

ANAHITA

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**The Attitude of Gratitude
Stepping into Adulthood
Sharing our innerlight with the world**



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From the Editor's Desk

Dear Divine Souls,

Warmest greetings from MaitriBodh Parivaar!

The month of April was an important milestone for MaitriBodh Parivaar in more ways than one. Over 150 participants came together to experience the most wonderful five-day retreat; Heal the Soul (Bodh IV) with Love Incarnate Dadashreeji Himself, witnessing an inner spiritual transformation like never before. Another milestone that we achieved last month was the first ever Purification (Bodh II) in Sharjah. For a couple of years now, many Awakening to Self-Realisation (Bodh I) sessions had taken place in the UAE, finally culminating in Bodh II this year.

In this issue, read Dadashreeji's message on how Lord Gautam - the Buddha too had to fight Kali before attaining enlightenment. Also, read the special feature called Tihar Prison - What an experience of Freedom! The articles Attitude of Gratitude and Sharing our inner Light with the world, invokes the feeling of Oneness through a very moving perspective on Many facets of Divine manifestation - The MaitriBodh Parivaar. Under Wellness and You read the benefits of the Yogurt - Barley drink to keep the body rejuvenated and cool this summer. Young Impressions, features the journey of Stepping into Adulthood. We feature experiences of Grace under Dadaleela, the humbling story of Lord Hanuman and some sarcastic humour with Divine Play. Enjoy glimpses of Walk for Mother Earth - our first initiative towards healing Mother Earth.

As April closes, the month of May is again packed with a number of events. Last year the beautiful journey of Peace Within retreat with Dadashreeji had begun. This year too, starting later in the month, there are multiple batches of seekers eagerly awaiting this sublime 'Retreat with Divine Friend Dadashreeji' Himself. Read more for details of MaitriBodh Parivaar's Transformation Tour to the Middle East from 15th - 20th May this month.

Of all the paths that one can choose, the path led by the Divine Himself is the most beautiful by far, as the Path leads us Home. All He asks us to do is 'sit back, relax and enjoy' this journey. Let's all walk this path together. Let's all go back Home!

**Love and Gratitude,
Team Editorial**





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



Q. Dadashreeji, we have heard that in this Kaliyug (Dark Age) there is Kali who negatively influences our mind. Does Kali (Dark Force) really exist? Where do we find and fight the Kali? How does it influence our spiritual growth?

Dadashreeji:

Dear friends!

Yes, you are right. Kali does exist. But then, the next bewildering search is, where is the source of the Bad, the Kali? We agree that your mind is constantly and majorly influenced by the Bad entity. These influences sometimes are overpowering and unavoidable. Walking on the spiritual path, you have to look for the real source of these Bad forces. When you genuinely explore further to seek the answer with a sagacious and spiritual approach, you will realise that the source of the Bad is not outside.

Kali is within you. Good and Bad are both within you. To fight with Kali, you do not have to travel and visit places. Just go within and see it yourself! Since your true nature is Divine, you will automatically incline towards positivity. You would always try to hold on to the Good. You would resist the Bad and the unwanted. There will be a constant fight between the Good and the Bad within you. That's why we say, the war is within you!

The constant struggle between the Good and the Bad or giving up to let the Bad win over the Good will somewhere affect the natural flow of your communication with your inner Divine.

When you ask, "I want to communicate with my inner Divine", then know for sure that the cause lies here- this is where the battle between the Good and the Bad will be fought. You also know by now, how crucial and essential it is to communicate with the Inner-Divine. It's absence could directly slow down or stop one's spiritual growth.

So, get ready and walk further! You have only one option and that is to represent Good, support Good and strengthen Good so that one day the Bad will be defeated forever. That is the reason you come here, to strengthen the Good in you.

What happens in the presence of your Divine Friend is that your 'True Self' is able to express itself completely. You are able to easily experience your true nature, true power, the Love within.

Remember! If there is any Bad in this world, it is nowhere else but in your mind, within yourself. When Lord Buddh* attained enlightenment, there was one demon who came to disturb Him. The name of the demon was Mara. Do you know where this ferocious demon Mara resided? Nowhere outside; but within Himself, in His mind. Mara was the King of all demons and the last one left to be defeated. Mara made material offerings to Lord Buddh - family, attachment, pleasures, power and recognition. Denial of these resulted in horrifying, violent, threats, fearful and terrifying attacks. But as these distractions increased, Lord Buddh went further and much deeper into His most subtle level of consciousness. Then, He was completely at rest, at peace with no war left within. He succeeded in defeating the King of Demons. Hence, He became Lord Buddh. Not just Buddh, but the Lord Buddh. We have had many Buddhs but Lord Buddh is only one.

