

ANAHITA

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BHUDEVII- The Goddess Mother EARTH

The Insight



MaitriBodh

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From the Editor's Desk

Dear Friends,

Mankind is largely responsible for the Climate Change and ironically we are the ones who have the power to do something about it. In this month's Earth's special many gems and knowledge await you. The edition is further enhanced by the Earth Prayer which has been given to us by our Divine Friend. A time to make amends and seek forgiveness while also applying the balm of Love on Mother Earth. Join our Youth wing (YGPT) in Pune, Mumbai, Amritsar and Austria in an awareness campaign on healing Mother Earth and our own selves who are intrinsically bound to each other.

Do not miss on Dadashreeji's message and enlighten yourself as He delves deeper at the spiritual level to share with us the three states of the mind.

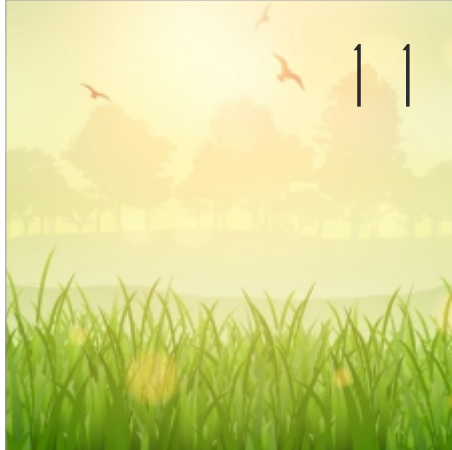
Also, read how the ancients treated Nature and Mother Earth as the integral part of their lives and the reasoning behind it. We need to take heed of the consequences of our rash and blind way of living without caring for our environment. Learn about how we can live healthy and harmonious lives and enjoy the fruits and bounty of Mother Earth offered to Her children and the unconditional giving that is Hers. Read the charming story about the washing away of sins and the deeper understanding of what is apparent and that which is hidden. Under the section Reflections, read the two articles that throw light on our interconnectedness with Mother Nature. In the article the 4th R of Waste Management the author urges us to contemplate our actions, while another suggests us to draw inspiration from Mother Earth.

This month do join us at ShantiKshetra Premgiri Ashram (Karjat) for the much awaited Spiritual Week and Heal the Soul (Bodh 4) program.

Keep Smiling and spread Love!

**Love & Gratitude,
Team Editorial**





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



Q: What is the significance of the White Horse in the MaitriBodh Parivaar? Why do you specifically relate the White Horse with the 'State of Transformation'? Please enlighten us.

Dadashreeji:

Dear Friends,

All of you go through various distinct experiences in life. These experiences include both high and low levels in life. An interplay of thoughts and emotions defines your state of functioning. Your ability to perform better in the practical world solely depends on your mental state. At a higher level of awareness, it is enhanced effectively and productively. Similarly, at a lower level, it is limiting and directionless. These levels of awareness are nothing but your state of mind at that period of time. Your behaviour i.e. how you act, how you speak, how you walk, how you sit, how you conduct yourself entirely depends on your inner-state. And at the spiritual level, we have categorised these states of mind into three, namely Ignorant, Lower and Transformed.

Each of these three states, we cover in detail in our Metamorphosis sessions. Here, I would like you to note that each of these states are represented by three animals. Ignorant state by the Monkey, Lower state by the Hungry Tiger and Transformed state by the White Horse. For each of these states, these animals play the role of a guide, an influencer or a controller for respective individuals. If a monkey is overpowering and sitting on your mind, the result is restlessness and impatience. Similar is the case for a hungry tiger, wherein there is chronic depression and violent behaviour. If you go within, you would be able to see or sense which of the given animals are symbolically controlling or guiding your mind.

These animals are symbolic expressions of your inner-state. The White Horse represents the transformed state of the individual. One may note the characteristics of any other animal within depending on your inner quality such as a turtle, eagle, fish or cow. This is absolutely normal; but you should feel relaxed and positive with this. Universally, at the spiritual level, a White Horse represents your transformed state. Why so? It is due to four remarkable qualities that a White Horse expresses. The colour White represents 'Divinity'. A horse is a harmless animal. A galloping horse represents speed and eternal freedom. Hence, a White Horse with these four qualities -Divine, Harmless, Speed and Freedom truly represents your Transformed Divine state.

Along with the spiritual qualities, in contrast with the earlier two animals, a White Horse has an additional distinct feature. Instead of controlling your mind, a White Horse will carry you on his back. You do not have to control the White Horse, instead it will take you to the right destination, being Divine and Free. This additional quality of happily carrying and freely guiding someone outshines all the other animals.

One should learn from these qualities of a White Horse to experience the Transformed state.

Be Divine!

Do not harm others!

Keep working, Don't Stop!

Free yourself internally!

Be a friend to others and help them to walk along with you, effortlessly!

Smile and Love!

