousness. One should practice a 'continuous sense of the presence of the Divine' all the time. If you have experienced Love for the Divine even once, have witnessed His Grace, have noticed an unclear, irrational yet evident pull towards the Divine, you are suitable to practice it. Although the Divine is within and around you, you have to constantly remind your mind of this reality. Whatever you do or whenever you interact with anyone, know that your Divine is fully present there. During all good or bad events, your Divine is present. If you are tired of the imperfect wandering mind and want to grow towards the Truth of life, feel the presence of the Divine around or within you. Repeated doses of these reminders will disintegrate your false chattering mind. Your consciousness gradually shifts towards the Divine, liberating you from the false reality of life.

The second easy way is to 'communicate with the Divine'. While practicing the path of Love - Maitri, by now many of you must be doing it already. When we say Maitri, without any further explanation and addition, you should undoubtedly know that it is about talking with your Inner-Divine Friend. Again, it is at your comfort. Whenever you feel, you should practice it. If it is naturally happening, it again reflects your growth and bond with the Divine. Effortless communication with the Divine is natural. Your growth will amplify to the maximum where you stop measuring and assessing spiritual growth. You become free, you dance, you sing, you act mad (in worldly sense) and you experience true liberation. Your human consciousness merges into the Divine Consciousness. There is no separate existence but one, only One.

With just these two ways, you can easily attain the highest of all spiritual states. One can still explore more and find out various other ways to grow spiritually. You have the freedom to do so. We advise you to make these two methods a part of your daily life until it becomes effortless. In this momentary life, which is a rare opportunity in itself, not practicing ways to get closer to the Divine, Truth or Love, even for a moment, would be a big blunder.

**Don't allow the Light of Divine Love to diminish!
Let Divine Love through you shine and glow in all directions!
Know the Truth for yourself!**

**Love and blessings,
Dadashreeji!**



His Words

“Keep the doors of your mind open and allow the first ray of light to enter within you, creating a space for that hope left last! As you grow, this hope will expand into the brightness of joy and love. Soon, you will witness a life that you had dreamt or conceived of earlier.”

– Dadashreeji

The real purpose of human life is to experience the Divine. However the external world with its glitter and glamour does not allow one to think of the Divine easily. The fortunate few come into contact with a Guru who awakens the 'Love for the Divine'. For most the Divine comes into their lives only after an earth shaking event that forces them into contemplation.

This is what Dadashreeji is urging us to do - "Keep the doors of your mind open and allow the first ray of light to enter within you, creating a space for that hope left last!". When our mind is occupied with many thoughts it becomes a challenge even to see the opportunity in front of us. This is when we offer our mind to divine, an act of opening the doors of mind. This act allows the first ray of light in form of grace to enter us.

It starts as a small light in an otherwise dark room.

Hope is a feeling which comes when you have faith. Hope is Faith's best friend. Most great people had 'hoped' till their last breath. Hope channelizes you and makes you goal oriented. "Hope" irrespective of challenges gives assurance and keeps you anchored on progressive and positive things. As you progress towards your goal propelled by hope, it becomes stronger and brighter. Hope evolves into passion. It also brings with it another positive emotion - joy. Joy comes with the stepwise fulfillment of dreams. Hope and Joy also lead you towards another beautiful emotion "Love". Here joy is not limited by conditions but is found with everyone and everything. Dadashreeji has said in this quote, you realize "you are witnessing a life that you had dreamt or conceived of earlier".





GRACE - The ultimate transformation catalyst

Mitr Sut speaks about the importance of Grace and how it could be enhanced in our lives

Remember the game of 'snakes and ladders' we all played as kids? We always wished that our peg landed, where the ladder started, so that we could climb higher and higher and thus win. This is what Grace can do! While life poses situations landing us at the mouth of the snake, pulling us down; Grace will bring us right to the base of the ladder steering us up and out of the torments we face in our lives.

Irrespective of whether you are seeking something from the material world or in the spiritual realm, Grace is the ultimate catalyst that can change the course of our lives. Just as a catalyst though appearing small and innocuous, transforms a chemical and accelerates a chemical reaction for an important reaction to take place, similar is the role of Grace in one's life.

What exactly is Grace ('Kripa' as translated in Hindi) and is it possible to extract it or enhance it in one's life? Some relate to it as good fortune or luck. Grace is somewhat like an 'Unconditional Gift' bestowed upon us by the Divine and we have many a times knowingly or unknowingly experienced its power and energy. Yet to many of us it may be a vague

concept. To some who strongly believe that ('just do good and you will get good or, 'it's all in your hands and that's it') the concept of Grace may not be acceptable. A seeker on the spiritual journey may think he/ she is doing all that is needed for spiritual growth, so why do I need Grace?

Divine Friend Dadashreeji beautifully puts in "Reading tons of spiritual texts/ doing jap's/ chanting/ meditation are no doubt supportive on the spiritual path, but these do not guarantee transformation. Transformation happens through Selfless Service and above all Divine Grace."

So even on the spiritual path one may reach a very high state, but eventually to become 'One' with the Ultimate Truth, it is only with Divine Grace that one can transcend this world and attain liberation.

In the Sikh scripture the 'Japji Sahib' in the first chapter in Guru Nanak Devji's granth(book), He clearly states that 'that the one single Universal Truth can be realized by 'Guruprasad' the Grace of the Guru!



“Ik Omkaar, Sat naam, kartaa purakh,
Nirbhao, Nirwair, Akaal-moorat

Ajoenie, se bhang, Gur Parsaad.....”

God is ONE and is everywhere and in everyone, He is the Truth - Immortal, Creator, Without-

Fear, Without-Enmity, Unborn, and Self-Created. This realisation only comes by the Guru's Grace.

But how do we receive this Grace? Is God partial in doling out Grace -more to one and less to another?

Imagine a person holding an umbrella to shield himself from a downpour, and is shouting “I am thirsty please give water”. If you were to pass by this sight, you would laugh thinking he is a mad man. So much water everywhere yet not a drop to drink.

