

ANAHITA

Issue: 02 || Volume: 06 || February, 2018

Divine Play

New

Mahashivratri

Essence of Karm Yog



MaitriBodh

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From the Editor's Desk

Dear Friend,

It just seems like yesterday when we were wishing each other blessed and Divine new beginnings in the New Year. One month has already gone by with many moments of growth, learnings and love. Our Divine Friend Dadashreeji shared that this year will give us immense opportunities to express our qualities and talents. If we continue to apply the three key practices that He shared with us last month, we will be able to naturally flow, experience transformation and move forward in life.

The month of January started with a beautiful journey for many seekers across four regions - Mumbai, Delhi, Pune and Amritsar to learn more deeply about themselves by attending the monthly **Maitri Aarohan Classes**. This month we bring to you many interesting pieces for you to contemplate upon and experience love. Our new section called '*Divine Play*' is a humorous yet profound comic strip which will help you enquire about the Truth. Learn about the essence of *Karm Yog*, and some *tips for a happy mind and body*. Do not miss **Divine Friend Dadashreeji's message about managing emotional blocks in our spiritual growth in the most sought after section Pearls of Wisdom**.

Scroll the pages to read more about the *Significance of Mahashivratri and the associated Kriya for devotees*. Get to know the *source of academic stress* and how we can help our children overcome it. Anger is an emotion all of us experience. Read about *how we can deal with anger*. The most important thing that we must always carry with us is Love –*read a beautiful article reiterating that Love is our true nature*. Read these and many more inspiring articles in this month's AnahitA to experience the Divine.

Being in His presence is a golden opportunity that a soul has waited for, for lifetimes. Be part of '**Awakening with Dadashreeji**', a **program to be conducted in the month of March**. We also, joyfully announce the next level of Bodh, **Heal the Soul (Bodh 4)** which is to be conducted in the month of April in two batches.

Make the most of the opportunities available and experience the Divine in each moment.

Stay Blessed!
Team Editorial





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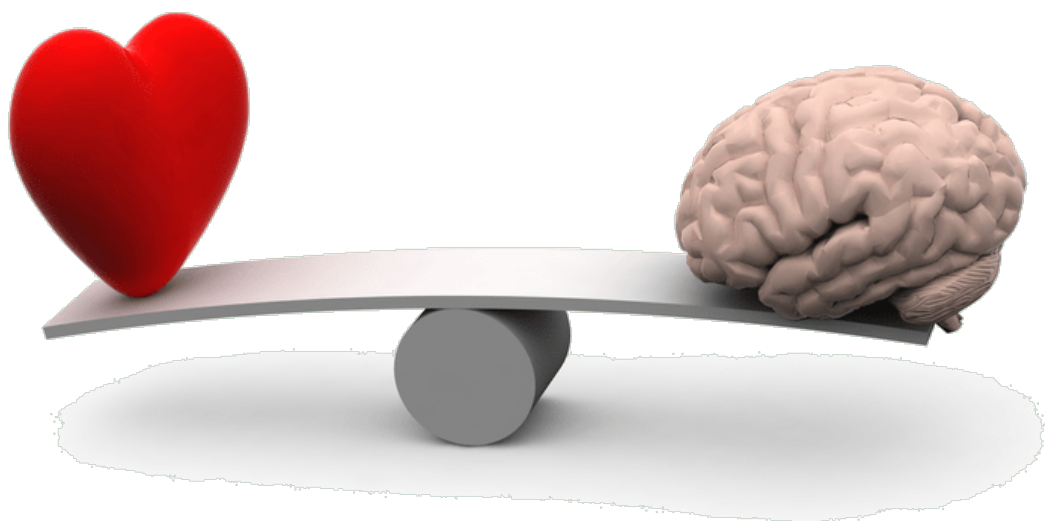
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Send us your articles, stories, poems, spiritual questions to anahita@maitribodh.org





Q. As we witness noticeable spiritual growth and intense connection with the Divine, we still stumble over blocks in our spiritual journey. These material and emotional setbacks stop our prospective spiritual growth. How do we manage this emotional depression? Kindly enlighten us.

Dadashreeji:

Dear Friends,

Yes, I know sometimes it becomes impossible for anyone to pass through a tough situation in life. You reach to a point where you can't let it go and can't solve it by yourself entirely. Being trapped in a catch-22 situation, you can hardly ask anyone for help. Friendly advice seems an inanimate remedy in these stressful situations because it is almost like shaking a dead person to come back to life. Although internally you are aware of the presence of the Divine, you pay no heed to it. You neither want to get uplifted nor drown deep into the misery. In this suspended state, you only expect things to move in a direction you desire.

The mind always looks for a comfortable and easy going life, with no intense painful moments. Hence, it would struggle to settle itself in the worldly setup by earning more wealth or gaining power. It is an inherent nature of the human mind to secure its position in the world with an assured identity. This state of mind for a spiritual seeker is more loud and active than the material mindset. The spiritual mind has tasted the nectar of Divinity and can't stop after coming so close to it. Here, the seeker has already realised the importance of spiritual growth and how trivial material life is. They know wealth can't satisfy their hunger for the Divine. Hence, the seeker expects constant happiness from the Divine with no hiccoughs on the path. This further exacerbates the emotional pain.

Being able to grow spiritually and to connect with the Divine is a treasured asset of your life which no one can take away from you. Why I am mentioning all this here is to help you understand what exactly is happening with you. When you realise that you are so close to the Divine and the world is standing as a wall between you and your Divine, it is an unbearable pain for a seeker to even feel for a second. Out of desperation, you slow down in your growth. Life seems hopeless. Having crossed so many



hurdles, why can't I cover the distance between me and my Inner Divine? This pricking question and craving for the Divine distresses you even further.

Your Divine would never want you to suffer. If the purpose of your life is Divine and the goal is high, you can't expect to operate in this world as per your convenience. The seeker is aiming for the highest, so whatever is blocking the growth would be dissolved. Your emotional turmoil is just a part of that. The seeker has a spiritual privilege of the Inner Divine. His presence in your heart would never let you down. Sometimes, the human mind forgets this advantage due to worldly influences. Once you get access to your Inner Divine, all complications are resolved. Even if you don't get it, He would intervene and help you to encounter these delicate challenging moments and elevate you to a much higher state. Once you overcome these challenges, you will in fact wonder how well you successfully grew and escaped through them.