So it is entirely within you and nowhere else. When we speak of the 'Internal Connection, Bond or the inner Divine' and when you want to strengthen your communication with Dadashreeji, this is the way- to allow your mind to settle, to relax, to rest. When there is no battle being fought within, you'll automatically communicate with your inner Divine and that's what exactly happened with Lord Buddh. He firmly fixed Himself to His inner Divine. And you too have to do the same. Moving closer to your inner Divine. Distractions will come whispering a message of Truth - "Go deep within" because there lies the reality. Listen to this message within yourself and get liberated! The Truth is within you, available at all times.

All are your friends! Life is being free!

**Love and Blessings,
Dadashreeji !!**

***Lord Gautam - The Buddha**



His Words

" You must all be made aware, that your birth on this planet itself was caused by 'Divine Will', empowering you to attain the 'Highest'; in this very lifetime. "

- Dadashreeji

This is a very potent statement from Dadashreeji. Our birth on this planet itself is by Divine Will. We are extremely fortunate to be born as human beings. It is said that it takes many births as lower forms before one becomes a human being. This too occurs not by chance but by 'Divine Will'.

Why is it that we need to know this fact? We need to know this to understand that amongst all sentient beings, the human being is one who has capacity to think, something that other sentient beings lack. Only humans are capable of continuous scientific progress and improvement in quality of life.

However, although science is important Dadashreeji is pointing at something which probably is far more important. He calls it the 'Highest'. What is this 'Highest'? The answer is to be able to re-join with the 'Source'. To be in union with Divinity, from whom we have distanced ourselves. The Divine has 'empowered' us to attain this highest goal merely by allowing i.e. by 'Divine Will', us to take birth which will be invaluable in our journey towards the Divine.

It is also said that it takes many human lifetimes to attain Divinity. However Dadashreeji suggests that once one is aware of this 'Divine Will', one should consider THIS life-time as the best to attain it. Be passionate, determined and single-minded to attain the 'Highest' in this very life-time'.



the Transformation tour

*Invite **Positivity** and **Joy** to your lives!
Experience **Love** and **Peace** within through
MaitriBodh Middle East's
experiential sessions,
as we travel to your city.*

*15th May - Ajman and Um Al Quain
16th May - Ras-Al Khaimah
17th May - Fujairah
18th May - Dubai
19th May - Dubai & Abu Dhabi
20th May - Sharjah*

*for more information
or to register for the sessions
please call on
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Dadaleela

..... Devotees' Experiences

Heal the Soul (Bodh 4): Divine Grace and Love Galore

Dadasharnam All,

I am glad to have got the opportunity to express my experiences that were before, during and after the spiritual event that was Bodh 4. Here it goes:

My association with our "Best Friend" Dadashreeji, I am sure, goes on for eons. On the earthly sphere, however, I was introduced to Dadashreeji in the autumn of 2015. Life has, since, been full of His grace and benevolence. It certainly has not been a bed of roses - it was never meant to be. It is when facing a challenging situation that I have needed Him the most and, by Jove, he has always been there. It is after experiencing a tough situation that I realize how lucky I have been to have been through that experience because without it, a subtle learning would have eluded me. As I often say, "miracles" have been a norm in my life, or maybe that is the way I look at life now.

The events in my life leading up to Bodh 4 were some of the toughest in recent times. My own actions and doubting nature precipitated my sense of loneliness. To be fair, my mind questioned my own ability to attend Bodh 4. But then something told me, maybe my soul needs to heal and what better place to give "it" the chance than at the serene and beautiful hills of Karjat which houses my Dada's abode of peace. He was calling me with open arms. How could I not have attended it? My heart overpowered my troublesome mind and before I knew it I was seated amongst 73 other participants partaking in the most generous display of love and grace that our Divine friend has bestowed.