But this is our state ! Grace is there with you, all the time, has always been there, but somehow we don't realize it or rather don't have the ability to grasp or understand it!

Grace comes with your bond, faith and surrender to the Divine form you connect with. Even if you don't believe in any form, the faith in some Higher Power that sustains this universe is all that is needed. There are enough stories in our scriptures where the Grace of the Divine has miraculously surpassed all laws to rescue a devotee, at that moment where he/ she had fully surrendered to the Divine. I am sure you have come across the tale of an elephant

‘Gajendra’ who was caught by a crocodile intent on killing him. But the love and faith in his Lord Narayan was so strong that as his last dying wish, Gajendra asked for a chance to offer one last lotus to his Lord - something which he had done every single day of his life. Rewarding Gajendra of his devotion, the Lord appears before him to bestow Grace and liberate him -the epic tale of the famous ‘Gajendra Moksh’.

GRACE is the mightiest of the powers that any one of us can ever imagine! Yet, we are unaware of this treasure and potential.

Grace may not be so obvious to appear like a miracle. It can come in the form of myriads of things in your routine life. When you are ready and working for a cause higher than your own self, He is there at every step, protecting you and guiding you.

This is what so many of us have been experiencing in the MaitriBodh Parivaar. The physical presence of a Divine Being on earth, opens up a sky full of Grace. His physical presence makes it so easy to connect and bond with Him, opening the heart to receive His love. As Dadashreeji once pointed out, that as He speaks to an individual or a gathering, He starts imparting Grace to one and all, which reaches all equally, at that very moment, with no distinction. Absorption of the Grace thus bestowed depends on the readiness of the seeker and the level of their surrender to enable, uplift and transform oneself.

He sits filled with Divine LOVE & GRACE.

Not just a little fraction or moderate

But Infinite ‘Anant’ and Endless ‘Akshay’

And here I come with this little ‘patra’ (container) for that one thing....

Wanting or rather begging for what? A Home, relationship, child, job, money, momentary peace, calm

And He sits there waiting to give you all, His entire Being!

ARE YOU READY?

A more in-depth understanding about how Grace works and how it can be enhanced in one's life is covered in our Spiritual Programs – Bodh 2 & 3, which are conducted regularly.

To know more visit: www.maitribodh.org



SELFLESS SERVICE

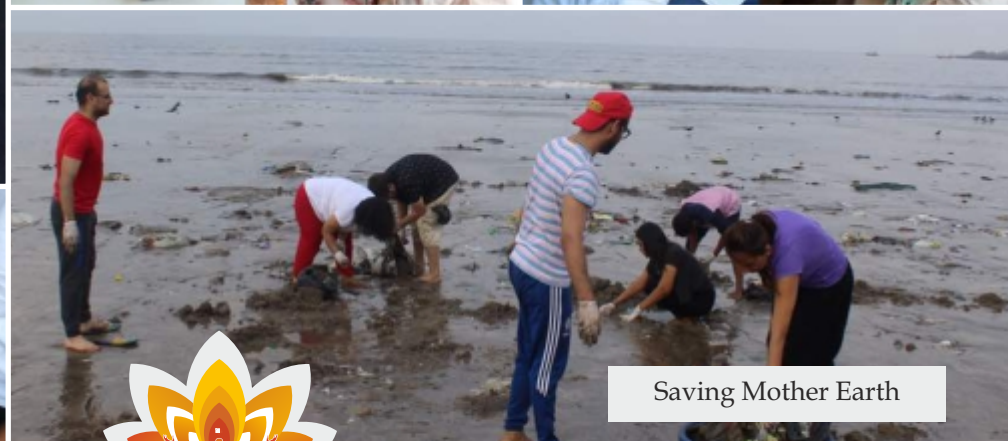
Sadhu Sundar Singh (1889-1929) was a great Christian missionary of India who spread the Word of God among the people of Tibet in the Himalayan mountain ranges.

One afternoon, as he was travelling on foot with a companion along a hilly path in Tibet, they were caught in a severe snow storm. During a brief lull, looking down from the edge of a steep slope, they saw a badly injured traveller lying in the snow at the foot of the cliff, over thirty feet below the path. The stranger had obviously fallen from the path and needed urgent attention and assistance. As the Sadhu tried to climb down to rescue the man, his companion tried his best to dissuade him. He warned the Sadhu that if they lost time in the effort to save the stranger, all three of them would freeze to death in the snow storm before reaching their shelter. The Sadhu was determined to save the helpless man and sought the cooperation of his companion. But he refused to help and walked away to save his own life.

The Sadhu climbed down the slope and reached the injured man. He was seriously hurt and had broken his leg in the fall. The Sadhu carried the stranger on his shoulders, carefully covering him with his blanket and climbed up the steep and slippery path with the heavy load. After hours of tedious travel with the heavy load in the heavy storm, he saw signs of civilisation—perhaps a village. While walking towards the lone village, he suddenly stumbled upon a human body half-buried in the ice-covered road. To his dismay, it was the frozen dead body of the companion who deserted the Sadhu and proceeded alone to save his own life.

The Sadhu carried the injured man to safety and warmth of a shelter in the village and provided him with all necessary assistance. He realized that by endangering his own life to save this stranger, he had actually saved himself. The exertion of carrying the heavy load and the warmth of two bodies instead of just his own had done the trick and saved him from dying in cold.

The greatest gift of selfless service is that it also helps the one who serves.



"I strongly believe that it is only through service, the world shall unite. It can happen when selfless service is rated higher than religion, destructive selfish purposes or even the existence of God."

I request every one of you to continuously serve people. Let Seva (selfless service) become part of your Being.

You become a part of Divine only through Seva & no other way."

– Dadashreeji

Let us celebrate this month through an act of selfless service by each one of us. Selfless service is one of the core values of our Parivaar something each of us has been following. The simplest act of service brings profound transformation. It is only through selfless service that you become a part of the Divine, there is no other way.