If you are a true seeker and genuinely love your Divine, your love should never fade and become weak. You have the Supreme Friend in your heart, why should you become weak? During an emotional setback, you should be anchored to the 'will of the Divine'. The only remedy to help you in that moment is to know that your Divine loves you and you need to keep faith in His Grace. There can't be a better moment to experience His Love and Grace for you. All would be taken care of under His shelter, you just need to flow with Him.

**Your Divine is watching you.
Let His Grace and Will guide you further!
Keep Faith in your Divine!**

**Love and Blessings,
Dadashreeji!**



“ I am a spiritual doctor helping
& guiding people to come out of their suffering
& experience the real truth of life. I advise a
change in thinking pattern and life style. ”
- Dadashreeji

A medical doctor listens to the history and symptoms, examines the patient and advises appropriate medication for that particular person. A spiritual doctor on the other hand listens to the patients woes. My biggest woe we have is suffering i.e. suffering of the mind. Pain is a natural sensation, but suffering which is optional is a deep prolonged reaction resulting from it. When we interact with the world outside, everything is not always as expected. In fact, expectation is often the root cause of suffering. Happy moments seem to fly by too soon while sad moments seem to last forever!

Why do we suffer? We suffer because we have forgotten the truth. What is the truth? The truth is we are not this body-mind complex. We are part of the Divine but have somehow forgotten it. How to lift the veil and experience this truth? The first step is 'faith'. Faith moves mountains. After meeting a guru faith transforms into devotion. The outward looking mind (manmukh) turns inwards (gurumukh).

Dadashreeji as a spiritual doctor is unparalleled. His medications are individualized, practical and for the present moment/era. In a way it is the latest therapy available! His advice is a change in the thinking pattern. He often calls our mind an ill mind. Change in thinking pattern will automatically change our life style to a healthy life style, effortlessly. His medications include a combination of Love, Peace and Selfless Service. If one experiences one of these; the others are also simultaneously experienced. Then our thinking pattern changes, our life-style changes and we are well on our way, on a Divine path to experience that 'Absolute Truth'.



Mahashivratri

13thFeb – 14thFeb 2018

Time: 11:15pm – 11:45pm

Significance of Mahashivratri:

This is a day when nature is ushering one towards one's spiritual peak. The two great natural forces that afflict man, first (Rajas) – the quality of passion, activity, neither good nor bad and sometimes either, self-centeredness, egoistic, individualizing, driven, moving, dynamic and Second (Tamas) – that of the quality of imbalance, disorder, chaos, anxiety, impure, destructive, delusion, dull or inactive, apathy, inertia or lethargy, violent, vicious, ignorant. The Shivaratri Vrata (fast) aims at the perfect control of these two natural forces. The entire day is spent at the Feet of the Lord. Continuous worship of the Lord necessitates the devotee's constant presence in the place of worship. Motion is controlled. Inharmonious energies, such as lust, anger, and jealousy, born out of first natural forces, are ignored and subdued. The devotee observes vigil throughout the night; and thus, conquers second natural force also. Constant vigilance on the mind is required.

Story:

Once upon a time there lived a king, who ruled over the entire Indian Continent. He was observing a fast with his wife – it being the day of Mahashivratri. A sage visited the king's court.

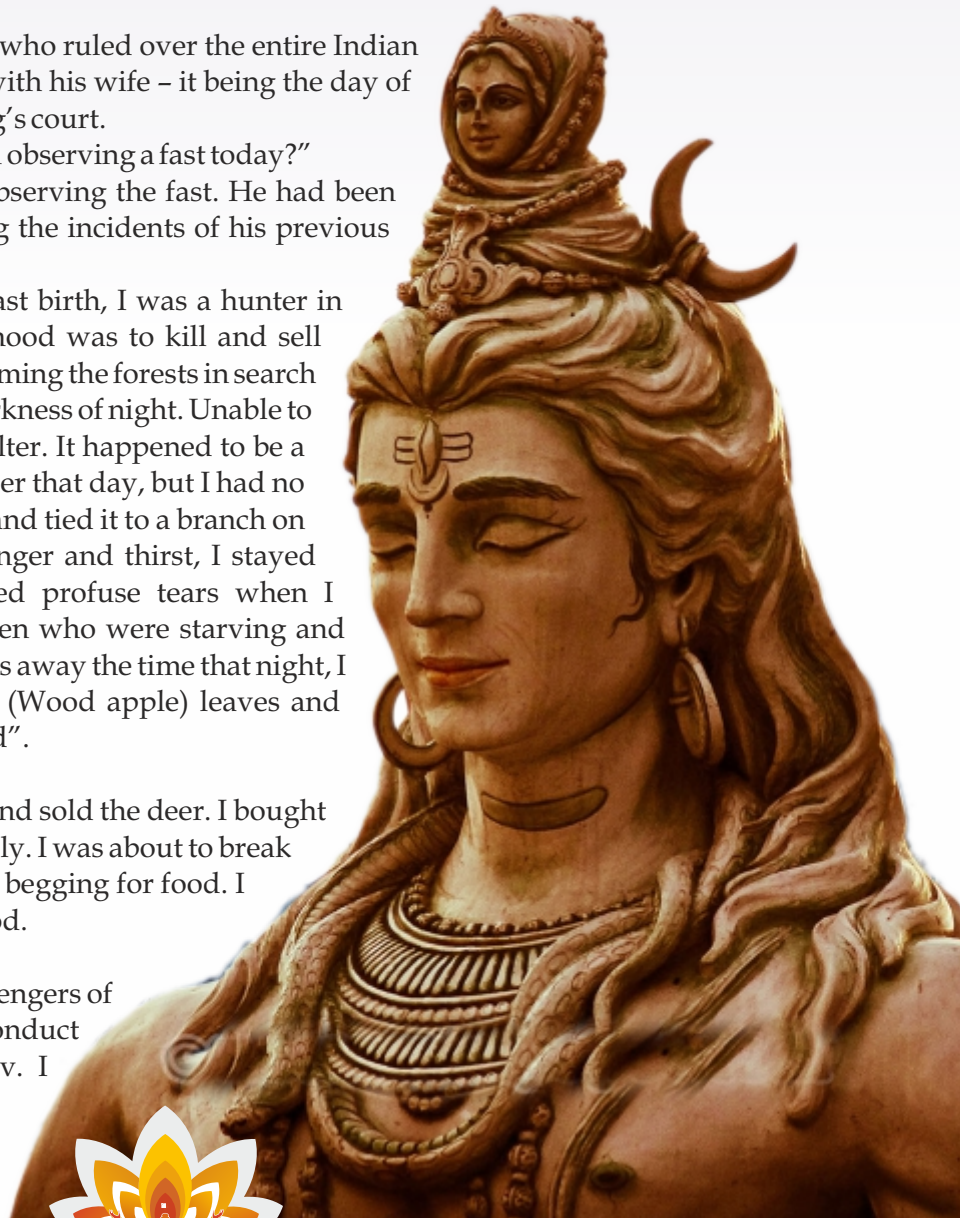
The sage asked, "O king! Why are you observing a fast today?"