At the beginning of Bodh 4 I told Dadashreeji, "Dada, iss baar, aar ya paar, I don't want to be hanging in the middle". The next four days were bliss. Every day was progressively better. His



words were beautiful, sweetly flowing and silencing the mind in a way that only He knew. As I am sure many others were feeling, it was like He was anticipating our questions, His answers just apt to quell the fear, quite the mind and raise the level of faith in a doubting mind. My Dada was doing what He knew best. He was spending his unending reservoir of love among his devotees. As if his words were not enough, the experiences with our eyes closed were even more powerful. I was made to feel like a little child, in the hands of parents who, I felt assured, would take care of me no matter what. Tears rolled down my eyes as I was led into this experience of feeling protected on Day 3 of this 5 day extravaganza of grace and affection.

Dada had kept his most potent weapon, "The ShaktiPravaah" for Day 4 where I truly believe he went deep inside us to connect with us at a level that can give us sufficient strength to overpower the uncertainties of our doubting mind. I didn't have a care in the world while I was at the ashram. Why should I? He had reassured me that I was loved and protected. From within I felt the tremendous urge to be fearless and to fully express myself. He had accepted me the way

I was. There was nothing to make me pull myself back from the judgment of the questioning world.

I left Ashram in the evening of Sunday and the worldly charms immediately began working up their magic to entice me in their wonders. But then, I am protected, more than ever. I can feel a subtle feeling of dissociation which tells me "Hey, hang on! It is just your mind, reacting to the situation." I am more able to relate to what the world would call "my short comings" and even if they really are imperfections, I am now more than willing to hand this over to "Him". After all, "He does it, not I".

Events in the physical life have been shaping up so I can put my spiritual teachings in context. Conflicts on the way to resolutions, circumstances which justify the events leading up to Bodh 4 and old friends expressing their affection to me. I too have chosen to be more expressive in a way so as to empty myself, yet not at the cost of hurting anyone.

I could go on and on, such has been His grace. I so pray that this grace reach one and all, so the world will be a better place for all to live in.

**Dadasharnam,
Kunal Ashok**



The innerVoice

I had recently shifted to Hong Kong for a new job as the Vice President in Sales Trading, a position which I had received by Dada's immense Grace. Yesterday I appeared for a very difficult licensing exam – a prerequisite stated by the financial regulators for me to be qualified to trade stocks for clients.

Passing marks in the exam are 70% which implies that you need to answer 42/60 questions correctly. I had studied hard and prayed to Dada to please help me clear as I had genuinely studied and felt it was only fair that I pass the exam.

The exam was tough but I completed it 20 minutes before the scheduled time. I was quite sure I was going to fail (not get 70%) and was about to press the submit button, collect my result and leave with a small face.

Just seconds before I was going to submit, something within (now I realize it was my Inner Dada's voice) told me to check three particular answers. So, I ran through those answers that I had ticked and changed them to another option (as this was a multiple choice exam) and clicked the submit button. I still felt I would duck the exam and was prepared to reappear if necessary.

As soon as I clicked the submit button, I saw something that left me amazed! Thanks to those last three corrections, I had scored exactly 42 out of 60 and had passed. Dada had saved me!

Mitr Sameer Patker

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Examination Results Slip (Unofficial)
考試成績單 (非正式)

Name of Candidate:	PATKER Sameer Sudhir
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Passport No.:	Z2085369
護照號碼:	
Examination Name:	Licensing Examination for Securities and Futures Intermediaries
考試名稱:	證券及期貨從業員資格考試
Examination Paper:	1
考卷:	
Examination Code:	L1802011124
考試編號:	
Examination Date (dd-mm-yyyy) & Time:	24-02-2018 & 09:30 - 11:00
考試日期(日-月-年)及時間:	
Total number of questions:	60
總題數:	
Number of questions answered correctly:	42
答對的題數:	

Note on pass requirements 合格要求註解:

Examination Papers 1 and 7: 考卷一及七:	Answered 42 questions or above correctly = Pass 答對42題或以上為合格
Examination Papers 2, 3, 4, 5, 6, 8, 9, 10, 11, 12, 15 and 16: 考卷二、三、四、五、六、八、九、 十、十一、十二、十五及十六:	Answered 28 questions or above correctly = Pass 答對28題或以上為合格

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香港證券及投資學會





The Power of Dadashreeji Mantr

This experience has been a bit different for me. Till now I have only offered prayers for human beings and have never failed to experience the constant care of our beloved Divine Friend. My faith has grown with time but the rest of my family members could not get a chance to taste the nectar of Grace given by Dada. After I did Paduka Pooja at my home, my brother developed a little faith as Dada had given him an experience of His presence. Others are still skeptical but, one by one, Dada is enveloping them in His Grace.

