

ANAHITA

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**Three Practices for 2018
from our Divine Friend**

**Dawn of a New Era
Living Consciously**



MaitriBodh

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From the Editor's Desk

Dear Friend,

Suddenly the entire year is over. How soon the months flew by. Immersed in Dadashreeji's Love and Grace we flowed smoothly with every day. Trials and tribulations came and went without causing deep ripples as we simply offered everything to Dada. He gave us the strength, the fortitude and the wisdom to realise their impermanence and thus move higher on our spiritual journey.

The New Year 2018 heralds the dawn of an exciting and powerful time in the Transformation of the Human race and Mother Earth. **Read Dadashreeji's message for the New Year on the three key practices that would help us grow internally and make the journey this year truly transformational and joyful.**

The International Spiritual week was conducted and attended by participants from the US, Switzerland, Austria, Latvia, Russia, Germany and Italy. We celebrated Grace Day (Ma Narayani's birthday) together with Christmas Day and Selfless Service Day (Dadashreeji's birthday) two days later. The Anandotsav celebrations brought together the entire MaitriBodh family to the Ashram. Joined by hundreds of villagers from the nearby hamlets, each soul present was overwhelmed with Love, Happiness and Gratitude. Experience these divine moments shared through the photos of this love laden event.

This month read a simple yet powerful explanation and guidance on the power of Prayer, an article on Faith, Hope and its logical conclusion in Prayer adds on to the earlier article. Each one of us has a very specific purpose in God's plan on earth. Read about our purpose in life in a short note on 'Just being'. This month learn the benefits of natural bottle gourd juice and how it helps you detoxify your body and help resolve many minor illnesses in a simple and gentle manner. Read these articles and mark them indelibly in your hearts.

Be a part of 'Prem Anubhav', an interactive session as renowned actress and spiritual healer Smita Jayakar explores the Awakening of Love in conversation with Maitreyi Sulata on 20th Jan '2018 in Pune.

Wish You A Transformational Year Ahead!

Team Editorial





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03



Dear Friends,

A Prosperous and Divine New Year to you all!

Calendars changed to new ones, old diaries replaced by new ones, old number reset to a new one. You notice celebrations, gatherings and smiles in the illuminated surroundings. Somehow, you treat this new year as if a new life has been offered to you. In reality, nothing changes in life significantly with the arrival of a new year. Being aware of this, you still enter into the new year with hope and positivity. Every new year brings a wave of new, fresh energy, joy and happiness. While witnessing change in the time, you participate with everyone to reap the best from this year. That's the approach all must possess and practice to extract the best from life.

Many of you are evolving excellently while moving towards the Divine Age. Every act of yours will be counted which will result in easing your path of life. Your thoughts will be noted providing you a clearer vision for your life. Mind, being an instrument plays the most vital and key role in your spiritual journey. Its infamous nature of fluctuating high and low all the time has made it difficult to understand and get control over it. Without a steady and balanced mind, spiritual growth will be a futile exercise. This year will provide us the opportunity to align our mind. One may notice steadiness and stability of the mind this year. Many situations may occur hinting at the move towards a stable mind. So, a new journey will be initiated from an unstable mind to a stable mind. Pay attention to your thoughts and emotions and channelize them towards joy and freedom!

If you had been able to identify your mistakes last year, you would be able to know the source of it this year. The source of it, is internal and definitely not external. Hence, do not waste your time in pin-pointing fingers at others. When you realise your mistakes, the source would be revealed automatically. You do not need any extra effort for that but to remain open and receptive to know the exact reason. Your intention should not be limited only to know the reason but to eradicate it



from deep consciousness. Internally, you step up and move closer to the Divine. One can vividly mark this as a spiritual growth.

This year would provide immense opportunities and platforms for innovations. Your true talent, hidden qualities should be expressed. To state the fact, that's why you are here on this planet, to express your uniqueness! Be vocal about your opinions and wisely and maturely express them to others! In short, start expressing all that comes naturally from within you for the benefit of others. You will be asked to adopt new and different things which you had never thought of before. Life has always been new and fresh at every moment, so would be your ideas this year. A totally fresh and new approach would usher a complete transformation for you.

These three key practices would help you to grow internally this year. Love and Blessings of the Divine would guide and strengthen you in this period.

- i) Channelize your thoughts towards stability (i.e. Positivity, Joy and Your Divine)
- ii) Know and eradicate the source of mistakes (Invite Grace and Guidance)
- iii) Share your ideas (Express yourself)

The Maitribodh Parivaar is happily growing and glowing in all directions spreading the message of Love and Peace. Your commitment towards the cause is commendable and lovable. There are no words to express our gratitude for the untiring, relentless services all of you have offered since long.

Let this year bring more Love, more Grace and establish the Divine in your heart!

**Love and Blessings,
Dadashreeji!**



What do we do when we have a goal to attain a dream to fulfil? We identify the goal. Then we define the ways and means to reach it. We also strive to avoid obstacles that may impede or distract us in our endeavour. This single minded commitment to accomplish your goal or dream is called dedication.