**Love and Blessings,
Dadashreeji!**



His Words

One of the essentials of the 'Self' is 'Knowledge' –
'True Knowledge'. Knowledge here does not refer to
the knowledge of the world or creation, but about
You – the 'Self Within'
- Dadashreeji

What is knowledge? In the conventional sense knowledge is something that helps a human being progress in life. This in turn leads us to the next question i.e. "What is progress?" Progress at the moment is defined primarily by scientific progress which helps man lead a more comfortable life. This comes by mainly through discoveries and inventions. However, despite this progress the "eternal happiness" and the "eternal contentment" that a human being is seeking seems to elude him! We now know much more about the world and creation but it still has not satiated our quest for eternal joy. The further we go the more distant contentment seems. We should realize that moving outwards 'EVOLUTION', although inevitable, is NOT going to help us achieve our aim.

What is 'True knowledge?' Dadashreeji calls it the knowledge of 'You, the Self within'. What is this Self within? How do we reach it? The Self is that part of you which perceives. The only way to know it is to experience it, to become it. The way to reach is by "INVOLUTION" i.e. moving inwards. We need to evolve internally. For this the many false layers that we have put on our Self need to be removed. The most important layer being the 'ego'. We have been the slaves of our mind, body and emotions. Bhakti (Devotion) marg, Gyan (Intellectual knowledge) marg and Karm (Action) marg are the paths to make us aware of our true identity. As one goes inwards one perceives a 'Being' and within 'this' is the basis of all Creation. We perceive Peace, Silence and Divine Love. We are no longer bound by the duality of the present life. We cease to mistake ourselves by identifying with our physical body and many other illusions created by the mind. This is 'True knowledge - Knowledge of the Self'.



Let's combine our energy to walk in
Solidarity and Love for our Mother Earth.



An initiative by
MaitriBodh Parivaar and Youth for Global Peace and Transformation (YGPT).

Join us to create awareness about Climate Change
and in prayer for the relief of Mother Earth given by
Divine Friend Dadashreeji

📅 Event Schedule		
14th April 2018	Amritsar	+91 9803100300
21st April 2018	Mumbai	+91 9930005765
22nd April 2018	Pune	+91 9967633770
22nd April 2018	Delhi	+91 7042544570
22nd April 2018	Austria	+43 660525887



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f Dadashreeji - MaitriBodh Parivaar
f YGPT group



Prayer for Mother Earth

Divine Friend Dadashreeji, the founder visionary of the MaitriBodh Parivaar has the vision of reviving back the lost respect and love for Mother Earth. The Earth has already been harmed and wounded beyond imagination. To bring it back to its original glory will take time and while much awareness and work is being done by various organisations and environmentalists, Dadashreeji having felt the pain of Mother Earth, has offered this beautiful prayer for her in order to relieve her in the fastest way possible.



Let us all take 5 mins out of our time and start praying for Mother Earth between 7.30 pm to 10.00 pm every Friday.

The process is as below:

1. Sit in any comfortable position, not necessarily in any specific meditation posture.
2. Completely relax your body and mind.
3. Feel for Mother Earth and connect to Her with emotions.
4. Express the following prayer to Her with your full heart.

*"Today and now, I express my love and care for You.
Forgive me for causing pain to You.
Let me protect and nurture you once again.
Let me heal Your wounds with my love.
Love, Love and only Love for You."*

5. Express your gratitude to Her.

This is a complete prayer for seeking forgiveness, expressing love and healing Mother Earth, that is given to mankind by Dadashreeji.





Dadaleela

..... Devotees' Experiences

A Miracle in Time

Having being chosen by the Divine as His medium is one of the most blissful moments in life. Dada has blessed us with a super effective tool of helping someone and reducing their pain through Maitri Light. Every time I give Maitri Light, the experience is profound and fills my every cell with gratitude, for the opportunity to be a part of a divine process to help and pray for someone.

On one such occasion, there was a terminally ill cancer patient who regularly requested for Maitri Light. This particular day, she was not even able to speak or get up from the bed and needed oxygen support for breathing. Like always, after holding her palms, I prayed to Divine to help and guide me to reduce the pain of the patient. Suddenly an intense thought came that this patient should listen to and offer the Maitri Prarthana. Unfortunately, the mobile phone in which the Prayer was downloaded was at least 12 feet away from the bed, and I couldn't leave her hands while giving Maitri

Light.

So, I continued giving Maitri Light. Within a few seconds, without anyone's intervention the Maitri Prarthana began playing on my mobile phone exactly from the part where Prayers begin. I was completely in a state of shock and gratitude to my Dadashreeji for His Divine intervention and His coming to rescue of His devotee. We completed the process, and were left speechless.

This was one of the last times that this patient was conscious and after a few days, she left for her journey ahead. It was then that I realised how the Divine goes out of His way, to provide what is needed for in that moment in time.

**Eternally indebted at Your Lotus Feet,
Maitreyi Anuradha**





Experiencing the Power of Love

Dear Dada,

Thank you for all Your Grace! Thank you for helping me feel divinity within me, around me and wiping away all the dust from the mirror of this pained heart. This sharing has been long overdue, but I know you have lead me to the right place at the right time.

I still remember the day I came to attend Bodh 2 in 2015 at the ashram. I reached there with so much pain I had been holding onto for years and years. The bitter experiences of abuse as a child, lack of love, betrayal of trust and my monkey mind had blurred my vision to see and seek my Master, my True Source. At that time, I didn't know I will cherish these days so close to my heart. One of the experiences that stands out for me was the realization of Your true love towards me, as your very own child. That was the moment I saw clearly how dearly You love us, how You know exactly what each of us needs, and when and what measures

need to be taken for our growth. You are the best judge of whether it is time to let us go through our pain or whether to relieve us from it.