The king explained the reason for observing the fast. He had been blessed with the gift of remembering the incidents of his previous birth.

The king said to the sage: "In my past birth, I was a hunter in Varanasi (Present Kashi). My livelihood was to kill and sell birds and animals. One day, I was roaming the forests in search of animals. I was overtaken by the darkness of night. Unable to return home, I climbed a tree for shelter. It happened to be a bel (Wood apple) tree. I had shot a deer that day, but I had no time to take it home. I bundled it up and tied it to a branch on the tree. As I was tormented by hunger and thirst, I stayed awake throughout the night. I shed profuse tears when I thought of my poor wife and children who were starving and anxiously awaiting my return. To pass away the time that night, I engaged myself in plucking the bel (Wood apple) leaves and dropping them down onto the ground".

"The day dawned. I returned home and sold the deer. I bought some food for myself and for my family. I was about to break my fast when a stranger came to me, begging for food. I served him first, and then took my food.

"At the time of death, I saw two messengers of Lord Shiv. They were sent down to conduct my soul to the abode of Lord Shiv. I



learned, then, for the first time, of the great merit I had earned by the unconscious worship of Lord Shiv during the night of Shivratri. They told me that there was a Lingam at the base of the tree. The leaves I had dropped had fallen on the Lingam. My tears, which I had shed out of pure sorrow for my family, fell on the Lingam and washed it. I had fasted all day and all night; thus, unconsciously worshipped the Lord.

“I lived in the abode of the Lord and enjoyed Divine bliss for ages. I am now reborn as king. I have now realized about the Infinite love and compassion of Lord Shiv. Even unconscious acts of goodness are blessed in such a way, then what to talk of our conscious acts of expressing our love, respect, and reverence for Lord Shiv. He is, Ashutosh - one who gets pleased very soon because He is an embodiment of infinite love and compassion. He showers us with His blessings at every moment of our lives”.

May we all devote this day of Mahashivratri to express our gratitude unto His Feet. It is a very auspicious day.

Kriya for Devotees:

- On this auspicious day, devotees should chant the holy name of Lord Shiv for the entire day and night. One may fast throughout the day and night, breaking it next day morning. The purpose is to devote and surrender oneself to the highest supreme consciousness, to the creator of all, who has appeared in the form of Ling. It is the best day to unite with that 'Source' by chanting the holy name.
- Take a bath at or after sunrise while chanting the holy name – 'OM NAMAHSIVAY'
- After your bath, worship your Shiv and deities residing at the Puja Sthala (altar) by offering aarti. Offer garlands and prasadam (Milk, Kheer, Bananas, Apples, etc.)
- For the entire day practice Maun (vow of silence) if possible; while silently chanting the Dadashreeji mantra or OM NAMAHSIVAY within.
- At night if possible, devotees should sing Bhajans (hymns) or continue chanting the holy name of Shiv.
- Start prayers and kriyas after 11.15 pm till 11.45 pm (night of 13th Feb'18). It has been said that punyas earned on this day are adequate for the entire year, to keep one happy and healthy.
- If devotees have the Ling at home they can do kriyas with the Shiv Ling or sit and meditate at the heart centre and visualize the presence of Shiv Ling to perform the kriyas explained below.
- After the Ling Kriya, devotees should chant Babaji's Mantra and Dadashreeji's Mantra 3 times each, conveying your prayers to them.
- At the end, offer aarti to the Ling, your deities and the Master offering gratitude to them with love and devotion.

Ling Kriya:

Devotees would do Abhishek on the Shiv Ling with water, milk, honey, curd and sugarcane juice. One can use sandalwood paste during worship. After cleansing, devotee would offer Bel leaves (Wood apple leaves) for 108 times, to the Ling. The mantra to be chanted is given below:

॥ OM SHREEM OM MAHAKALESHWARAY NAMAH ॥

॥ ॐ श्रीं ॐ महाकालेश्वराय नमः ॥

One can chant the above mantra as many times as one desires. The mantra is very powerful and mystical. It has the power to dissolve obstacles and difficulties, blessing the family with growth and prosperity as well as society in general. During this time, Dadashreeji and Babaji would be in their 'exalted state' to bless you, your family and entire humanity with their love.

Happy Mahashivratri!

Dadashreeji Sharanam!





Chaitra Navratri Havans

At 'ShanktiKshetra Premgiri Ashram'
from 18th March to 26th March 2018



On the auspicious occasion of 'Chaitra Navratri' our Mitrs will be performing Havans at 'ShanktiKshetra Premgiri Ashram' from 18th March to 26th March 2018.

Seekers can choose to perform individual havan (exclusively for one family) OR Samuhik havans (for three families) at the ashram.