Join us as we celebrate 'Grace Day' on 25th Dec 2017, to commemorate Guru Ma's birthday as 'Kripa Diwas' and 'Selfless Service Day' as 'Anandotsav' on 27th Dec 2017, to commemorate Dadashreeji's birthday at Shantikshetra Premgiri Ashram.

The following activities are planned at ShantiKshetra Premgiri Ashram on the occasion of-

Kripa Diwas (Grace Day) - 25th Dec'17

1. Sports Day for Sneha Sanskar Gurukul, Jamrung - "Run for Mother Earth", an awareness initiative for primary students of Jamrung
2. Felicitation of 10th, 12th grade students and those who have completed Graduation - Encouraging the youth for higher education
3. Tejasvini Celebration - "Recognizing & optimizing the strength of womanhood"
4. Youth Empowerment - An interactive session

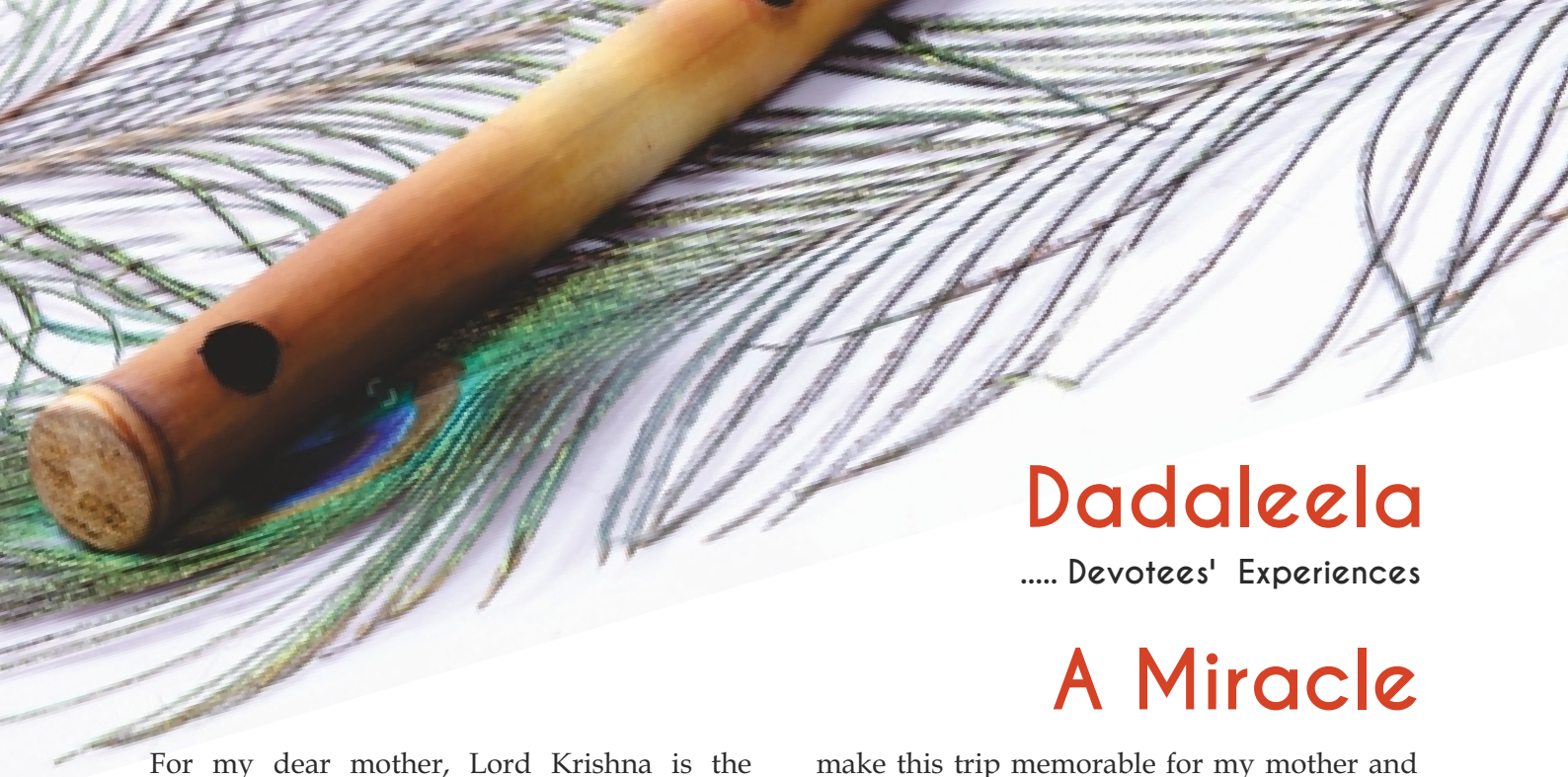
Anandotsav (Selfless Service Day) - 27th Dec'17

To celebrate Dadashreeji's birthday, villagers from Jamrung and six other villages are being invited for the following programs:

1. Specialized medical camp – A medical camp will be organized with the support of Hinduja hospital and its technicians.
2. Maha bhandara - Prasadam will be distributed to everyone coming to the ashram.
3. Bhajan sandhya - Devotional songs and bhajans will be sung followed by kirtan.

For more information please contact: 9967633770





Dadaleela

..... Devotees' Experiences

A Miracle

For my dear mother, Lord Krishna is the ultimate form of Divinity. She envisions Krishna as her brother. She recently wanted to visit Vrindavan to pay her obeisance to her Divine, Krishna at the Baanke Bihari Temple. She was keen on taking me and my husband along for the visit.

It was a Sunday and I knew that the temple would be crowded so I just chose to carry a small crossbody bag instead of the usual handbag. As expected, the temple was packed with devotees, but both my mother and I were in a state of bliss. While she was ecstatic at being united with her 'brother' Krishna, I could feel the presence of my own Divine Friend, Dadashreeji. The crowd didn't make any difference to us, we had a smile on our faces, love in our hearts and tears in our eyes. After spending some time there, we came out of the temple and suddenly I noticed that my bag was unzipped. I put my hand inside the bag to check if my wallet was there and to my shock, it was missing.