During Bodh 2, my eureka moment was when You turned my gaze inwards and changed all the things associated with my past unpleasant memories, into extremely pleasant moments full of divine love. The same music that reminded me of the haunting past was now associated with You Dada. It now reminded me of my moment of truth, of Your love, Your guidance and Divinity. The experiences that angered and pained me immensely were now just lessons of the past, a stepping stone that lead me to You. You helped me experience that true healing is possible only and only with True Love.

Thank you Dada!
Ena Gaur, Gurgaon



The Dialogue

I had a lovely experience about Dadashreeji, which I would like to share.

I was going through a rough patch in my business where, I did not have a way out. I had tried each and every thing to get out of this difficult situation. However, each time I tried some new challenge used to arise. I didn't know what to do. I had come to the point of a break down.

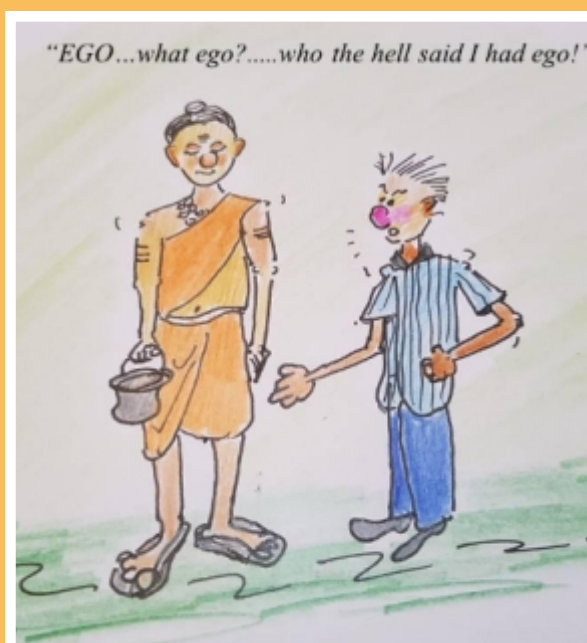
Then I happened to speak to Ms. Suchetra Chaphekar – Dadashreeji's devotee. She helped me by giving me Maitri Light and asked me to internally talk to Dadashreeji. She said you can talk to him just like a friend and ask him to guide you in this difficult situation. I did it, exactly the way she told me to.

Later, I felt very light and at peace with everything around me. I felt so positive, that within my heart I knew that everything would be alright very soon. The very next day I got a call from my client and all misunderstandings were sorted and all my problems just vanished. I was so happy and glad that I spoke to Dadashreeji and handed all my problems to Him and here I was with everything in place as if nothing had happened. From this experience I learned, Divinity has its own ways of

functioning. Though the outcome of my problem was in my favour, I thoroughly understand that if it would have been otherwise it would have surely been for my learning and internal growth.

**Gurpreet Kaur,
Pune**

The Divine Play



BHUDEVI- The Goddess Mother EARTH

Mitr Sut brings to light our interdependence on Mother Earth and shares the various aspects to it

The earth is one of the planets in the solar system so precisely located from the Sun, with perfect movements, maintaining the perfect environment for a human to survive in the entire galaxy that we know of. If we were to make a list of things that a single human utilizes from the earth in one's lifetime, the debt of what we receive will be impossible to pay back in any manner that we have got!

Have we ever reflected upon the adverse effects our thoughtless actions have caused to our nurturer and nourisher – Mother Earth? Will our future generations be able to enjoy with whatever little has been left for them by us?

Our great ancestors, from all continents, cultures and traditions had realized and valued the Earth from time immemorial. The Vedic texts constantly direct one to protect and nurture the nature and environment. The sages then had a vast understanding and awareness of environmental protection, weather cycles, rainfall cycles, etc. and the natural or human activities causing environmental degradation.

Many of the Rigved Hymns have been dedicated to the five elements (*panchmahabhoot*), which are the foundation of an interconnected web between the cosmos and the human body. The Taittiriya Upanishad (2.3. 1-12) explains the interdependence of these elements in relation to *Brahman*, the Supreme Reality, from which they arise as follows: "From Brahman arises space, from space arises air, from air arises fire, from fire arises water, and from water arises earth." So, harming any of these elements is like harming one's own self.

Our seers realised the importance of protecting nature, and that indiscrete human activities, would lead to imbalances in the ecosystems, alter rainfall patterns, destroy crops and cause changes in the environment. Hence, many customs and traditions came into being to help safeguard the environment. Earth has been worshipped as 'Bhudevi'- a Goddess. Trees were worshipped as *VrikshDevtas* (Tree Gods) and protected and so were the rivers and forests (*Van Devtas*). Special occasions were created to celebrate and worship them.



'Dharm' or one's prime duties in the *shastrs*, include responsibility of taking care of Mother Earth, and it becomes a debt (*rin*), failing to fulfill which has karmic repercussions. The way we treat nature/earth, directly affects our karms.

The mantras in the *RigVed* revere deities like *Mitr*, *Varun*, *Indr*, *Maruts* and *Aditya*, which are responsible for maintaining the requisite balance in the functioning of all entities of Nature. There was a heightened awareness for any human action harming the earth, for which there were hymns for seeking forgiveness!