Come, be a part of the Navratri Celebrations at ShantiKshetra Premgiri Ashram!

For any queries or to request for a Havan please call on 9320234596 / 9833809122

Dear Parivaar,

In order to maintain the sacredness and sanctity of the Shaktipeetham at our home ShantiKshetra Premgiri Ashram and to maintain the pious energies of the Garbhagriha in the Shaktipeetham.

The entry inside the Garbhagriha of the Shaktipeetham will be closed starting from 18th March 2018.

Devotees will be allowed to enter the Garbhagriha only on the following three occasions:

- 1) Mahashivratri
- 2) Chaitra Navratri Dashmi (last day)
- 3) Dusshera Bhet

On other days, devotees can have Darshan from the Mandapam outside the Shaktipeetham.

All of us as a family need to come together to maintain the sanctity of the Shaktipeetham - Abode of our PremSwaroop Maa AdiShakti Mahakali.

Thank you for your Love, support and understanding.



Experience of Havan:

'Havan' to me had been only a ritual. But something happened to prove otherwise. In Jan-2017 my daughter was diagnosed with a contagious bacterial disease which had impacted both her lungs completely. Along with Allopathy medicines we were advised to keep the house properly ventilated at all times and strictly avoid any visitors at home.

Since Nov-2016 as part of my Sadhana (spiritual practice), I had been doing a havan at home every day. I continued this practice during my daughter's illness too. When mango sticks are burnt with cow ghee, 94% of the bacteria are killed and the room remains bacteria-free for at least 24 hours.*

Conducting the Havan daily helped to keep our home bacteria free. The x-ray taken in her 7th month of treatment, reported that she was completely normal with no trace of the disease causing bacteria and the doctor declared her cured of the disease.

It was indeed evidence and experience provided to me that this ancient practice by our ancestors did have a reason.

- Maitreyi Swapna



Acts on eliminating blocks,
Enhances spiritual growth,
Awakens Divine energies.

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

havan

An act of Love

From 18th March 2018
to 26th March 2018
At ShantiKshetra Premgiri Ashram, Karjat.

For booking a havan or more details please call +91 9320234596 or + 91 9833809122



*As per the research conducted by Dr. Kundan Lal (M.D. in Allopathic medicine) found that 1 k.g. of mango wood when burnt with havan samagri reduced the bacterial count by 94%. The air sample even after 24 hrs. showed that bacteria count was lower by 96%. A Havan helps to prevent air borne infections like T.B. (Tuberculosis) and other viral infections. He has, in 1949, published a book which is titled Yajna chikitsa (Yajna therapy) on the same.



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.



The Divine Play



Vedanta looks upon the material world as a manifestation of the Divine, the play consists essentially of the Divine creating and recreating Itself. As Sri Aurobindo says, the Divine is "Himself the play, Himself the player, Himself the playground."

The game began with the Divine concealing itself very effectively in matter, unfolding in successive forms of Its creation. The game became more interesting after the creation of man, because here was a creature who is dimly aware of its true identity, and seeks to discover the divinity that it conceals. It is truly a game of hide and seek: the Divine hides, and man seeks – often erroneously everywhere else except where it is easiest to find It, i.e., within himself. The joy of discovery cannot be experienced unless one starts with ignorance. That is possibly why the Divine started with the creation that hid it so well.

*Taking a cue from this Leela of the Divine, we take great joy in **introducing 'Divine Play'**, our new feature which is an illustrative cartoon strip that will make us think, introspect and help us go within seeking the truth thereby shedding our spiritual ignorance only to reveal the Light within!*





Dadaleela

..... Devotees' Experiences

The Lingering Question

I attended Bodh-II in Amritsar in November '17. There were a lot of teachings that were very new. Many questions kept arising in the mind but I was apprehensive to raise my hand and ask them myself. Like the conductor had said, most of my questions were being answered in the following sessions on their own or somebody else would ask them and I would get my answer. However, there was one question which I still needed an answer to. The entire first day went by. And the question kept going on within me. I was yearning very strongly for the answer. We received Shakti Pravaah and went to sleep for the night.

The next day I woke up feeling very light and peaceful yet the question remained with me. It was during the Beej Sanskaar kriya that I got my answer and not from the conductor or any other participant. My inner Divine spoke to me and I heard The Voice so clearly, so perfectly.

My question all along was – "Who am I?"

The answer that I got from within was – "I am Love."

I have heard Dadashreeji say this umpteen times but I never really understood the importance of these three powerful words. I understood in the entire Bodh- II about various koshas, layers of the body, consciousness, soul; the desires, thoughts and emotions that make up my body on this planet. But what I am truly, beyond this physical realm is much larger; which is that, "I AM LOVE". I am a part of that Divine who is all Love. I come from that Supreme Light and I am just as Divine and sacred as the whole of Him. Thank you Dada for the most profound realization of my life.

**With Gratitude,
Deeksha Arora (Amritsar)**





Journey from my Mind to my Master's Feet

About 4 years ago, when I was first in the presence of Dadashreeji, I was still learning to recognize my heart. I was mentally analyzing everything. I had many questions about spirituality. Looking up the internet and reading many books to answer my curiosity had become a regular routine leaving me more perplexed. To me at that point in time Dadashreeji was a revered Master. An enlightened human being in whose presence I couldn't help but just experience peace and happiness.

Over the next year that followed, I was miles away from the ashram and the presence of Dadashreeji. However, I was looking for an opportunity to come closer to Him, when it came knocking at my door in the form of hosting a session in New York city. I started having several experiences that brought me closer to Dadashreeji. In this phase, Dadashreeji became a companion, a friend whom I would talk to daily about my feelings. I

started to feel Love towards Dadashreeji. However, my connect with him was limited to only the time while I was viewing his Shrimurti.

Over the last year, my relationship with Dadashreeji deepened. I was aware of Him residing within my heart and recognized Him as my inner voice. I was able to express myself to Him completely internally. At this point, my questions began to fade away. He became a complete feeling of Love within.