But what is needed to help us in our path towards the goal? The most important thing that is needed is unlimited energy which converts ideas into action and then help us achieve our goal.

Such an energy pours out of Devotion. It is silent and seen in actions and not words. Devotion pours the energy that never fails, because "Devotion is indeed LOVE."

When you have devotion, you have decided to love without any conditions attached. This form of love is Divine and hence has the Blessings and Grace of the Almighty.

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

His Words

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



Awakening with Dadashreeji



2018 brings its first blessing in the form of

Awakening with Dadashreeji

Receive direct Guidance, Grace and Love from
Divine Friend Dadashreeji
Himself, followed by a powerful
Shakti Pravah
(Divine Energy Transfer).

Date: 18th March 2018 & 25th March 2018
Venue: ShantiKshetra Premgiri Ashram, Karjat.
Time: 10 am to 2 pm
Details & Registration: +91 7506264794

Here's wishing everyone a
Divine New Year.

Please note :
* Limited seats available.
* Seat allocation on registration basis.

Awakening with Dadashreeji is a joyful journey of the soul where Divine Friend Dadashreeji Himself guides us through the various states of the human mind.

Being in His presence is a golden opportunity that a soul has waited for, for lifetimes. The mind is silenced by just being in His presence. The session would be followed by ShaktiPravaah which is an energy transfer process to experience His Grace and Blessings.

This program would be conducted on the following dates in the month of March 2018.

Batch 1: 18th March 2018

Batch 2: 25th March 2018

Time: 10.00 am to 2.00 pm (for both the batches)

Venue: ShantiKshetra Premgiri Ashram, Karjat

For details and registration pls contact: +917506264794

Kindly note limited seats are available for both the batches.



Dawn of a New Era



Mitr Sut describes the very foundation of how Divine Friend Dadashreeji is ushering the human consciousness to a new era.

It's 2018! Another new year.

A new year cajoles one to make a fresh new start, with new feelings, new hopes and thus a new beginning dawns.

However to me and to many of us in the Maitribodh Parivaar, it reminds us of another opportunity to serve, to make a difference, a reminder of a new era that has already dawned since 2013. The new era is Divine Friend Dadashreeji Himself.

It's a reminder of what and how the difference is going to be felt not just to a few, but to the masses; to reach out to the hearts of every individual, to ease and erase suffering, to create a path and to attain the Ultimate Truth.

Whenever the Divine has descended on the earth plane, it has been for a higher purpose. Each form had a specific method unique and appropriate for that particular period.

As Lord Krishna had said,

"यदा यदा हि धर्मस्य ग्लानिर्भवति भारत ।
अभ्युत्थानमधर्मस्य तदात्मानं सृजाम्यहम् ॥
परित्राणाय साधूनां वनिशाय च दुष्कृताम् ।
धर्मसंस्थापनार्थाय सम्भवाममिषुगे युगे ॥
अभ्युत्थानमधर्मस्य तदाऽऽत्मानं सृजाम्यहम् ॥"

Bhagwad Gita 4.7 & 4.8

Whenever there is decay of righteousness, O Bharata,

And there is exaltation of unrighteousness, then I Myself come forth ;

For the protection of the good, for the destruction of evil-doers,

For the sake of firmly establishing righteousness, I am born from age to age.



So, how is Divine Friend Dadashreeji, His teachings and His presence going to bring about this historical transformation in human consciousness?

As one begins his / her spiritual journey or even otherwise anyone who has an awareness of ones actions and observing the world and it's vagaries, one begins to discern that a big challenge is that of dealing with the human mind. The mind is where lies the pain and suffering, the mind is where there are innumerable demands and desires, it seems unrelenting, stubborn always trying to control and ultimately takes over our entire being!

This is where Divine Friend Dadashreeji comes in; bringing about the 'Transformation' of the human mind. And this is not done by theoretical teachings or complicated sadhanas/ practices but in simpler ways through various sessions where one unknowingly starts experiencing a lightness and the flowering of one's heart, because the heart is where the source resides, which has been subdued by the overpowering mind and

births of conditioning. This transformation many a times happens just by being in the physical presence of Dadashreeji Himself, as He is the source of Divine Love. The purpose of His present decent on this earth plane is to bring about this 'Transformation'.

With so many paths, traditions, techniques that strive for the upliftment of humanity, an individual is bound to get confused, not knowing what to do and which way to follow. This inner urge to understand and experience something beyond, lies with a very few, as the vast majority are too preoccupied with worldly affairs. Dadashreeji is not here to add another path, or technique, or tradition but to directly give that experience of Divine Love. His all encompassing, simple yet profound way guides one to the true purpose of life.

So, this New Year, 2018 let's pledge to become a part of this new era, with Dadashreeji as our Divine Friend holding our hand at every step, to finally achieve our purpose of existence and to become the source of that Divine Love.