The ancient sages also envisioned the spiritual significance of the earth and worshipped her as the Mother as is seen in this **BhoomiSukt** - - from Atharva Veda 12.1

सत्यंबृहदुतमुग्रंदीक्षातपोब्रह्मयज्ञःपृथिवींधारय
न्तति
सानोभूतस्यभव्यस्यपत्न्युरुलोकंपृथिवीनःकृणोतु॥१
॥

Meaning:

1.1: (Salutations to Mother Earth) the Truth (*satyam*), the cosmic Divine law (*ritam*), the spiritual passion manifested in mighty initiations, penances and self-dedication to the search of Brahman (by the sages); these have sustained the Mother Earth for ages (who in turn have supported these in her Bosom). Earth has been home to many seekers who have been able to realise the final Truth, which in itself makes it Divine. The above hymn in simple words means- We salute and offer our highest gratitude to Mother Earth and its laws, which has sustained the devout seekers and sages in their passionate search of the Ultimate

Truth, undergoing endless *sadhanas* (penances), all this being nourished and supported in her bosom.

In Ishopanishad from Yajurved, verse 1 begins with '*IshavaasyamIdamsarvam*', which means that the Divine permeates and pervades in each and every cell of all that we can comprehend. Therefore, respecting, nurturing and protecting nature is of utmost importance. Mother Nature is considered as a Guru, for there is a lot that can be learnt by merely observing her. She teaches us to give unconditionally, without expectations.

But with the decline of human values, all these were forgotten and human greed and unsatisfying desires outgrew the feelings and respect for our own Mother.

Today, our Divine Friend Dadashreeji, the founder visionary of MaitriBodh Parivaar has the vision of reviving the respect and love for Mother Earth. The Earth has already been harmed and wounded beyond imagination. To bring it back to its original glory will take time and while much awareness and work is being done by many organizations and environmentalists, Dadashreeji having felt the pain of Mother Earth, has offered a beautiful prayer for bonding with the heart of Earth, feeling her pain, giving her love, asking for her forgiveness in order to relieve her of the agony in the fastest way possible (Ref: page no. 7 in this issue)

As we continue our journey on this planet let's reflect on the following and act accordingly: Had it been our self-created home, how would we keep it? If it were our own mother how would we treat her?

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.



The Plight of River Ganga

Once, a great Monk visited the holy city of Varanasi. Seeing Him come to bathe, river Ganga told herself with joy, "This great Monk is about to bathe in me". However, her joy did not last long. Approaching the Ganga, the Monk observed the drain water being discharged into the river. This caused aversion in Him and he gave up the idea of bathing in the Ganga and returned. River Ganga was dismayed seeing the Monk return without bathing. She took the form of a small girl and asked the Monk, "O, Lord, Why are you returning without bathing in the Ganga?"

The Monk replied, "O Child! Ganga is flowing with the burden of the sins of people. As if this is not enough, I saw the refuse of all these sinners also mixing into the Ganga through the drain. I have no desire to bathe in Ganga, which carries such detestable sins." Ganga told the Monk, "Every second she brings fresh waters from the Himalayas and dumps the old water into the Ocean. Therefore the sins that you are mentioning go to the Oceans alone and so you returning without bathing is not right."

The Monk felt Ganga's reply was odd. He was curious to find out the truth. Therefore, he reached Gangasagar, the place where River Ganga meets the ocean. He stood before the ocean and said, "O King of oceans!. River Ganga brings to you all the sins, so anyone bathing in you will get all the sins." The Ocean king appeared before the Monk and told him that the Sun's rays evaporated all the sins and hence they were not with him.

Hearing this the Monk's curiosity to know what happens to all the sins increased. He chanted the Gayatri Mantr and made the Sun God appear before him and asked Him the same question. The Sun god replied that, "I have nothing to do with sins, whatever I bring from the ocean are drunk by the clouds."

Next, the Monk approached the clouds. The clouds laughed with heavy thunder and said, "What is there to be ashamed off? What we take, we give to Mother Earth. We do not retain anything. We just serve Mother Earth."

Now the Monk was perplexed, He approached Mother Earth to know the truth. Mother Earth said, " All the rain causes greenery to grow. People enjoy the fruits of my bounty as per their actions. And they dump on me the waste that is generated. I continue to do my duty by taking the waste to River Ganga, who is an embodiment of compassion."

The Monk returned in a confused state to River Ganga and sought her help in understanding this cycle. River Ganga returned to her true form, giving up the guise of the little girl. She said, "O lord all the sins that people commit move like a wheel and reach me and Mother Earth. This has become a great torture to us. When great saints like you come and bathe in my waters, the sins that I carry reduce to a great extent and I get great relief. Just like a log of wood burns to ashes in raging fire, so do the sins that I carry burn away, when a great saint like you bathes in me."

River Ganga's reply cleared the Monks confusion and he bathed in Ganga with great joy, upon which, Ganga was delighted greatly.

Reference: Prabuddha Bharata, February 2018, Vol.123, No.2

The filth (sins) carried by the Ganges reduce when a holy saint takes a dip in it. Similarly, good, positive and pious thoughts help cleanse our being, eventually purifying ourselves to help us experience Love and Peace.