And recently, at the arrival of this New Year while staying in the ashram and going through a tumultuous emotional ride, my entire focus shifted to the feet of my Dadashreeji. I experienced His loving presence in my heart. I was filled with immense comfort and strength by just being at my Dadashreeji's feet in complete surrender.

- Maitreyi Cecilia (USA)



The Metamorphosis



My cousin who was recently visiting from Kuwait was utterly surprised at my 'transformation'. Being born and brought up in a joint family, we were inseparable during our childhood. We were best of friends and always had each other's back. But unfortunately, we drifted apart after our respective marriages taking us to different parts of the world.

But after years, she happened to be in India for my birthday and we luckily got a chance to spend the day together with our families.

She knew of my connection with Dadashreeji. We had discussed it quite a few times over the phone. I told her she should meet me in person to find out more about my spiritual journey. I was pretty sure she would be pleasantly surprised at meeting the 'new'-happier me.

And just as I had expected, she couldn't believe

it was me standing in front of her. I was not only 14 kgs lighter in a year's time, I had also attained a sense of calm. I not only looked different, but also felt way more confident. I was glad that my family and friends too were noticing the big change.

So I spilled the beans. We talked endlessly about my introduction and connection to Dadashreeji and how He was the one behind my awe inspiring transformation.

Well, some like my sister take a little time to understand the fact that the Divine Form comes in our lives to take us to the 'Formless'. We cannot do it ourselves. This journey is incomplete until we are shown the path by a Guru.

- Maitreyi Sonee



SELFLESS SERVICE

Essence of KARM YOG

- a profound path to Salvation

Mitr Sut expounds the path of Karm Yog as one of the paths to salvation

While I was waiting for a train on a platform in Mumbai, I saw a bench on which the following was written in bold, "This is donated by so and so, name of the person and then was added- your selfless sevak". As I started thinking about what is written, an aged gentleman who was observing me immediately said, "This is how people market themselves in the name of seva (service)".

On introspection I realized that it was something that we all did sometime or the other. It further made me wonder what exactly is ideal service - and more about Karm Yog

(one of the paths to salvation). Mother Teresa, and so many other devout beings, saints have exemplified through their actions of how the highest could be reached through selfless service.

A basic truth about man comes through the following vedic sanskrit verse:

"नहकिश्चति क्षणमपि"

nahin kashchit kshanmapi

(No human can remain without action even for a second)

From the time we wake up until night, we are constantly performing action either at the



physical or mental level. The actions that we perform have repercussions on our self and on others, including our surroundings. We need to understand, that all our actions either good or bad would determine the life that we would lead. Needless to say how we act depends on our internal state, our thoughts and our state of mind.

So how can karm or your action be a path to make you reach the ultimate truth? **The word yoga comes from sanskrit root 'yujah', which means to unite, to unite within with your higher sacred Self. So Karm Yog is acting in such a way that it unites you to the Divine.**

This brings us to the basics- how should one act?

What exactly happens on the path of Karm Yog? Let us understand it clearly.

The human mind tends to constantly keep going outwards seeking pleasures and comforts. Thoughts become desires making us work towards fulfilling them thereby creating attachments, more desires, karmas and this vicious cycle goes on. We are caught in a web created by ourselves.

So, what is the way out?

As humans, we are designed to act every moment. Since we all have free will, we all have a choice and need to use our intellect to guide us to keep reducing selfish acts and move to doing unselfish (selfless) actions. We need to change the direction of the thoughts, actions and desires from our own self to something higher. For this we need to shift the focus from ourselves (self-serving) to serving others. While serving others, one may develop attachments and therefore **our service needs to be backed by devotion (bhakti) and knowledge (of Truth and impermanence of the world), so that we truly serve. Doing seva**

helps us burn our karmas, expedites completion of karmic lessons and enhances our spiritual growth. When one truly starts enjoying seva, one constantly is in the giving mode. We grow as we give thereby reducing our desires and breaking the vicious cycle. The benefits/fruits of selfless service come back to us manifold by way of immense grace, that helps cleanse and purify our consciousness and to make us reach the highest.

As Divine Friend Dadashreeji says, "Your personal growth on the spiritual path is only through seva. Serving humanity selflessly is a core value of our Parivaar. You grow as you give".

For a person stuck in the mundane it may seem difficult to keep abreast and analyze his/her activities. Today, MaitriBodh Parivaar, provides that huge platform for one to do seva in every possible way, right from physical, mental, intellectual, to offering prayers, one's talents, for the welfare of the Humanity, Mother Earth and one's own self. And while one is doing all this, there is an opportunity to fulfill one's learnings, purify one's consciousness, receive enormous grace and experience immense spiritual growth.

The vision of MaitriBodh Parivaar is to allow all to experience true selfless service, which will help the entire humanity, as Dadashreeji so beautifully puts in,

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



The Master's Atonement



Vibheeshan was once imprisoned by some Brahmins. When Sri Ramchandra, the gem of the Raghu dynasty, heard that His great devotee was in distress, he became much worried. He sent his messengers in all

directions in search of Vibheeshan. Finally, the whereabouts of Vibheeshan were found. Sri Ramchandra himself went to meet Vibheeshan. And what a sight it was! The brahmins had tied Vibheeshan's hands and legs and imprisoned him in a cellar.

Upon seeing Sri Ramchandra, the brahmins prostrated at His feet and welcomed Him with great honor. Then, they said to him: 'O Lord! One day an Asur (demon) came to the forest near our Ashram. An old man of our Ashram had gone to collect druv grass for puja. The Asur asked the old man about the Ashram. The old man could not reply as he was keeping a vow of Silence.

Angered at not receiving the reply, the Asur kicked the old Brahmin who fell down and died on the spot. On learning this, we went and imprisoned the Asur and beat him up, they pleaded to the Lord to punish the Asur. They brought the bound Vibheeshan in front of the Lord. Vibheeshan was greatly embarrassed to see Sri Ramchandra and the Lord also became very uncomfortable seeing Vibheeshan's condition.