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





Dadaleela

..... Devotees' Experiences

The Magic Touch

For the past 10 years I have had an affinity with Mahavataar Babaji. I had been trying to explore this connection with other mediums (spiritual organisations). I happened to get to know about Dadashreeji's MaitriBodh Parivaar for two successive years on 30th Nov 2016 and 2017 (celebrated as Mahavataar Babaji's birthday) from their Mitrs and Maitreyis.

I felt that there was some calling. Thereafter, I saw Dadashreeji's Youtube videos to know more.

I loved his prominent message "Use all your efforts to uplift yourself. Where all your efforts end, please allow me to work on you. You will experience the transformation you desired for long."

This is the powerful message which pulled me strongly and I attended my first ever Sangat session and subsequently attended Bodh 1 too.

In Bodh 1 itself I was full of love and bliss, something I had never experienced before. During ShaktiPravaah my heart was overflowing with love. The same feeling as one gets when we meet our beloved after a long gap.

As ShaktiPravaah began, I started weeping. I was experiencing the flood of love which lasted for the next 30 minutes.

After I reached home post Bodh 1, I had to attend my building's 'residents welfare organisation' meeting and one point was bothering me. Some members always tried their best to oppose my point and that was their agenda. But miraculously strong help came from one member and he supported my suggestion. It was a miracle especially when all the things were going in the wrong direction.

Bodh 2 also was an experience of a life time with all the profound cleansing processes.

I thank Dadashreeji from the bottom of my heart for all the love and assure to keep my heart empty to receive His full Grace to remain in constant connection with my Divine. My crores of Dandavat Pranaams to Dadashreeji. Thanks to MaitriBodh Parivaar, to all the Mitrs, Maitreyis and all the Divine Masters.

THANKS AND LOVE YOU ALL.

Nandkishor Devdikar, Pune



My experience with Prayers.....



Travelling to a new city is always exciting and enriching-both in terms of the experiences and the learnings that come along the way. Recently, I got to visit Madurai, a temple city in Southern India. It's an old city, famous for the Meenakshi Amman temple. It also has a huge river - Vaigai flowing through it. Many bridges are built over this river. During my first visit, as we passed over one of these bridges, I noticed that the river was quite dry and the river bed was parched and cracked. I could see a lot of kids playing on the river bed. The sight made me sad and I appealed to my Divine Friend Dadashreeji and said "Dada look at this river, please do something and fill it with water". It was a silent prayer and I soon forgot about it.

During my next visit to Madurai, I was passing over the same bridge again and to my utter surprise, this time the river was not dry and had some water in it. When I asked the autorickshaw driver, he told me, it had rained the past few weeks. When I went back and read the newspaper, it said that Madurai had recorded the highest amount of rainfall in the past few years. And that's when I realised that Dadashreeji had answered my silent prayer.

Although I was thankful for it, I was constantly wondering why the river was not flowing with water and it struck me that may be I had made an incomplete appeal to my Divine Friend. So, I turned to Him yet again. This time I chose my words carefully. I urged Him to restore the river to its former glory.

Three weeks later, I was in Madurai once again and passing over the bridge. It was late evening and I peeped to see the river and saw something. Glistening and reflecting the city lights! The river was full and flowing. I could not believe my eyes. The transformation was amazing. From a cracked barren patch of land, it had returned to its majestic form.

Maybe the dam upstream was opened to allow waters into the river and hence it was flowing but I was astounded and deeply moved as to how Divinity responds so earnestly to prayers for Mother Earth. I also learnt not to limit myself, while praying to the Divine, but to ask for the highest and the best!

On my return journey, as I saw the vast expanse of water with birds flying over it and people using it. My heart rose in gratitude for the Divine, for every single drop of this majestic river, I Thank You Dada, Thank You DadaThank You Dada!!!

I bow to Dadashreeji with utmost humility.

Maitreyi Roopa



The Apology

I used to live with an intense pain inside me since childhood. Unlike most kids, my brother and I have had an extremely difficult childhood. We were physically and mentally abused, battered and injured by our father when we were young. The daunting experience had left me drained and devoid of any sense of self-respect or confidence. I would question my every move and often asked myself 'am I right in doing this?'

A few weeks ago, I found myself in a similar spot when I injured my knee just before I was about to leave for a summer vacation with my daughter. I once again felt trapped, depressed and dependent on my parents, especially my dad. I could not move an inch without their help. The experience was a gory reminder of my childhood years. Each time he would lose his temper on me or my mother, it brought back the nasty memories of the past that left me hurt and frustrated.

And one day it all boiled down to a point where I lost my temper...I unleashed all my anger and confronted my father. I did what I should have done years back. I fought for myself and my brother. I demanded an apology for all the hurt and atrocities he had inflicted upon us.

And it happened. He apologised. Not just to me but drove all the way to my brother's house and expressed his regret.

Today, when I am writing this I feel a sense of utter relief washing over me. And I owe this to Dadashreeji who allowed for all this to transpire so that I could move on with my life without the baggage of the past that was casting a shadow on my happiness.