I informed my mother who without wasting a minute sent a prayer to her Divine. I didn't want to spoil everyone's trip and told them that there is a possibility that I had left the wallet at home. I too somehow believed that and tried my level best to just breathe in the Divine experience.

Soon, we visited another temple and again lost ourselves in the blissful atmosphere so much so that I almost forgot about the missing wallet. On my way back, I prayed to Dadashreeji to

make this trip memorable for my mother and strengthen her bond with her Divine.

We reached home, I checked my cupboard and to my disappointment, realized that I had actually lost my wallet. Although there wasn't too much cash in it, it did have my driver's license and my ATM cards.

But before I could block the cards and lodge an FIR, I received a phone call from a gentleman inquiring if I had recently visited a temple in Vrindavan. When I confirmed this, he shared the news that brought in a huge sense of respite. He told me he had found my wallet lying on the floor inside the temple earlier that day. He told me the cash was missing but the cards and the license were intact. When I informed him I had returned to Gurgaon, to my surprise, he informed me that he too hailed from the same city and lived only a few minutes away.

And that is how I got my wallet back on the same day. For me, it was nothing short of a miracle that a stranger was kind enough to make an effort to ensure the wallet reached whom it belonged to.

While my mother couldn't stop thanking her Divine, Krishna, I offered thanks to Dadashreeji for making the trip experiential, filled with love and memorable for all of us.

**Thank You, Dada
Maitreyi Shraddha**





My Divine Experience

When I was told to share my experience, I started thinking what I should write and how much I should write to explain the Divine experience? The words available in the dictionary are not sufficient to describe the Divine feelings. I may narrate one or two experiences here which may sound like any story but they can't explain the depth of my feelings which I experienced in Bodh-3. The ultimate part of the session was the energy transfer process by the living Divine Master, Himself. When my turn came and I reached Him, the first thing which came in my mind was the picture of Lord Sai. Dada was looking like young Sai. Like a 16-17 year or 11th -12th standard lad. I had my own prayers and longings with which I went to Him. When Dada opened the eyes, His eyes were entirely different from the ones which I had seen in His pics and YouTube videos. The eyes were very intense and comparatively small. I felt something came from His eyes and my vision started blurring. Suddenly, something like a dense fog appeared in middle when we were only few inches away. It became difficult to watch His eyes and a strong thought came in my mind- "How will I see You? What are You doing?" After this thought the fog disappeared and I was able to see His eyes again. And believe me it was not easy to look into His eyes. My eyes started getting a feeling of burning sensation. I was feeling that something is going deep into my body through my eyes. I was feeling vibrations and my body started shaking

a bit. Tears appeared into my eyes and rolled down my cheeks when I closed my eyes. It was not the tears that we shed under any emotion. It appeared out of stress of energy flow by Him and this all happened in 6-7 seconds probably. I was awake till 3.30am that night, the eyes were printed on my being. Next day too, I had a few experiences. Whenever I was looking at His Shrimurti during our sessions, I was getting burning sensation or feeling of stressed eyes within seconds and I kept myself more in silence because there was no willingness to utter any word. Next day, we got darshan of Dada for two minutes only and I could realize three parts of mine in that moment. I realized, I have a body which is sitting here, I have a mind which is arguing continuously and I have a soul which has longing for Divinity since eternity. I cried a lot without any reason for 15-20 min and still don't know why I cried. With His Grace, my life is in bliss so there was no reason to cry at all. Suddenly I felt, my inside feeling controlled, a stillness descended. The mind said that probably Dada has come in hall for darshan so His energy was soothing me from within. He answered almost all my questions whatever was in my mind via some or the other medium. I am so grateful to the Divine for giving me such a transforming experience. Wish I could have more words to write. Living a life filled with the Grace of my Divine Master, Dadashreeji,

Dr. Rashmi (Delhi)



Keep falling in love, Keep rising in life

Mitr Vineet talks about the various aspects of love and how it can alter one's life

Love has been described through the years by a number of people; Divine Love, by a select few, who were fortunate enough to open their consciousness to the constant shower of its presence around us. However, as much as one may read about it, the essence of it is only understood with experience.

Grace has been showered upon me multiple times as I went through life. I chanced upon many people who I fell in love with. With each encounter, love showed me and helped me live a new dimension of it; and every time it filled me completely with a sense of wonder and discovery, a hope and beginning of a new life.

Protection : The first time I experienced love, it was like the love of a mother. It made me feel cared for and protected, provided me with things spoken and unspoken. Perhaps it was meant to be my first encounter as I lacked this in my childhood. It taught me how to just give and be an angel for somebody else.

Passion : The second time love touched my heart, I experienced the pain and agony of separation. Lack of togetherness, of even a second from my love felt like an empty void, like an existence without meaning. It brought me to terms with the true meaning of vulnerability and taught me the importance of connection.

Stability and strength : The third time, love brought with it a sense of balance and sensibility. It taught me the worth and significance of having someone who would stand by me through the test of time. This love

was like a rock, always there to support and help me take a step forward and it continues to wield the same power till date.

And then at the darkest hour of the night, a deep silence settled within my heart. As dawn broke I saw the sun spreading its light, basking me in all its glory. I fell in love with the sheer warmth and brilliance of it all. Before I knew, I was engulfed in its essence, it's all consuming glow. I found myself at a loss for words. A feeling that was a combination of protection, passion, and strength. I met love itself, teaching me to live and allowing me to open the once sealed doors of my heart. The closest word I can use to describe the feeling is "elevation". It lifted me away from all the pain and sorrow and filled me with light.

I do not know how long this feeling would last...nor is the final destination of this joy neither a matter of concern. At this moment, all I intend to do is, LIVE...and to let it touch every part of me and be the center of my being.