Sri Ramchandra said to the Brahmins, "The Master alone is responsible for any fault of His devotee. Therefore, please release Vibheeshan. I bless him that he lives till the end of this Kalp and order him to rule Lanka. He is mine. Hence any fault of his is as good as my fault. Please give me the punishment that you intended for him. I am bound to accept it without any complaint." The Lord understood that Vibheeshan had unintentionally killed the old Brahman and hence was ready to atone for His devotee.

Having a Master in one's life is a Great blessing as He is aware of our every activity and the intention behind it. The Master is ever willing to guide and protect His devotee whatever be the circumstance. Such is the Greatness of His Love and Grace that He even atones for His devotee's mistakes and actions!

Adapted from: Prabuddha Bharat, November 2016, Vol.121, No. 11



Happy Body & Mind

Dr. Sheetal Maniar shares how Dopamine plays a vital role in maintaining a happy body and mind

Low dopamine levels lead to lack of motivation, fatigue, addictive behaviour, insomnia, mood swings, memory loss, depression and Parkinson's disease, etc.

There are 86 billion neurons in human brain. They communicate with each other via brain chemicals called neurotransmitters. Dopamine is a major neurotransmitter that is a key factor in motivation productivity and focus. It is dopamine that provides zest for life. Lifestyle habits, diet and illness can deplete your dopamine, sapping the joy out of your life.

Lifestyle changes like Exercise, Diet, Sunlight, Meditation, Chanting, Massage, Sleep, cold showers, brain reward system doing the victory dance every day are some of the dopamine boosting methods.

Ways to increase the dopamine levels:

Dopamine boosting foods: Dopamine is made from the amino acid called tyrosine which is commonly found in protein rich foods. Foods like Almonds, walnuts, Avocados, Bananas, Beets, green leafy vegetable, dairy products, Green tea, Lima beans, peanuts, Oregano, Rosemary, Turmeric, Sesame, pumpkin seeds and watermelon. Especially Banana in particular is good source of dietary dopamine. Surprisingly the health of your intestinal flora impacts your production of neurotransmitters.

Boosting Dopamine with exercise: Physical exercise is one of the best things one can do for the brain, it increases production of new brain cells, slows down brain cells ageing and improves the flow of nutrition to the brain.

Sunlight : Sunlight can increase the number of dopamine receptors and create vitamin D which activates the genes that release dopamine.

Meditation: Regular meditators experience an

enhanced ability to learn, increased creativity, enhanced relaxation warding off depression and protects against brain ageing.

Chanting: Music or chanting gets dopamine flowing. Brain scans show that the brain's pleasure center lights up when listening to music.

Massage: Dopamine boosts with touch. A therapeutic massage increases dopamine and serotonin and reduces the stress hormone cortisol. Even stroking your pet can give both; you and your pet a dopamine boost.

Sleep: Research has found that dopamine plays a bigger role in sleep regulation than previously believed. It controls the production of the sleep hormone melatonin. Research also shows that lack of sleep reduces the number of dopamine receptors.

Weight loss: There is a strong link between obesity and dopamine dysfunction. Interestingly people who are obese have fewer dopamine receptors than the average man. In fact their brain behaves much like that of a drug addict. Dopamine is in charge of the brains pleasure centre obese people will receive less pleasure and satisfaction from eating making them want to eat more.

Cold showers: Taking a cold shower with 14°C or 57°F water can increase dopamine substantially up to 250%. Proponents of cold shower swear it boosts their mood and productivity all day even more than drinking coffee.

Do the victory dance every day and give yourself big goals and small goals every day because when you achieve that goal it boosts your dopamine levels.

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



Academic Stress and it's Source

Maitreyi Mohini shares the cause of stress in children and the effective ways of dealing with it

Humans today are inflicted with a malady called stress and the sad truth is that young children in schools and colleges are experiencing high levels of anxiety and pressure. The unrealistic aspiration of high percentage of marks obtained in examinations have made parents paranoid and they transfer this pressure onto the child, saddling him/her with unrealistic goals and expectations. Today, students lead regimented lives shuttling from one tuition to the next, enrolled in various activities and courses. The chase for marks has killed creativity and the spirit of learning. Burdened with this pressure and not knowing how to cope, youngsters resort to extreme measures.

This being the current reality, there are ways to cope with stress. Stress is a buildup of pressure and the simplest remedy is expression. Parents need to provide children with unconditional space where the child can be listened to without judgments and can express themselves freely. Every child must have a hobby that he pursues

solely for the joy it brings. Smart phones have added to the problem as children do not have any 'me time'. Children should be encouraged to have 'down time', this is the time when the child does not engage with any gadgets or any other stimulus and just sits with themselves allowing a free flow of thoughts. Free, unstructured play time is a great stress buster and allows for free expression and great friendships. In addition to these, children from a very young age should be made aware of their connection with their 'Source', the Divine. Practice of meditation and prayer helps one to stay connected to that vast source of energy within. This strong connection with the Inner Divine becomes the source of constant guidance and the strength to cope up with any challenge.

Today, with the goal of material success, we are educating our children however, if we give them the knowledge of the truth: their connection with the source and the tools to strengthen that bond, we will ensure that our children will be truly happy and self-reliant.

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.





Connection – Compassion – Empathy

My Heart

Though vulnerable, the heart can be a source
of immense strength says **Maitreyi Roopa**

Last year was a very trying and difficult year for me on the personal front. Being a nuclear family, with a single child has its own advantages and disadvantages. One of the disadvantages is that even if one member of this small family goes out for some reason, you miss each other very much. Recently, my son obtained admission into a professional college and had to move to another city. Though we had planned and knew that he would be going to another city, it was very difficult for me as a mother.

The first few months were the most difficult ones. My son would come home during the holidays and weekends. Even then, I used to feel much pain whenever we parted. It was during these times that I asked Dada "Why have you made my heart so soft.....Why do I feel so much? I feel my heart is my weakness." I used to pray to Him for strength and grace.