**Dadashreeji Sharnam,
Bernd (Austria, Vienna)**



Prayer

In the Era of the internet, we have so many ways to communicate with one another, not limited by distance or time, thus bringing friends and families much more closer. Connectivity enhances the bond between one another. This is the same with Divine bonding; the more frequently we communicate with the Divine, stronger the link between us and the Divine within.

In time, once we have built a strong and perpetual communication, our intuition or inner voice becomes stronger, which is the Divine reciprocating back to us. Prayer is one of the most beautiful ways to develop this two-way connect with the Divine.

For any human being universally, 'Prayer' is a known form of expressing to the Divine. We express prayers in all states of our being which includes happiness, joy, sorrow, difficult times or peace. Prayers can be expressed in loving words or hymns/songs, as an external action of venerating Divinity or an internal dialogue with the Divine within.

We envision prayer as being a formal process for which we need to allocate space and time and thus we often find it challenging to pray because we feel the lack of time to do so.

Imagine your close friend or family member whom you love very much, is living at home with you. Can you go days without talking to

that person who is right there in your house and who you associate with so closely?.

It is the same with Divinity who is always present.

We don't have to formally make time, we can just begin an internal dialogue with the Divine residing within us anytime, anywhere.

As Dadashreeji says "The most essential aspect will also be the most helpful tool in these times - that of an 'awakened inner voice'. Connect with it! Pray and express to your form of the divine - whenever and wherever you can, preferably daily. Through all difficult times, never leave this inner connection. Hold on to it tightly and strongly. Guidance will be given to you as an 'inner voice' or 'intuition'. Follow your heart!"

We encourage daily conversations with your best friend, your inner source of love, the Divine within. Share your worries as they arise in your mind, share your love as you feel it in your heart, share your joy as you experience it on the go. There is no better feeling in the world than nurturing this wonderful bond with your best friend- Divinity.

Start the New Year by sharing all your exciting plans and resolutions with the Divine, who is eagerly waiting to shower abundant Grace.

Happy and Blessed New Year 2018.

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 care givers and parents in the holistic physical, mental and spiritual development of children.





Living Consciously

Watching our actions can help us lead a meaningful life says **Maitreyi Varsha**

It is said that living each moment in awareness is better than living a hundred years in ignorance. What does it mean to live consciously? Does it mean that one has to be serious, never get angry or be perfect? No, it means doing every single act by being in the moment, be it; shouting, cooking, screaming, laughing or eating.

We all live and function by making choices all the time. We have been making choices unconsciously. This becomes a habit and eventually become an integral part of our lives. We need to consciously break free of this habit to start 'living' and 'experiencing' life. This would be true evolution. Due to our greed and thoughtless ways of living, we have successfully managed to exploit our planet and Mother Nature to the fullest. So much that we have depleted all the natural resources and now are looking at inhabiting other planets.

Dadashreeji says, "All your actions and reactions are directly influenced by your state of awareness. The lower the state, more FUTILE the action, the higher the awareness, more FERTILE the action."

Being able to perform each action, watch each thought in awareness will enhance the quality of our life. Meditation is one of the tools and techniques that takes one inwards and increases our awareness level. Even taking each breath consciously can work wonders on the way we think and act. Focusing on breath helps in calming the mind. Metaphysical changes take place, reaction changes to response and one can actually experience 'Peace' even in the most chaotic situations.

As Divine Friend Dadashreeji says, "Divinity is always ready to help you & uplift your consciousness. It is up to you, if you are ready to receive it and how you receive it."

Divinity is here to help those who seek sincerely. With the advent of the New Year, this moment onwards let us pledge that we make a conscious attempt to live each moment in awareness. Let us pray to the Divine that we experience life to it's fullest and that we are guided in the direction to fulfill the purpose of our existence.

Wish You a Divine Year Ahead!!!

Maitreyi Varsha is a student of life and simply loves to 'BE'.





“What is Faith?”, asks **Maitreyi Shraddha** as she expounds it further.

We have heard someone tell us sometime or the other, “Have Faith!” Haven’t we? We are told to have faith in ourselves, our relationships, our decisions, our Divine and once my Divine Friend Dadashreeji told me, “Have faith in your faith!” Have we ever thought, what is Faith? Where does it reside? What is its nature? What does it give us? If we are able to experience the beauty of Faith, our every moment of journey on the Divine Path with our Divine Friend will be a treasure to cherish forever.

Faith or Shraddha is an experience which you can’t express with words. However, we can express our stories of faith with words. We can share the qualities of faith with words. Faith just

is - as love just is. Faith and love coexist. It is like drinking sweet water, would you be able to separate sugar from water? Faith resides with love in the heart. You can’t put faith on a scale to quantify. “Is my faith little or is her/his faith more?” Measurement is a thought of the mind, however, like love faith is also a quality of the heart. Faith gives you freedom therefore there are no conditions attached to Faith. The conditions e.g.: “I will have faith if I get a good job”, also comes from the mind.