Love is often misunderstood as something which generates fear or inexplicable pain through attachment and separation. But I was lucky. I found the kind of love which became my gravity, pulling me not only towards itself, but also towards a higher version of myself, raising me.

I hope everyone finds their gravity, which encompasses them and aids them to be the best they can be. May everyone find real love.

Mitr Vineet

Mitr Vineet is a doctor (MBBS, DNB - General Surgery), by profession and currently works at Johnson and Johnson Pvt Ltd in the Professional Education department of Laparoscopic Surgery and helps in the skill upgradation of surgeons. He is an integral part of MaitriBodh Parivaar and is engaged in many social activities of the organization





Spirit of Christmas

In the Bible, book of the Corinthians we read...

“Three things will last forever – faith, hope and love – and the greatest of these is love.”

Christmas is the day when we celebrate the birth of our beloved Jesus Christ on the 25th of December each year. This is the reminder of the ‘Birth of Love’ in our hearts and solemn remembrance that Divinity has and will always stay alive in our hearts. “

A few international members of the Maitribodh Parivaar who have experienced Divine Love, have shared the “Meaning of Christmas” with us.

Matilda Fernandes from Seoul, South Korea shares the following:

In many a book meant for children, Matilda recalls, she read about kids writing letters to Santa telling him about what they wished to receive that Christmas. And how they would get exactly what they had wished for, wrapped in a shiny paper, under the Christmas tree the

following day. In one such book, Matilda came across a little girl who tore a piece of paper from her sister's notebook and scribbled what she sought and addressed it to Santa. She wrote...

“Dear Santa,

All that I want for Christmas is a doll house.”

She then handed over the letter to her mother to be sent over to Santa in the North Pole.

That Christmas morning, she received a magnificent pink doll house that she played with day in and day out. The potbellied man



from the North Pole with an oversized red suit and long white beard was now the little girl's favorite part about Christmas.

Fifteen years later, it is Christmas time again. The girl is now far from home, fighting the falling temperature by snuggling in the warmth of her bed. She opens her notebook, takes the pencil between her now skinny fingers, in childhood reminiscence she jots

"Dear Mummy and Daddy,

Thank you for gifting me my doll house when I asked for it. All I want this Christmas is your Love. In the form of, till-I-can't-breathe hugs, sharing stories over home-made food, and even reminders that Holy Mass starts in an hour. And I write this because both of you are my Santa, you always have been. You gave me the greatest Christmas gift I'll ever need, the love of family. I can't wait to be home."

Love is one of the hundred most beautiful words in the English language. Perhaps, it is because unlike most words, it initiates a unique feeling inside us. It does not limit itself to a single interpretation and the definition is almost kaleidoscopic.

To me, experiencing love during Christmas is perhaps the most special feeling, it reminds me of a vivid painting of watercolors, with splashes of crimson and emerald, picturing Christmas spent with my loving family. Most of all Christmas reminds me of a Flame of Love I house in my heart, which burns beyond Christmas day, through all days of my Life.

Patricia from Davenport Iowa, USA writes...

"I feel, Christmas is the return of light to the world. The one time of the year when true seekers of light unite in love irrespective of their religious orientations. A moment in time each year when Jesus' words resonate across the globe. This is the true spirit of Christmas."

"Dear Friends,

The day of Christmas is non-existent without the mention or expression of Love. It's a day to share Love through small acts of goodness. While we are humming Christmas carols, let us share a warm hug, a sumptuous meal or a friendly smile with one another.

The joy of Christmas is simply expressing love to everyone around us. Feliz Navidad! Merry Christmas!", says Maitreyi Cecilia from the US.



Conversations with the Divine

Divinity loves us unconditionally and is waiting for us to
commune says **Maitreyi Shraddha**

We know that to strengthen our bond with our Inner Divine, we need to commune with the Divine. By nature, I am a talkative person and I thought it is going to be so much fun communicating with my Divine. I spoke and spoke a lot till I realized that it was just a one sided conversation going on. It was easy to blame the Divine saying, "You are not listening to me!" And one day I happened to come across a book called 'How you can talk with God.' I liked the book, however, realized that it was someone's experience and hence not my truth. My truth was that my Divine was not listening to me.

I continued talking, loving, blaming my Divine till I realized that I was talking too much and not giving a chance to my Divine to respond back to me. As soon as this realization dawned on me I laughed and asked my Divine, "Do you have anything to say?" and I heard a soft "Thank You". I think He thanked me for giving Him a chance to speak. So our conversations started. I told Him that, "You are a man of few words but I do not know how to converse without telling stories." He said, "Tell me all your stories. I love them." And thus it became my truth that Divine does talk.

Over the years, I have used different modes of communicating with my Divine. I sing for Him and insist that He sings for me too. I talk with Him and patiently wait for Him to respond. I write letters to Him seeking guidance,

expressing my love and gratitude, complaining and He writes back to me lovingly.

Sometimes, I just need to look into His eyes in His Shrimurti and the silent conversation starts. It is most beautiful. And sometimes, conversation happens internally in my heart.

There are times when I miss out on communicating with Him and immediately when I get back He tells me clearly how much He too missed me.

The bond with your Inner Divine is most beautiful and precious. If there is someone who is constantly with us every moment, it is our Divine. Divinity loves us unconditionally and is waiting for us to commune. With all our faith, patience, perseverance and love we should seek our Inner Divine. He is waiting to just start a conversation.

Thank you my Inner Divine, my Divine Friend Dadashreeji for making me experience Divinity.

Make this your experience, make this your personal truth. Let the ignorance that the Divine is far, is approachable by a few - be erased.

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,

This last month I have been thinking about all you young minds. With every letter that I wrote, I felt I was moving an inch closer to each one of you. I am curious about what's going on in your crazy little lives and therefore, sincerely hope you would read and write back to me...

So let's begin with an interesting story about my now 28-year-old nephew, Param. This particular story, however, is about a time when he was just four years old.