Lessons to Learn from Nature

Even the silence in Nature is inspiring. **Maitreyi Cecilia** shares on how we could benefit by being in a state of receptivity and by fine tuning ourselves to it

We all love to go into Nature. If we observe closely we find that nature has so much to teach us. Sharing a few insights below :

1) Always be in a positive state of transformation

After being fortunate to have had the opportunity to observe the four seasons over the last year, it became evident to me that nature is in a constant state of transformation. When it is bright and sunny, the trees stand tall. Come snow, the leaves shed and the trees are stripped down to their bare branches. Come spring, small white flowers bloom and fresh green leaves take over. Our lives are similar, for we too in a constant state of change and always towards positivity. We just have to trust in the Divine process especially when we are stripped down to the bare branches, for the fresh bloom is just around the corner.

2) Constant state of 'Giving'

Nature is always in a constant state of Giving. Once a seed is planted and nurtured, it will

always bloom according to its true nature. If it were a seed that bore fruit, then fruit it will produce. Likewise if it were to grow into a Majestic Oak Tree, then it will continue to do so and thus provide shelter to animals around, shade to the little wild flowers and through its gentle processes ensure fresh air for everyone around.

3) Deeper the roots, higher the growth

We have often observed that the higher the trees grow, the deeper are their roots. This teaches us the lesson of being connected strongly within to Our Inner Divine. For, the source of strength and grace to grow is all provided from our ever loving Divine within.

May we all spare few moments and spend time with Mother Nature to observe the beautiful lessons she shares with us in different ways and marvel at this amazing creation of the Divine that functions in sync so flawlessly and effortlessly.

Maitreyi Cecilia is a Pediatrician, currently training in Pediatric Neurology at Duke University, USA. Her greatest passions are child health and their spiritual growth. She envisions to aid caregivers and parents in the holistic physical, mental and spiritual development of children.



Fresh Coconut Water -

The Perfect Electrolyte

Balance from Mother Nature



Dr. Sheetal Maniar shares the profound benefits of drinking Coconut water

Combat dehydration this summer with fresh Coconut water which is one of the richest natural sources of electrolytes and can be used to prevent dehydration from strenuous exercise, vomiting, diarrhea or sweating during hot summers. You lose electrolytes (especially sodium and potassium) when you sweat, which must be replenished with food and water intake as the body doesn't produce these electrolytes by itself.

Hawaiians call coconut water 'Noelani', which means 'dew from the heavens'.

Coconut water contains all the five electrolytes our body needs:

Potassium: The most important positive ion inside our cells; potassium regulates the heartbeat and muscle function. Coconut water contains 295 mg of potassium which is 15 times the amount available in the average sports drink.

Sodium: The most important positive ion in fluids outside our cells, and also the one that gets most depleted with exercise, through sweat and urine too.

Magnesium: Vital for maintaining the electrical potential of our cells, proper muscle function, and preventing calcium overload.

Phosphorus: Plays an important role in bone

health, in transferring energy throughout the body, helping our muscles contract and also regulating the nerve function (partners with calcium).

Calcium: Important for bone health.

One of the names of Coconut in Sanskrit is 'kalpavriksha' which means the eternal tree or the wish fulfilling tree.

In certain emergency situations, coconut water has been used for IV hydration due to its high electrolyte content and the fact that it's sterile if used directly from the inside of the Coconut.

Health benefits of coconut water according to a study published in the journal food chemistry & toxicology (2008) are as below:

- Supports good immune function
- Cardio protective
- Helps regulate blood pressure
- Anti inflammatory
- Prevents abnormal blood clotting
- Aids in kidney function
- Helps balance blood glucose & insulin levels
- Digestive tonic (rich in enzymes)
- Anti-ageing
- Anti-cancerous

Stay healthy, stay hydrated!

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.



Nature's Loss is our Loss

All have been created as part of nature says **Maitreyi Mohini**. Corrective action and living in awareness can still save humanity from doom

Today we are facing the most glaring of global issues affecting all mankind - Climate change.

While there are issues we can ignore thinking that it does not affect me, one can't deny that climate change is an issue none can shy away or claim immunity from.

We often abuse and mistreat our body by making poor choices, indulging in our cravings and addictions and leading undisciplined lifestyles. In small doses, seeing each act in isolation, it certainly doesn't seem threatening or to have any adverse effect. However, there comes a time, when all the neglect and abuse surfaces. The body has its own pain threshold and when that threshold is crossed, it manifests physically. Sure enough for us, disease and ailments start manifesting and we suffer.

Similarly, our connection with nature is not very different to the one that we have with our own body.

"All have been created as part of nature - which is one not many. You are a part of that nature and not a separate entity. Mistreating and harming nature is a loss to you first, then to others."

-Dadashreeji

Dadasheji says, nature is not separate from us, in fact we are one. Every insensitive act of ours towards nature is like an act of neglect, an act of abuse to our own body. Each time we harm nature either by hurting animals, littering the environment, wasting resources, trashing

rivers, consuming too much, we hurt our own selves.

We recognize the body as our own: a part of our being, hence we eventually realise our follies and try and make amends. However, the vastness of nature and our own inner ignorance makes it challenging for us to see ourselves as part of nature and we continue to harm it. If my little toe is injured I would feel that pain in my body. I do not say that it is someone else's problem. Similarly, every time I hurt nature I am harming a part of myself and I shall feel that pain sooner or later.