Faith does not make you sit idle with the thought that you will be taken care of because you have faith but it gives you strength to give your best in whatever situation you are in. It is



faith that gives you courage to take the first step in accepting that you need to transform for the better.

Having faith does not mean having an expectation as expectation also comes from the mind and can lead to suffering if not fulfilled. Having faith means having hope which is positive and is an inner feeling. Hope is one of faith's best friends.

Another friend of Faith is prayer. Faith, Hope and Prayer are inseparable. They are always together. Where there is faith, there is hope and an internal prayer to the Divine for love and guidance to go through any situation in life with Grace. Faith along with prayer helps us in experiencing qualities like compassion, understanding, kindness and patience.

Faith and Patience are the two sides of the same coin. One can't exist without the other. Here patience does not mean endless waiting of fulfillment of our desires but it is the acceptance of 'Divine Will' - gracefully. Patience gives you the time to discover yourself, work on yourself, and groom yourself so that when the right time comes you are prepared to face any situation. Patience gives you the faith that the will of the Divine is the best for you.

Faith never claims. E.g.: "I have faith that nothing can harm me because I am a disciple of a great Master." Faith makes you humble. What claims is our ego. Ego works very subtly and smartly. It will try to test your faith by trapping you and making you think that it's your faith that you need to prove. However, faith does not need to prove itself like the truth. Faith needs no validation or proofs. The mind seeks the proof but the heart knows the truth.

Is faith tested? Divine tests everyone so faith will also be tested. In such a situation always let your heart respond first. Faith's friend prayer will be there to seek guidance and the other friend hope will be by its side too. Remember, if faith was to be cut into tiny pieces, the most miniscule piece of faith will have the same power as all the pieces put together. Faith does not rejoice in passing the test but silently envelops itself with gratitude for the Divine.

Our Inner Divine resides in our heart so does faith, very closely with Him. Imagine the state of your heart when the Divine is fully awakened within, you will experience love and faith automatically. You will receive Divine guidance and will go through any situation of your life in a positive manner.

Faith is an experience. If you have ever experienced faith in any situation, person in your life, make that experience your personal truth of having faith already in your heart. Faith does not come and go. It will keep showing itself in many more situations in your life. In case you are still waiting to experience faith, approach its friend - prayer, pray to your Divine to give you the experience and hope that you will surely experience it soon.

May we all experience our Inner Divine.

May we all experience Love.

May we all experience Faith.

Maitreyi Shraddha

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



Dadashreeji Sharnam

“Since I have been associated with the MaitriBodh Parivaar, I have heard the greeting ‘Dadashreeji Sharnam’ umpteen times. I myself use it in normal parlance but I didn’t realize its value until recently, “ says Maitreyi Anjita as she shares her insight of this very powerful, sacred word through the following poem.

Dadashreeji - The Divine manifestation
Ushering in the Peace Era
Sharnam - I live in Your protection,
To You I surrender

The shade in the scorching sun
The voice of loving guidance
The light on the deserted road
The calming Divine Presence
One simple word,
A thousand times the Grace.
Living in His refuge
The world is a beautiful place

He holds your hand
through life and beyond
Guides, nurtures and protects you
He will never abscond

Living in His Divine protection
Brings a feeling of release within
Once you truly surrender
There’s joy, bliss, serenity

He is always by your side
Whether you acknowledge or not

Guiding you in every possible way
Through signs, a stranger or a simple
thought

He is already with you, my friend
It is you who has to accept Him
Seated in your own heart
Your voice from within

Call Him Dadashreeji,
Call Him Divine Friend
He is with you
Till the every end

There’s a song in my heart
A beat in my toes
All set to fly
Touch the sky high

All’s well with the world,
The plants and the animal kingdom
There’re only good times to come
Because we live in Dadashreeji Sharnam

Maitreyi Anjita





Just 'Be'

Read about our purpose in life in **Maitreyi Mohini's** short note on 'Just being'.

A few months ago, I went for a morning walk while I was visiting a hill station recently. While walking, I reached the edge of a hill and looked down at the beautiful valley and at the vast sky above and just marveled at the magnificence of the Divine.. the vastness of the universe all around me. I stood still and soaked it all and experienced sheer Love for the Creator, for Dadashreeji.

As I turned to leave, my eyes fell upon a tiny purple flower growing amidst the wild grass. It made me realise the worth of its existence in this amazingly huge universe. It was tiny, yet perfect and had its own space and grace. It wasn't in the spotlight nor was it being appreciated by anyone. It was just there, blooming and serving its purpose.

In that moment, I realised that I too had my own place, purpose and worth in this world. The fact that I exist means I too am here like the flower serving a Divine purpose; a simple truth that we often forget and instead focus on judging and competing with one another. All we really need to do is focus on our own existence by expressing ourselves which will lead to fulfil the purpose of our life.