Param's mother wanted him to be interested in arts and so she appointed a home tutor for her son and her daughter who would take personal classes for the both of them. The teacher once asked them to draw the sun. And to the teacher's surprise, Param drew a purple square. The teacher looked at his drawing and said, 'No, no - I want you to draw the sun!' and so, Param took the paper and added some rays to the borders of the purple square! "Here", he said, "can you see it now?"

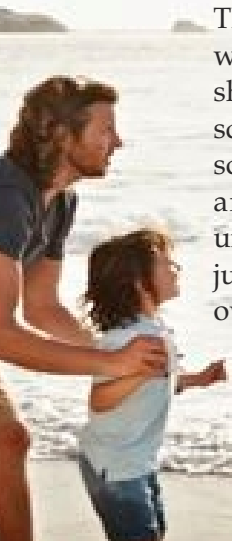
Unfortunately the teacher could not 'see' what Param had in his imagination. He insisted that what he had drawn was far from what we usually see as the sun. The incident left Param disheartened and he felt disconnected with the teacher.

Thankfully, Param's mother was a wise woman, and she ended the classes, because she did not want her son's creativity to be squashed. She thought...was Param doing a science assignment that he needed to make an exact diagram of the sun? She understood that it was art and her son was just expressing his creativity - it was his own special way to see the world.

Each time I think of this story, I think how precious our imagination and creativity is, and how important it is to understand its interpretation. To be creative is to use our imagination and come up with new ideas, solve problems, invent something, to put two and two together and make five or seven or whatever out of it. Creativity has an element of surprise in it. It goes beyond what is archaic. It is found in every aspect of life, from the kitchen to our garden, to the scientific labs of the schools and even lies in the reasons kids invent for missing school. Ha, ha... am sure you guys instantly connected with that last bit..

In fact, children are the most creative of all! Do you know why? Because, you have a blank and open mind; you still have the innocence and care less about failures..you have curiosity and eagerness to try something new..all this because, you have a direct and clear way of seeing things.

I wish I had stronger memories of the time when I was a little child. I feel like am relearning the chapters of childhood after becoming a mother and watching my two boys grow. Also as a teacher, what I have realized is that children have wide open eyes that keep looking at the world around them. Everything is new and it stimulates them - colours, textures, shapes, sizes, tastes, sounds and smell. They want to touch everything - from ice cubes to crawling insects. They turn everything upside down even their favourite toys. They are always keen to learn about how things function. Their questions don't stop, 'What is that? Why does this happen? Who is that?' ...it goes on and on and at times..I have no answers, but I love the questions.



I enjoy seeing everything through their eyes, love watching them play, explore and invent new things. I laugh at their jokes, enjoy the things they like to watch and rejoice in the sound of their laughter. Although they are not solving big problems like adults do, they have more creativity than most of us grown-ups. Children are like that, filled with this power to create, to make new ideas come alive.

Sometimes, we are placed in a garden where our creativity can bloom and sometimes we do not get that kind of freedom to explore and express. Like me, I am sure you too would love it when there are no holdups and one can run around freely, using all senses to absorb the world and trying out new ideas!

Creativity can be a part of every aspect of our life – it's not just about art or theater or music. It's about using the imagination to make new things that give us pleasure or a chance at better life. For instance, it takes creativity to organize a surprise birthday party for your mother, it takes creativity to figure out how to pack all the stuff you want to take with you on a vacation without carrying a big bag, it takes creativity to find a solution to the garbage issue in the community and it takes creativity to confront an estranged friend.

So how can we be creative? What are the conditions we need? Here are a few ideas that will help you to explore and nurture your creative side:

- Look into the mirror each morning and say to your self, 'I am creative, in my special way!'

- Spend time around nature
- Meditate for at least 15 minutes a day or connect with yourself
- Use your hands each day for doing something – cook, clean, draw, dance, work with clay
- Play ASSOCIATION games
- Daydream in a special corner
- Doodle or do something that you like every day
- Take risks and try new things, don't be afraid of being 'foolish'
- Play a lot of games
- Learn music, especially playing a musical instrument
- Practice pattern recognition

Creativity cannot be 'learned' – you already have it. You just have to identify it, nourish it, and express it.

Sending all of you blessings and seeds of this new friendship. Hope you will sow them and nourish this new relationship. I will be back in this space in the next issue, with a new letter for you.

Until then stay creative and don't forget to write us back with your thoughts and suggestions at: anahita@maitribodh.org

**With Love,
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.





Healthy Emotions, Healthy You

Maitreyi Cecilia shares ways on how we could successfully manage and regulate our emotions

Before you begin reading this article, briefly think about your typical day and recognize how many emotions you have experienced through the course of the day? From the time you get out of bed, make it to office, take your lunch break, return home from work and finally retire to bed.

Many of us work in the corporate world, where success is measured based on productivity and income, it leaves very little room for the value of emotions.

Most of the workforce across the world is forced to remain alert for a majority of the time, thus suppressing our emotions.

The term Emotional Intelligence (E.I.) was coined in the 1960's and since then has been defined and researched extensively.

Below is a simple summary on E.I.

The big question to ask ourselves is

- 1) What are emotions?
- 2) Can we recognize emotions?
- 3) Do we express these emotions?
- 4) Can we regulate them?

Emotions are an internal pattern of behavior that is in constant flux based on our external stimuli. Most times, we are caught up with the external stimuli and we lose awareness of our internal state.

Recognizing emotions: Imagine a situation where when you reach your office one morning and notice that someone you love has sent you flowers, what is your first reaction? You have a positive emotion. You'll recognize this as happiness or being content. You may now act with a smile. Throughout the day due to a positive emotion you will be attentive, have the ability to take decisions and make a positive impact on the environment around you. Now imagine a few hours later, your



colleague comes and accidentally drops coffee on your white clothes just before an important meeting, what is the next emotion you feel? Being upset or dissatisfied perhaps. Does this change the course of the rest of your day? Most likely, yes. Throughout the day we are governed by these underlying emotions. We fail to recognize our inner patterns are dominated by how we feel.