It was during the Diwali holidays that my son came home. We were very happy and he shared that all his friends had gone home for Diwali except one friend from Jaipur, who had to stay back in the hostel as he could not go home as he

did not get flight tickets. His parents had asked him to be in the hostel and not to travel to friends place etc. On hearing this, I felt very much for his sad plight and kept praying to my Dada to take care of this boy, that he should be happy and not miss his family during Diwali. During the next few days, I was constantly thinking about this boy and praying for him to Dada. In this process, I forgot all my worries and the sadness of parting with my son as well.

After Diwali, my son returned to college and I called him in the evening enquiring about his friend. To my heart's delight, my son informed me that his friend was happy and well taken care of by few senior hostellers who had also stayed back. They had taken him around the city and celebrated Diwali together at the hostel.

Hearing this was a great relief for me. I thanked Dada from the bottom of my heart. I also expressed my gratitude to Him for helping me realize that my soft heart was not my weakness, by making me pray, Dada made me realize that it can be used for the benefit of others, He made it my strength. Thank you Dada for this insight, You are truly amazing!!!

Dr. Roopa Rani is a PhD in Mechanical Engineering. Teaches under grads, post grads and is also an Industrial Consultant. Having a keen interest in spirituality and nature she is forever a student of life.



My Dada, My Heart

When I see You Dada with my limited vision.

I know for me You are the only reason.

It feels like it's taken me many lifetimes and a
lot of longing to see You again.

But I am so glad You found me this time
around.

Thank you for finding me, My Beloved.

For without You I would be lost.

May this life, this soul, this existence be only
Yours, for beyond You there is no truth.

In eternal love and gratitude,

At Your Lotus Feet,

- Maitreyi Jasneet



Productive Anger

Dealing with anger was never so easy, thanks to my guide
and Master Dadashreeji, says the author

Human emotions are so strong that they can conquer even a strong personality. One of the most powerful of such emotions is anger, a powerful experience that when used positively can produce tremendous results. Here is how Dadashreeji guided me on managing anger in a corporate way!

Anger arises when the mind is deprived of what it wants. We end up expressing that anger on everyone around like scattered garbage. To whom do we express our anger? Will we get any return on such expressions positively or is it going to turn the situation more negative?

There are two kinds of people with whom we interact when we are angry (a) people who are mature in understanding the aspect of anger and (b) people who love us. This gives 4 different personalities of people we pour our anger out to – the person who loves us conditionally or unconditionally and the person who is capable or incapable of managing our anger.

People who are highly capable of handling the anger but love you conditionally fall in the FUN quadrant. Such expressions attract politics as they become funny incidents.



People not capable of managing anger and loving you conditionally or not loving are FUEL. Expressing anger to such people adds fire to the fuel and makes the situation worse.

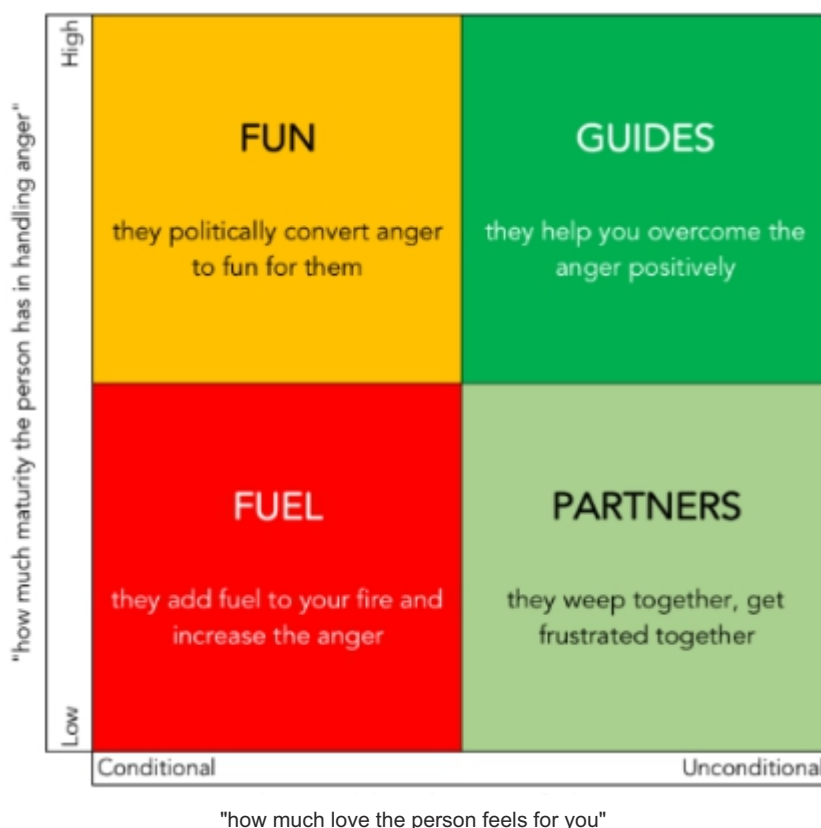
People who love unconditionally but not capable of handling the anger actually partner with us in the situation. They as PARTNERS can only weep together but cannot make the situation better. At the best, they can console.

A person who is best in maturity of handling our anger and at the same time loving us unconditionally are the best directions of expressing our anger as they become our GUIDES. They help us overcome the anger and turn our angry energy into positive vibrations thus making us productive.

The following are the words of Dadashreeji; His advice on how we could manage our anger better:

“If you feel that you don’t have the proper way or right selection of words which may hurt that person, or your anger is so intense that you have no control over it, then, you can close the door, sit in a room all alone and express everything, all your emotions to the Divine. Because when you express it to the Divine, you receive Grace immediately and guidance on how to go ahead after this point. Expressing your anger to any strange person is not going to help it. What you have to do is just sit alone and express your anger. You will find a way out and soon you will see that your level of anger is going to reduce day by day.”

So, if we want the best of our anger, we have to express to our GUIDES in the right quadrant. Who do you think you can express to? In my case, there is Dadashreeji on whom I pour my anger out to!



A software engineer by profession, the author writes under the pseudonym of 'Manhekandan'.