A lover of life, Mohini endeavours to see life from the lens of love and learn from every situation. Her passion is to realise Divine Friend Dadashreeji's vision of a world where love prevails.



My experience at the 'Youth Bodh'

Vaidehi Maheshwari shares how her decision to go for the Youth Retreat turned out to be one of the best made by her, how it changed her perspective and took her closer to 'herself'.

I vividly remember our trips to Mathura, Gokul and Vrindavan, the sacred cities associated with one of the most widely recognised and loved deities of Hinduism – Lord Krishna. While the elders in the trip basked in the hymns and chants of numerous temples visited, I and my sister were busy gagging at the filthy streets that led to them, wondering who came up with the idea of “cleanliness is next to godliness”.

Fast forward a couple of years, and we were busy laughing at the newspaper reports of the “self-proclaimed” god men and women. They came in all shapes and sizes – long beard, white haired ones who seem to be a bit too fond of their women devotees, funky superhero ones who fought fierce gundas on Harley Davidson and grooved to the beats of English songs, to the dearly beloved women who liked to brandish a trishul while looking like a fashion disaster.

Needless to say, I tried to distance myself from anything that remotely had a connection to these elements. I sat through pujas and havans with ill-disguised skepticism, sure that they were utterly useless, pointless processes that only gave rise to air pollution and violent bouts of coughing. I never understood god or religion or even spirituality for that matter. And I never tried to. Sometimes, I even wondered if I were an atheist.

Thankfully, the answer didn't elude me. The youth bodh conducted by the MaitriBodh Parivaar, ensured that all my questions were answered. A three-day spiritual retreat, this unique Bodh was conducted to help youth gain an insight into spiritualism albeit from the point of view of the 21st century – a new, relatable way to help us understand concepts like prayers, meditation and God and dispel the long held myths about spirituality. Yes,

they did conduct havans, but for the first time, I understood the whys and hows of it. I learnt about the scientific reasons behind certain traditional customs and realised why touching the feet of elders actually made sense. And I managed to ace the yog asan (bandhas) positions as well!

The interactive sessions and fun filled games, ensured that we were never bored, and at the same time they managed to teach us the simple lessons of life – how breaking self-made barriers, listening to your inner voice and finding that inner strength can be as easy as 1, 2 and 3! We didn't discuss any heavy topics- the ones that made your brain hurt. But what we did learn left us feeling humbled, a bit more knowledgeable and a lot more sorted as individuals.

Many assume that as “youth” we simply cruise through life. After all, how hard can a 16-year-old's life could be, right? But what they don't get is that although our world revolves around Ed Sheeran concerts and Forever 21 clothes, we are just as much in need of guidance as any other adult out there.

When I initially arrived at the ashram- a little curious, kind of excited and a lot apprehensive- I had a moment with myself. “What am I doing here?!” I wondered. A day later, having trekked to a picturesque spot in the hills nearby, sitting on the rocks with the gentle breeze caressing my face, surrounded by people I have grown to love, and feeling the delicious warmth of a new dawn on my skin, I finally knew.

I was discovering laughter, nature and bliss.

I was simply discovering the 'real' me.

Vaidehi Maheshwari is a budding writer who loves to explore new places and is an adventurer at heart.



Compassion

The great Marathi sage, Sant Eknath was famous for his virtuous life, for righteous conduct, for devotion to his Guru, and specifically for his tolerance and compassion. No one had ever seen him getting angry. No matter what, he never lost his composure.



Every morning, the sage would go to the river Godavari for his morning ablutions. A certain man in the village, who lived on the way to the river, took it upon himself to prove that no one including the Sant was capable of holding his temper in all situations. He claimed that he could get on Eknath's nerves and force him to lose his calm.

One day, as Eknath was passing by the man's house, he unleashed a flurry of abusive words at him. Eknath showed absolutely no reaction and kept moving. He dared Eknath to stop and listen to him. And to the man's surprise, Ekanth did stop, looked him in the eyes and smiled at him. But this didn't stop the man who continued to insult the Sant. He grew increasingly frustrated at his inability to evoke



any reaction and stomped back into his house in a fit of rage. Meanwhile, Eknath proceeded to the river.

The next morning, the man again tried the same gimmick without success. He was

even more determined and better prepared this time. But Eknath did not react, as usual.

One day, while Ekanth was returning from the river, the man emptied an entire bucket of

rubbish and dirty water on the Sant. But the Sant did not react and continued walking. The man tried the trick again and again for at least eighteen times, but in vain. Each time he would unload the bucket full of waste on the Sant, he proceeded to take a dip in the river.

The nineteenth time, however, he tried a different plan. This time he filled the bucket with flowers and threw at the Sant. Eknath's smile widened. The man fell at the Sant's feet, crying and begging for forgiveness.



He asked the sage, "how did he remain unaffected and tolerant all this time?" Sant Eknath answered saying, "you did what you wanted. I did what I wanted. You exercised your choice and I exercised mine. Besides, I thank you; for, eighteen times today I got the opportunity to perform my ablutions. It is the holiest day of my life."