Expressing emotions: Once we have recognized our emotions, it is a good practice to label them for ourselves, so that it increases our awareness of how we feel internally. We must then express emotions as they are, for this lays a healthy foundation in all relationships. An example: 15-year-old young Jimmy had spent six months in rigorous training for the finals of a football game. He was with his teammates and the game score ended in a tie. Jimmy missed the final tie-breaker goal and his team lost. Jimmy was intensely 'disappointed', as he had invested an immense effort. However, he portrayed his 'Disappointment' as the emotion of 'Anger'.

He went home and banged the door of his room and threw a tantrum. His mother did not understand young Jimmy and scolded him saying, "You better watch out, I will complain to your father about your ill behavior." His father returned from work and scolded Jimmy even more "How dare you misbehave, I will ground you for the entire week of football practice, stay in your room." What Jimmy and his parents failed to recognize is that it was not an expression of anger, but actually of disappointment. Most times, we don't act based on our primary emotion, but an underlying recent resentment or past emotion. A constant recognition of this and honest expression ourselves helps. If the parents had inquired of Jimmy what he was experiencing, through his expression of feelings, they would

have understood their son's disappointment.

Regulating Emotions: Here are some techniques

Utilize the pause between Emotion & Reaction: When we feel a negative emotion arise, it is a physical feeling of flushing, sweating, a racing heart. We should immediately pause, take a deep breath & think of what 'would the best version of myself do?' before we react.

Acting out of impulsiveness most times leads to misunderstandings and regret.

Constant expression to the Inner Divine: By having a constant dialogue with our Inner Divine, through Divine Grace we are bestowed with wisdom and guidance. It strengthens our inner voice to recognize a problem and how to respond best. It is also an opportunity to realize a Divine lesson for us to learn through a difficult situation or conversation. As Dadashreeji shares "A strong connection with this 'Inner Source' bestows natural and effective guidance."

Self care: We should take care of our bodies; ensure adequate sleep, hydration and periods of rest in between stressful work. A tired body doesn't yield good results/positive emotions. We must make sure to make time for family and friends and spend adequate time in nature to nourish our internal state constantly.

Some information for this article is inspired by the work of Mark Brackett, Director of Emotional Intelligence Center at Yale University, Connecticut - USA.

Maitreyi Cecilia, USA

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.



Where is God?

There lived a hard working farmer by the name of Maluk in India. One day, a wandering saint stopped in his village to deliver a sermon and Maluk happened to drop in.

"The one who surrenders to the will of God," the saint preached, "and, does every act with God in his heart will never have to sleep hungry. God will always take care of such a person." "With due respect, Maharaj," Maluk interrupted, "God may be the provider, but I still control my life and earn my own livelihood with my actions." "Maybe. Ultimately though, God's will prevails." "I don't think God will just drop food in my lap unless I work for it." "He functions in mysterious ways," the saint replied smilingly. "And, let me tell you, if he wants to feed you, you will be fed."

Maluk vehemently disagreed and the argument went on, until they finally agreed on

a wager. It was decided that if God was real then within the next 24 hours he would somehow feed Maluk no matter what he did.

"Are you saying that even if I go

hide somewhere and do nothing, he will still feed me?" "Yes." "Well then, if God provides me food by sunset tomorrow, I'll become a firm believer and accept everything you say. But, if He fails, you will renounce your robe and work with me in the fields." "So be it," the saint said, raising his staff. "He'll make sure you are fed. I have faith." "I'm going to run off to some remote place!" "It doesn't matter where you hide, Maluk. God is omnipresent and He'll feed you."

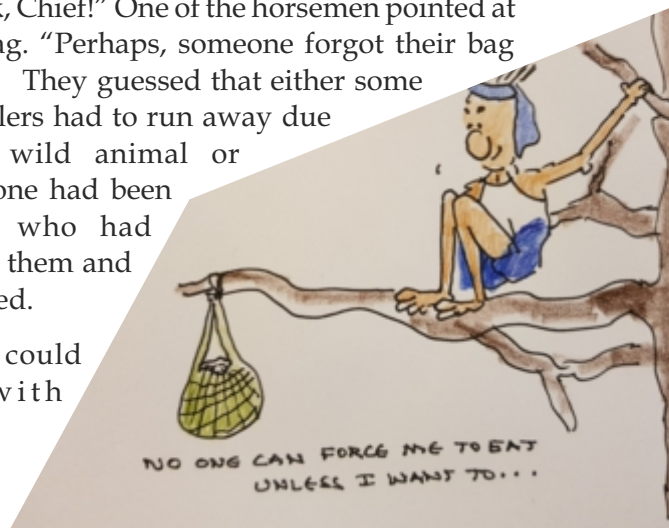
Maluk waded across the river, into the woods and perched himself on the branch of a large tree. No one will come here. No one even knows I'm here. The saint is sure to lose. I'll see how God can feed me now. Sitting on the tree, he waited patiently. A few hours later, Maluk heard some noise. A weary group of travellers was passing by and seeing this giant tree, made a stop. They spread a sheet under the shade and put down their belongings.

Tying their bag full of food on one of the branches, they went to the nearby river to freshen up first. Maluk was stunned to see the bag hanging just a few branches lower. "It's not God's doing, just a mere coincidence," he told himself. "They'll be back any moment and take this." Surely enough, the travellers were coming back to the tree when the fierce and loud roar of a lion ran through the jungle. Praying for their lives, they ran back to the river and out of the woods. Maluk was left alone with that bag of food. Still unwilling to accept God's hand in this, he refused to untie the bag or partake of its contents. No one can force me to eat unless I want to.

The bright sun turned orange, dusk arrived, twilight emerged and soon it was turning dark. Maluk was hungry and starving, but he remained adamant. Later at night, Maluk heard the footsteps of a few horses coming nearer. It was a gang of dacoits en route to their hideout.

"Look, Chief!" One of the horsemen pointed at the bag. "Perhaps, someone forgot their bag here." They guessed that either some travellers had to run away due to a wild animal or someone had been there who had heard them and escaped.