CARRY ONLY THE ESSENTIALS

Love is our true nature. It is the most powerful emotion that is necessary for our well being, says **Mitr Shivam**

On 28th December we were at the ever so beautiful ShantiKshetra Premgiri Ashram in Karjat. We were 30 odd youth who decided to go trekking uphill. One amongst us knew the way but none of us knew how long it would take to complete the trek. So, with our limited understandings, we packed our backpacks with all that we thought we would require and left for the trek in the morning to avoid the noon heat.

We hadn't even reached the spot when we realised that most of us were out of drinking water and since it was a dry season, there were no waterfalls too. We realised the value of water. One of us spotted a very thin flimsy stream of fresh water dripping down nearby, which by the look of it, suggested it would take forever to fill our bottles, and all of us queued up to refill.

The trek was steep and tiresome. It took us more than eight hours to complete it. We had carried extra clothing, trekking sticks, books and what not but none of us carried enough of what was most essential.... WATER. And then my Dada gave me an insight like He always does.

In life too, we undergo so many trainings, courses, schooling, higher education and so much more but is all that essential? We might say that they are basic requirements but what is the most important component?

It's Love. I wouldn't call it a life if you didn't live with Love in your heart and quite often than not, we forget it. It's there, it's always there but we forget to acknowledge it. Experiment it. Apply Love to which ever situation you are in, and watch the magic, witness the most beautiful things unfold in front of you. Let your life be guided by Love. Like they say- you only need power to dominate. Rest, Love can handle.

**Thank you Dada for everything and much more,
Forever yours.**

Mitr Shivam is a business man by profession and is pursuing Law. He is an active social worker who encourages everyone to do so. His main focus is to spread the message of Love and Peace in the world.



Appearances are Deceptive

Arjun, a young boy had recently moved into a new locality.

He made new friends and was excited to play cricket with them for the first time. While playing, Arjun's friend Ram hit the ball which accidentally hit the door and landed on the doorstep of Mr. Gonzalez. Arjun suddenly realized that all his team-mates' faces turned into frowns and some into serious fright. Ram ran back to his house. Arjun was perplexed with the reaction of his friends. He looked at Aarti, a young girl who was sitting and coloring in a corner and enquired about his friends' reactions.

She said that Mr. Gonzalez looked ugly and scary and explained to Arjun that nobody went near him due to the possibility of him having a deadly disease. Arjun's heart was filled with compassion instead of fright. He was curious to know more. He saw Mr. Gonzalez open the door and ran up to his doorstep and apologized about the ball hitting his door. Mr. Gonzalez smiled and asked, "Aren't you afraid of me, kid?" Arjun said, "Is there a reason why I should be afraid of you?" Mr. Gonzalez's eyes filled with tears.

He said, "My dear child, you are a special one. You are the first person to see me with kind eyes and ask my well being. I was unfortunately born with facial deformities, and throughout my youth and now into adulthood, many people do not associate with me due to my poor appearance. I am touched that you appreciate my presence."

After this incident, Mr. Gonzalez and Arjun shared a special bond.



This story teaches us two important lessons:

- 1) A deceptive countenance could be misleading. The opinions of others generally influence our thinking and form the basis of our decisions. Arjun could have easily run away like the rest of his friends, but he chose to stay, apologize and do the right thing. He followed his heart.
- 2) Every human being has a flame of love and kindness within them. External appearances are transient and change with time. Our internal state is always constant. We must always focus on the inside and not be worried about our external appearance. Arjun was able to connect with Mr. Gonzalez because he saw beyond his physical appearance.



Sneh Sanskar Gurukul, Amritsar

"Art enables us to find ourselves and lose ourselves at the same time."

Using arts and crafts as an interactive expression of creativity, children at Sneh Sanskar Gurukul Amritsar, learnt and made beautiful woollen flowers to decorate their classrooms. Students enjoyed the experience of being creators of beautiful pieces of art work.



Women Empowerment: 6th January, Jamrung (Karjat)

A skill training session of making and producing ecofriendly newspaper bags was conducted for the women of Jamrung and the neighboring villages under Project Tejaswani. In the near future it was proposed that these bags were to be used for all practical purposes of carrying merchandise.



Sangat Session:

9th January, Inner Wheel (Mumbai)

13th January, Radio Club (Mumbai)

17th, 19th January (Hyderabad)

Sangat Sessions help participants experience their individual bond with their Divine.



Prem Anubhav: 20th January, Pune

The beautiful, heartfelt session had a profound effect of Prem Pravaah (transfer of love energy), which left the participants in tears and their hearts overflowing with Divine Love. The message of how true unconditional love experienced in a heart helps transform a life as blockages disappear making life smoother was understood and acknowledged by all. Love and Grace was felt by each and every participant as well as sevaks.



Awakening to Self Realisation (Bodh - 1) : Pune, Mumbai, Hyderabad, Gurgaon

For the first time Awakening to Self Realisation (Bodh-I) was held at Kamatpada village (Karjat) in the Vitthal Mandir. It was a heartwarming sight to see the villagers smiling, sharing their experiences and participating enthusiastically during the session. Every villager expressed their deepest gratitude to Dadashreeji for this wonderful experience. The smiling faces radiated the joy of experiencing the Love and Peace.





Maitri Aarohan Classes: Mumbai, Delhi, Pune, Amritsar

The weekly sessions at all the centers across India are helping connect people from all walks of life. These classes are becoming the source of Divine message where the teachings of our Divine are shared. They help all those who attend become more disciplined and work for their own individual growth as well as understand and walk the path of True Service.

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



Upcoming Events

Awakening to Self Realization (Bodh 1) For registration contact: +91 9818754000	11th Feb'18	Aarohan Kendra, Gurgaon
Awakening to Self Realization (Bodh 1) & Purification (Bodh 2) For registration contact: +91 9791613099	16th - 18th March'18	Coimbatore
Awakening with Dadashreeji For registration contact: +91 7506264794	18th & 25th Mar' 18 10am - 2 pm	ShantiKshetra Premgiri Ashram, Karjat
Heal the Soul (Bodh 4) For registration contact: +91 9773860267, +91 8355840124	Batch 1: 18th - 22nd Apr'18 Batch 2: 25th Apr - 29th Apr'18	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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