Adapted from: www.omswami.com

Compassion is one of the qualities of love. You act out of compassion when you experience love within. When we are connected with our Inner Divine and act with love, even in the most testing situations of our life we respond with compassion. This compassion in us has the ability to transform others.



Today's Nectar (Amrit) - Bottle Gourd (Lauki) Juice

Benefits of Bottle Gourd (Lauki) Juice for the Heart:

Lauki juice has been proved to contain plenty of antioxidants. In the raw form, it takes only 20 minutes to reach the heart. It can help control cholesterol, blood pressure, diabetes, excess weight, etc. Controlling these conditions itself aids in the collateral formation of blood vessels and arteries, leading to a natural bypass. However, one should never drink it if it tastes bitter as it may cause food poisoning.

For the joints:

It alkalinizes blood PH which in turn alkalinizes all the acids present in the synovial fluid which are around the joints, thus reducing the wear and tear of the cartilage and the tissues around the joints.

Recipe for making refreshing Bottle Gourd (Lauki) juice:

Recipe 1- Ingredients:

1/2 kg raw bottle gourd (lauki) with peel

1 small piece of ginger

6-7 mint leaves

Black pepper & salt to taste

Method:

Add all the ingredients to the juicer and blend. Add black pepper and salt to enhance the taste. Drink immediately. Do not store as it ferments.

Recipe 2- Ingredients:

1/2 kg raw bottle gourd (lauki)

1 raw carrot

1 raw beet root

7 mint leaves

1 raw tomato

Black pepper and salt

Method:

Add all the ingredients to the juicer and blend. Add black pepper and salt as per taste. Drink immediately.

Dr. Sheetal Maniar is a physiotherapist by profession, a PhD holder in alternative medicine from the Indian Board of Alternative Medicine. Also holds a degree in nutrition from AMCC, Calcutta and is a counselor too. She has a penchant for curing her patients at the physical, emotional & spiritual levels.



Sangat Session: 2nd Dec - Satara, 3rd Dec - Pune

Mitr Jeev shared the experiences gained by his association with the Divine. On the auspicious day of Datta Jayanti 55 seekers attended the session at the Shree Shree Ma Anandamayi Ashram in Pune. The participants were elated after the profound meditation conducted during the session and connected with their Inner Divine with ease.

Youth Bodh - A Journey to Discover the Real You (1st - 3rd December, ShantiKshetra Premgiri Ashram)

A three-day adventurous-spiritual retreat was organised for the young and vibrant youth of today to help them understand themselves more and experience the love and joy within.

The simple principles of living a joyful life and discovering the Power within were shared through various fun activities and sessions where the participants learnt through direct experiences. Although they came with past concepts and conditioning of the mind, they broke those barriers and experienced the steps required to walk towards the real you and the qualities they need to develop within them to help with the same. The importance of cleansing the mind and body was shared and cleansing processes of the same were carried out. The retreat ended with instilling the seed of Love within their hearts filling them with positivity and hope. They left ShantiKshetra Premgiri Ashram with a new friend, a Divine Friend - who will always be with them and guide them at every step of their life, unconditionally.



Bodh 2: 16th - 17th December, Pune

Bodh 2 in Pune was a landmark event, one that marked a new beginning for all seekers who came to be a part of it. Creating a powerful wave of transformation, there was not a single heart that did not flutter, that did not cry with Gratitude and Love for Divine Friend Dadashreeji. The purification processes were profound. Experiences were shared where all had their own story to share. The participants were in sync with the Divine energies during all the processes.



International Spiritual Week: 11th to 16th December, ShantiKshetra Premgiri Ashram

Seekers travelled from the US, Austria, Switzerland, Italy, Latvia, and Germany to partake of the rich offerings of Bodh 1, 2 and 3. Hesitant at first yet hopeful they immersed themselves in the processes day after day. Friends were made and strong bonds were created for a lifetime. Seekers connected with their Inner Divine and as they participated in the sessions. The session on the 'Qualities of a Spiritual Seeker' and another on 'How to Pray Effectively?' had the participants instantly connect and identify themselves with the new powerful lessons they experienced. As they received the powerful ShaktiPravaah from Dadashreeji and the last day of this most wonderful session dawned, not an eye was left dry nor a heart heavy with knowledge that they had finally arrived at the feet of the Lord Himself. Each vowed to take Dadashreeji's message of Love and Peace back to their homes and loved ones and fulfil their duty to mankind. Many of the participants took the Maitri Oath to carry the message of the Divine mission and offer selfless service to humanity.



Children's Bodh: 7th & 14th December, Coimbatore

Fifty two children attended the first ever Children's Bodh in Coimbatore which was conducted in two batches. Each child was eager to know more about Divine Friend Dadashreeji and wanted to take Him along with them. After seeing Dadashreeji's video they too sent Him a message saying, "We want to serve the society like You and do good to others". Thank you Dadashreeji for guiding and being with these children.