Today nature has crossed its threshold of pain and is expressing that pain. What we call natural calamities are nothing but Mother Nature's pain manifesting physically- almost as if it were saying, "Enough is enough". And what nature feels and experiences, we are bound to feel as we are one. Is it any wonder then, that there are extreme temperatures, unpredictable weather changes? All of us are suffering along with nature. Mankind is awakening to the looming threat to Mother Earth's existence. It is our collective suffering as one consciousness.

It is time to heal Nature, our home, Mother Earth. Each one of us has the power to heal ourselves and ultimately, heal Nature. By implementing small lifestyle changes we all can bring about a difference. Above all Love is that balm which can heal all wounds. Let us all reconnect with Mother Nature and express our Love and Gratitude to it, seek forgiveness and pray to the Divine to help us help ourselves.

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.



The Insight

Maitreyi Varsha shares the importance of the bond and harmony between man and nature

Maitreyi Varsha shares the importance of the bond and harmony between Man and Nature. Recently my family and I had gone on a road trip to Hampi in Southern India, the once flourishing Vijaynagar empire of King Krishnadevraya. We drove from the State of Maharashtra to Karnataka.

As we traversed we came across varied terrains. From barren, arid, sparsely green to slightly greener locales, the landscape kept changing as we reached our destination. To our surprise it was lush green with canals flowing with water to the brim. Children were merrily diving in the canals, swimming and playing in the water to their hearts content. There were fields and green pastures everywhere. The local people also seemed content, happy, helpful, accommodative and very trustworthy with a smile on the face irrespective of the condition they might have been in. It felt like being in a different world altogether.

The picturesque and green countryside was ingrained in the core of my being. The sojourn ended in no time. On arriving back home, we all were reminiscing about the vacation. While the entire family was talking about the rich cultural heritage of Hampi (the Vijaynagar empire), all that I could think of were the happy and content faces of the locals. This set me contemplating. Why was it so that the people there were so satisfied? Some, despite living a spartan life with very few comforts and no luxuries were still joyful.

The insight that I received was phenomenal. It occurred to me that we all are a part of nature. There exists a direct co-relation between our and Mother Nature's well-being. The greenery, flowing rivers, canals, beautiful fields brought in abundance which reflected from the psyche of the people living there. Mother Nature was providing them unconditionally with whatever they needed and in turn they too respected, protected and nurtured her.

Dadashreeji says, "You are a part of Nature and not a separate entity. Mistreating and harming Nature is a loss to yourself first, then to others."

Our thoughtless actions disturb the ecological balance and cause disharmony between Man and Nature which is very evident in the urban areas. This is sufficient to create imbalance in our lives thereby affecting us physically and mentally as well. Having depleted the natural resources and exploiting Mother Nature, we have now rendered our surroundings lifeless. This has led to feelings of scarcity, insecurity, aggression, greed, selfishness and much more.

Today, let us pledge to live consciously, to care and work for the planet. Nature is always in an unconditional giving mode. We, being a part of Nature must also learn to give selflessly. Let us endeavour to preserve Nature and restore the lost harmony.

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



The 4th R of Waste Management

Vaidehi Maheshwari urges us to contemplate our actions as she introduces the 4th R of Waste Management

We have grown up doing forced projects on conservation and half-heartedly participating in those 'best-out-of-waste' competitions, haven't we? I remember staying up late at night with my mother, doing at least 8 varied versions of the same old projects like 'Save trees, Use a dustbin...' etc., etc. It was ironic - the way I was extolling the virtues of saving paper and protecting trees while ultimately unceremoniously dumping that same chart paper in some waste bin. Until recently, the huge flower laden trees lining the roads and the always-on-time rain assured me that I needed to do these 'projects' only for my report card. But it is extremely alarming to see how things have quietly changed since. Constant wild fires, cemented roads and the growing horde of skyscrapers have rudely shaken me out of my complacency.

Along with the 3 R's that we know of (reduce, reuse and recycle), it is the need of the hour to have a 4th R : **Rethink**. It is the need of the hour, for us to rethink our relationship with Nature. The renowned psychologist, Stokols, has defined three perspectives of looking at the environment.

Consider this example - you are going on an early morning walk when you happen to chance upon a small little daisy. In this scenario, would you rather:

A) Be indifferent towards it:

You continue on your walk, busy listening to some tunes on the iPod. If this is something you would do, then you would seem to have a minimalistic perspective, which ignores the

interdependence and connection between humans and nature. A majority of us would fall into this category today. Either technology distracts us or we have numerous thoughts, worries and anxieties to divert our attention. As a result, we rarely take time to observe and be aware of our surroundings, much less appreciate it.

B) Would you pluck the flower to use it? Or Perhaps you feel like wearing it or showing it to your kids?

This would be an example of an instrumental perspective, which encourages the usage of our natural environment to satisfy our unending needs and wants. Unless our use of the natural resources is structured in a sustainable manner, it may lead to the destruction of our natural surroundings.

C) Admire it and help preserve it?

You may pause for a moment, appreciating the subtle beauty of nature and reflect upon a thing or two or probably even surround the little flower with small pebbles to protect it.