"We could do with



some food!" Four men tethered their horses to the neighboring trees and opened the bag. "Wait!" their leader warned. "It could be a ploy to catch us. It could be poisonous food. The king's men must be on alert after our latest heist just yesterday."

With the intention to scour the area, they lit their torches and spotted Maluk sitting on the same tree. Pointing their spears at him, he was forced to clamber down. When Maluk wouldn't admit that it was his food or that he knew anything about the people who left it there, the chief became furious.

"Eat this food!" he ordered. "I can't, I won't,"

Maluk protested. "Give him a sound beating," the chief commanded his men. "Kill him if he refuses to eat."

Against Maluk's wishes, he was forced to gobble that food. Seeing him still alive, once the bandits were certain that it wasn't poisoned, they finished the rest and leaving Maluk behind, went their way.

Prayer, faith and gratitude sprang forth from Maluk's heart.



The Divine does not need to prove its existence. It is the human mind which questions and doubts the existence of its own Source. We do not need to go far in search of the Divine. It is closer to us than our own breath. When we connect to our Inner Divine, who resides in our heart, all questions cease to exist and only Love- truth remains.



Bodh 2 –

Amritsar, 4th & 5th November

Bodh 2 in Amritsar had participants old and young flowing with Dadashreeji's Grace and Love. Participants shared beautiful experiences.

One of the participants after the end of first day sessions went to his room and tried to open his cupboard. The key refused to work as the lock had gotten jammed. He tried for a few more minutes without success. Then he sat and spoke to Dadashreeji for the first time and asked Him to help with the key. After the conversation with his Inner Dada he went and tried again and the cupboard opened like magic. He couldn't stop smiling for this was his first experience of the magical connection all have with Divine Friend Dadashreeji.

Another experience shared was that seeing all the happy faces of the Mitr and Maitreys who worked selflessly, who had smiling faces every moment made one realize that life was all about happiness and smiling. She learnt to smile again in her life after 17 years.

While yet another participant saw Dadashreeji in His Magnificent Form and couldn't stop crying as her tears kept flowing with gratitude for having been blessed with the Grace of the Supreme One.



Bodh 1

Davenport, Iowa and Bozeman, Montana (USA)

Innumerable seekers managed to reach the venues, who opened their hearts to experience for the first time Unconditional Love and Grace of our Divine Friend Dadashreeji.



Bodh 1, Havans, Maitri Sessions

Davenport, Iowa and Bozeman,
Montana (USA)

This week was planned with events including Bodh 1, Maitri Sessions, Havans. The native Americans enjoyed the spiritual process of Havan which was also conducted at the Unity Church in Bozeman, bringing about tremendous positive energy and Grace to all the participants.



Spiritual Week

ShantiKshetra Premgiri

Ashram, Karjat (India)

The Spiritual Week took place at the ShantiKshetra Premgiri Ashram, Karjat from the 22nd to 26th Nov 2017. The energy, enthusiasm and excitement of the entire group were palpable. Many shared that this was the first time they felt completely accepted for who they were and felt cared for. The Transformation was evident, the connection was established; they acknowledged experiencing immense Divine Love. On the concluding day the participants were unwilling to leave the ashram; wishing for a miracle which would take care of their worldly responsibilities and enable them to just stay there in the Ashram forever.



Children's Day 14th November, Jambrung Village

On the occasion of Children's Day, a special Pediatric Medical camp for 300 students was organised with the help of doctors from Hinduja Hospital in the village hospital of Jambrung. This was followed with tree plantation by children.



Children's Day Celebrations

12th November 2017 | Delhi

A couple of days prior to the Children's Day, the Delhi YGPT Team visited Rainbow Home Orphanage, a home for orphan girls with special needs. The children participated in drawing, dancing, music and meditation. By the time to conclude all the children as well as the volunteers were completely immersed in Love and Joy.



YGPT

Goal Setting and Achievement Seminar, 7th November 2017 | Delhi

The Shri Ram College of Commerce (SRCC), New Delhi, invited YGPT to deliver a seminar on Goal Setting and Achievement. Through the seminar, the participants were taken on a journey of understanding themselves and setting a vision to follow. The obstacles on the path of achieving these goals were highlighted along with the solution to help overcome these.



Sambohdh Dhyān, Maitri Light and Bodh level – 1

Sessions are being regularly conducted all over India and abroad.



Upcoming Events

Bodh 1 Contact: +971 50 5595772	9th Dec'17 3pm - 7pm	Sharjah (UAE)
Bodh 1 Mitr Gaurav 9560573908	9th Dec'17 3pm - 7pm	Pune
Prem Anubhav Co-ordinator - Mitr Arun 9752531945	10th Dec' 17 4 pm to 6 pm	Indore
International Spiritual Week Co-ordinator - Mitr Ravi 9422007104	11th - 17th Dec' 17	ShantiKshetra Premgiri Ashram
Bodh 1 & 2 Co-ordinators - Mitr Ravi 9422007104, Mitr Gaurav 9560573908	15th - 17th Dec' 17	Pune
Kripa Diwas (Grace Day) Co-ordinator - Maitreyi Anuradha 9967633770	25th Dec' 17	ShantiKshetra Premgiri Ashram
Anandotsav (Selfless Service Day) Co-ordinator - Maitreyi Anuradha 9967633770	27th Dec' 17	ShantiKshetra Premgiri Ashram



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.



India

Baroda - maitreyi.jagruiti@maitribodh.org
Coimbatore - maitreyi.roopa@maitribodh.org
Delhi - mitra.prawesh@maitribodh.org | 93504 15563
Indore - mitra.arun@maitribodh.org | 97525 31945
Kolkata - maitribodh.kolkata@gmail.com | 98306 05180
Mumbai - mitra.sut@maitribodh.org | 98199 46594
Pune - maitreyi.varsha@maitribodh.org | 94220 07104
Punjab - mitra.shivam@maitribodh.org | 92168 22222

International

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