Prem Anubhav - 10th December Indore

It was a phenomenal event that filled all hearts with love and only love. Each soul experienced the Divine Love in their hearts. The participants enjoyed the interactive session. Prem Pravaah (transfer of love energy) and Dadashreeji's message was received with open hearts.



Health Mela: 7th Dec, New Delhi

A Health Mela was organised by Maulana Azad Dental College where the MaitriBodh Parivaar was invited to share the message of love and transformation. It was an amazing experience of acceptance and openness. It is becoming apparent that our Divine is making us all reach out, to take the message of transformation through selfless service and love to all.





Grace Day - 25th December

Narayani Ma's Birthday was celebrated as Kripa Diwas (Grace Day) where each flowed and experienced Divine Grace. The day began with a powerful Havan in the Shaktipeetham.

In the first ever Sports Day of Sneh Sanskar Gurukul, 42 children participated. MaitriBodh Parivaar members from the Europe and the US also attended and supported in organising the event. The children thoroughly enjoyed and participated in the sports activities (Sprints, Lemon 'n' Spoon race, Bucket the Ball) with zeal and passion.

Later, the children from the Gurukul and other senior students took out a rally - 'Walk For Mother Earth and Cleanliness Drive'. Each one picked up plastic garbage and put it in the garbage bags carried by the volunteers. Almost 120 school students and 10 volunteers participated in this rally. Teachers from the Gurukul and the senior school also supported the rally wholeheartedly.

Winners of Sports Day were awarded with prizes. The happiness on the faces of students was evident as they even received prizes for participation. To encourage higher education and boost the morale of students, who had passed the 10th and 12th grades from the five neighbouring villages were felicitated by MaitriBodh Parivaar members from Europe & USA.

'Know your Strengths' workshop was conducted for the senior students of 10th and 12th grades. This workshop was basically to educate them about their SWOC (Strength, Weakness, Opportunity and Challenges) towards their dreams. A total of 48 students attended this, out of which 16 students attending the workshop expressed their willingness to be part of such programmes.

Everyone enjoyed the lunch and Prasadam that was organized for all the students and their teachers which was served with great love by the Sevaks.

A workshop was conducted for 'Women Empowerment on Knowing Yourself' under Project Tejaswini. 12 ladies participated in this interactive workshop where they were introduced, through games and activities to the concept of knowing and valuing themselves.





Anandotsav, Selfless Service Day 27th December

Anandotsav means Celebration of Joy. A day marking the most wonderful celebration, the Birthday of our Dear Divine Friend Dadashreeji. Anandotsav was celebrated, at ShantiKshetra Premgiri Ashram with the motto of Selfless Seva and spreading joy to each visitor.

The day started with a powerful Havan at the Shaktipeetham. An Ophthalmic Medical camp was conducted beside the Ashram, where a team of doctors from Hinduja hospital provided free-eye-checkups, medicines and spectacles for the participants. Also, school children from nearby villages came for the camp. More than 300 villagers benefited from the camp. After the Medical Camp, each visitor was taken for the Darshan of Maa in the Shaktipeetham followed by a Darshan of Dadashreeji's Shreemurti.

Over 550 villagers and devotees came and were served Maha Prasad (food) in the Mahabhandara. In the evening, melodious bhajans (devotional songs) were sung by Maitreyi Prakriti ji, Mittr Ajinkya ji and the accompanying musicians. Many villagers and children attended the Bhajan Sandhya. Such was the devotion and magic of the music that many started dancing while singing praises of the Divine. The local village Bhajan Mandali was also invited to perform bhajans on stage. More than 300 villagers and devotees were served Maha Prasad post the Bhajan Sandhya.

The seva and support of all the sevaks, mitrs, maitreyis (from India and abroad) ensured that the event was a huge success. Truly an opportunity to grow in love, purity, and selfless service.



**Bodh 1 was held in Ujjain, Indore, Satara, Delhi, Amritsar, Pune, Mumbai.
Regular Sambodh Dhyana and Maitri Light sessions are being conducted all over India and abroad.
Maitri Aarohan Classes are starting from this month at centers across India.**



Upcoming Events

Session at Radio Club Co-ordinator - Poonam Rawal +971 50 5595772	13th Jan'18, 6 pm	Colaba (Mumbai)
Awakening to Self Realization (Bodh 1) Co-Ordinator - Neelam Nath +91 9290110662 Garima - +91 9985222805	18th Jan'18 3 pm to 7 pm	Hyderabad
Prem Anubhav Co-ordinator - Poonam Makkar +91 98 22036900	20th Jan'18 5 pm to 8 pm	Pune
Mahashivratri Celebrations	13th Feb'18	ShantiKshetra Premgiri Ashram, Karjat
Awakening with Dadashreeji For Registration: +91 7506264794	18th & 25th Mar' 18 10am - 2 pm	ShantiKshetra Premgiri 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 Ranjana
Mo: 9009990945

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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