This seems like the right thing to do, doesn't it? A spiritualistic perspective, like the one our ancient cultures had, holds Nature in high regard. It understands the unique relationship between humans and Nature and works hard to protect and maintain it.

Whatever perspective we currently hold, remember that if we choose to regard Nature with love, gratitude and respect, not only will we implicitly inspire others to do so, we will also receive the same from the universe. After all, as we sow so shall we reap.

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



Making a Difference

Arjun was traveling with his mother in an auto rickshaw. He was observing the events happening outside as the auto rickshaw made its way through the traffic on the crowded streets of the city. His auto halted at a traffic signal when he noticed a young man sweeping away dirt which included plastic bottles, newspaper, chocolate wrappers and many other such items which were discarded by



how he observed a young man cleaning the streets. He shared how he observed two things that hurt him, one being we shouldn't be polluting Mother Earth, instead should be treating her streets the way we treat our homes and secondly we should think about the young stranger who cleans after us and be considerate and compassionate towards his action to keep Mother Earth clean, hence avoid littering. He requested his friends to share this with five other family members or friends, so that this message would spread.

We witness such incidents happening around us daily and very often avoid paying attention as we don't know what we can do about it; but like Arjun we can all make a small difference by sharing how we feel and implementing change within our own homes and friend circles.

pedestrians on the roadside. While observing the young man, he was briefly reminded of how his mother swept the house each day and tries to keep the home neat and tidy. This is when an idea struck Arjun.

In the evening, Arjun gathered to play cricket with all his friends. He decided that he would share what he felt what he observed with five of his closest friends.

He said "Hey guys before we begin playing cricket can I share an incident that happened?" Everyone replied "Sure Arjun."

He said "You know how most of us try not to litter in the house because otherwise Ma would have to do all the cleaning?" He then shared



Let's begin today by being more compassionate and empathetic towards one and all!
Let us be the change and make it happen!



Climate Change

Our ancient religious traditions emphasised on the interconnectedness of air, earth, fire and water. Rather than seeing ourselves as a part of the Earth's ecosystem & realising that our lives are intrinsically connected to her seasons, cycles & rhythms; humans have developed a mindset of being separate.

If we look back at the natural disasters in the last ten to twenty years, one of the major factors responsible for them is we human beings and our actions. Our sole focus as Human Beings has been only on ourselves. We have failed to take into account the interdependence of Life on this Earth and the effects of our actions on other beings on this Earth. Our attitude of disrespect for the diversity of life on Earth has caused us to become responsible for global warming, which results in damaging of the ozone layer, melting of glaciers, unusual environment changes and extreme weather conditions. We are damaging our own environment and putting the lives of our future generations at great risk.

Youth for Global Peace & Transformation (YGPT), the Youth wing of **MaitriBodh Parivaar Charitable Trust** has taken up **Climate Change** as one its core areas of work and has been entrusted with the work of spreading the Mother Earth Prayer as a means of providing relief to Mother Earth.

On account of Earth Day (21st April), YGPT has organised awareness campaigns across various locations in India like Mumbai, Delhi and Amritsar to spread the message of providing relief to Mother Earth by means of Love, prayer & expression of gratitude. Looking forward to seeing you all at these events!



Mumbai Event: 'Walk for Mother Earth'

Date: 21st April 2018

Start point: Wadala, Five Gardens

End point: Shivaji Park

Timing: 7:30 am to 10:00 am

Co-ordinator: Rigved

Phone Number: +91 9930005765

Delhi Event: 'Walk for Mother Earth'

Date: 22nd April 2018

Location: Aravali Bio Diversity Park, Near Guru Dronacharya Metro Station, MG Road, Gurugram

Timing: 7.00 am to 10:00 am

Co-ordinator: Jyoti

Phone Number: +91 7042544570

Amritsar Event: 'Marathon'

Date: 14th April 2018

Location: Opposite GNDU University

Timing: 5:00 am to 8:00 am

Co-ordinator: Dixit

Phone Number: +91 9803100300

Austria (Europe) Event: 'Walk for Mother Earth'

Date: 22nd April 2018

Timing: 15.00 pm to 16.30 pm

Start point: Großweikersdorf, Wienerstraße 62, 3701

End point: Großweikersdorf

Co-ordinator: Marco Peschak

Phone Number: +43 6605258 87



Awakening with Dadashreeji

18th and 25th March, ShantiKshetra Premgiri Ashram

It was a profound and a blissful session in the presence of Divine Friend Dadashreeji, who guided all through the various states of the human mind. Seekers from all walks of life reached the Ashram to experience for themselves what they had heard from their family and friends. The Divine Energy Transfer 'ShaktiPravaah' came in the form of Blessings that a soul has waited for many a lifetimes. Love and Grace flowed in abundance. With tears of gratitude the seekers thanked the Divine for having created the opportunity of experiencing the Divine Himself.



Children Bodh

25th March, Delhi

The Children Bodh is helping bring children from different backgrounds together to experience commonality and Oneness. They are exploring their spiritual side and learning the importance of sharing and giving, of knowing themselves through expression and forming their own bond with their Inner Divine.

Bodh 1&2 (Awakening to Self Realisation & Purification)

6th - 18th March, Kotagiri

Kotagiri near Coimbatore witnessed its first Bodhs. The participants were open minded and very receptive during the sessions. The spiritual sessions, havans, processes specially formulated by Divine Friend Dadashreeji helped these true seekers in their inwards journey of growth.



Maitri Light

The unique and profound 'pray-ling' process that is a rare combination of a Divine prayer and a very powerful healing done under the Grace and Guidance of Dadashreeji is being conducted in many regions across India and abroad. It is not just a healing process but also involves prayer and channeling energies. It is a process of Divine Intervention to receive Love and Grace of the Divine. The energies act where they are most required by the recipient, thereby, gradually clearing all the immediate obstacles that are hampering or are detrimental to their growth.

A Maitri Light recipient **Ms. Induja**, the Principal of a school in Gurugram said, "As soon as I received Maitri Light my mind calmed down. The restlessness and turmoil within changed to calm and peace. Felt that Dadashreeji had relieved me of all the stress, worries and troubles. The experience was unique and blissful."



Chaitra Navratri Havans

18th March to 25th March,
ShantiKshetra Premgiri Ashram



MaitriBodh Parivaar celebrated Chaitra Navratri at ShantiKshetra Premgiri Ashram with prayers to our Divine Mother Adishakti Mahakali Maa and by performing Havans from the 18th March - 26th March. The feminine power Shakti is at the zenith during the auspicious days of Navratri and a havan helps one connect with this Shakti. Devotees visiting the ashram experienced the Divine Mother's immense Love, Compassion and Grace. Many chose to connect to their Divine and offer their prayer (Sankalp) through 'Havan' an 'Act of Love'. Samuhik and Individual Havans were performed at the Ashram. A few havans were conducted in Delhi as well. Every participant experienced Love and Peace. Many shared that they felt deep connection with their Divine.



Orange Business Services

7th March 2018, Mumbai

MaitriBodh Parivaar was invited to conduct a session for the employees of Orange County Business. The session included a talk about our mission and vision, followed by Maitri Sambodh Dhyaan and Maitri Light. The participants experienced internal peace and satisfaction. They showed keen interest to attend our upcoming sessions.



Rotary Club

7th March 2018, Mumbai

MaitriBodh Parivaar conducted a session with the members of the 'Rotary Club of Bombay Mid Town' at Taj Mahal Hotel, Mumbai. This session was about the 'Need of the Hour' in today's time. The participants understood the importance of connecting and communicating with their Divinity in their lives in present times. The speaker shared her experiences and her journey with our Divine Friend Dadashreeji. How she has grown not only in her spiritual journey but how this growth has helped her in her personal and professional life as well.



Self Metamorphosis

10th & 24th March – Gurugram (Delhi), 11th & 31st March – Thane, Peddar Road (Mumbai)

The Self Metamorphosis sessions were attended by innumerable participants who were made aware that despite achieving it all they still feel insecure, alone and empty.

Many participants understood and came a step closer in understanding what their true Inner Self is all about. Many were truly mesmerized with the Self Metamorphosis session creating the way for them to register for Bodh 1- Awakening to Self Realization.

Thank you, Dadashreeji for your immense Grace in helping people realize their potential and take the required steps towards their Inner Growth, and purpose of life.



ShaktiPravaah

17th March, New Delhi

The MaitriBodh Parivaar was invited to conduct our most powerful process 'ShaktiPravaah' by Life Positive. Seekers from all walks of life came, some were curious to know about the Divine energy transfer while some were eager to receive Divine Energy, and then some came wanting to form an eternal bond with the Divine. The chosen, awakened mediums of Dadashreeji shared their experiences and learnings with all making it possible for them to connect to their Inner Divine with ease. With gratitude, expressed towards the end of the session, the participants expressed their desire to walk hand in hand with MaitriBodh Parivaar to take forward the mission of Maitri - friendship with all.



Stress, Science and Spirituality

16th March, Mata Chanan Devi Hospital and Tihar Jail - New Delhi

Delhi saw two back to back 'Symposium on Stress'. The first session was with doctors and the hospital staff. It was an enlightening session where the participants were given an understanding on how to balance their spiritual and medical, professional and personal life. The session in the prison complex with the DIG Superintendent, Deputy Superintendent, Inspectors, Sub Inspectors and other officers was about juggling between their professional and personal lives. The root cause of stress and the ways to combat it were discussed in detail. Towards the end of the session it was concluded that beating stress was not only possible but doable and easy for all to follow.



Woman's Day

8th March, Kamatpada

Woman's day was celebrated on 9th March in Kamatpada temple, Jambrung village. The chief guest was Mrs. Jotna Medage, the Head of the Police of the area. Six women were facilitated for their achievements. Our speakers shared steps and guided all on how to empower women. The compassionate and encouraging words, left the women with a feeling of being embraced in love and care, and were inspired to do more for themselves.



Regular Bodh 1 (Awakening to Self Realisation) sessions are being conducted worldwide. Participants experience an Awakening to their Inner Divine. This becomes the first step for innumerable souls to start their journey back to the 'Source'.

Maitri Sambodh Dhyaan, and Maitri Light sessions are also being conducted regularly all over India and abroad.



Upcoming Events

Spiritual Week For Registration Contact: +91 9870350450, 8779321632	11th – 15th April	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)



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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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