My sister-in-law has a pet dog and she is deeply attached to it. A few days back the dog went out of house and the street dogs almost killed it. My sister-in-law was inconsolable after seeing the condition of her loved pet and my brother was sad too. The vets denied medical support. I received this message late in the evening from my brother. He asked for help and prayers. My sister-in-law said, "You people say you have Divine Friend Dadashreeji, can't He save the life of my pet?"

Can't He reduce the suffering of this dog?" I offered prayers internally and told my brother to do the same and chant the Mantr with a loving touch to the dog. A miracle occurred at the same time. The mantr used to invoke our Divine Friend yielded immediate results. Although the dog was in deep pain, he settled down immediately. The next morning, he was much better and he even took a sip of milk. I received a call again from both of them, who were evidently very happy and were filled with great regard and gratitude towards Dada. They just could not believe the miracle which they witnessed. Since then, both have started to talk about Dada and chant His Mantr daily.

Dada showers His Grace on all beings and listens to us every second. I am grateful to Dada for giving them such a wonderful experience.

Rashmi Kaushal, Delhi



The Life Transforming Moment

I remember the first time I came to the ashram for attending Bodh 1. I didn't know what a Master was, what spirituality was or even what an ashram was. I was going along with a very close friend, who had insisted that we check it out.

After listening to Dadashreeji speak on various topics I realized that the crux of the matter was connecting oneself to one's Master or Guide or whatever form of the Divine one naturally connects with. I felt a little embarrassed and had to ask, "Can I take you as my guide, as I don't have one?"

I felt so comfortable with the words He was uttering, that it was as if I was naturally connected to Him. Obviously, there could be no other person I would be able to relate to with the same level of comfort.

When He said, "Yes, if that's what you feel like", it felt like a lifetime of weight had come off of me.

I couldn't understand at that time the importance of what had just happened. In my limited understanding at that time, I thought I had just agreed to follow the words of Someone who was explaining life in the simplest way I had heard of. Little did I know my life was about to completely change and my spiritual journey was about to begin. I guess I was always on this path but had simply never realized or understood it till I heard Dada speak.

When He said yes I could take Him as my guide, it felt as if I had returned home from a long journey.

Love,
Mitr Shaan, Mumbai

The Divine Play

"What should I THINK while meditating?"





Tihar PRISON - What an experience of FREEDOM!

Mitra Sut shares his experience of visiting the inmates lodged in Tihar and the moment of catharsis he had while interacting with them.

As we finished the Stress symposium session for Tihar officers, there was this internal urge to go and see the inmates. It was a sudden visit and we were already late, as the cell doors close at 6.00 pm. So I gave up all hopes of seeing them. But, the DG (Deputy General) saw something in us and said that he would organize the visit. Orders were given and, in minutes, we were on the way. A maze like road, perhaps meant to confuse the visitors, led us to yet another road with side walls as high as 20 feet. Finally, we were taken in through a small door in the high wall, into a room where we were frisked thoroughly. Except for our clothes, nothing else was allowed in.

And then we finally walked through the lanes of the infamous Tihar jail – a place where people convicted for the highest degrees of crime were lodged. My heart pounded as I thought I might see them in chains or perhaps locked in small, dirty cells. But the officers accompanying us said that this was their break time until dinner, when they would be locked up again. During breaks, they could eat and were free to move around as they so desired.

I saw a few young men walk past us in regular civilian dress. Some of them were in white clothes. We were informed that the ones in whites were convicted criminals while the others had their judicial trials going on, although they had been in Tihar for a considerable amount of time.

A door led to another large, open in-dwelling

with trees and shrubs neatly maintained (all by the inmates as we were told) and on the sides were rows of small rooms, with mattresses lined up on the floor, where the convicts stayed. Since it was their break time many were out doing some work, but slowly gathered close to watch us with curiosity. As more of them came, a few armed officers approached us and hurried us away from there! Fear arose within me and I felt that maybe we should leave from there.

We then went back to a locked room above which was written 'Meditation Room'. This was the same place where a Maitreyi had been conducting weekly classes since January 2018. The names that she recommended were announced on loud speakers. In minutes, a few men came running some dressed casually, some in whites. One of them opened the locked door and we stepped in. It was a neatly kept room with the floor covered with clean white sheets and its walls lined with multiple picture frames, photographs and paintings of several saints, masters, and spiritual teachings. In a corner, a small table covered with white sheets was kept, upon which the Shrimurti of Divine Friend Dadashreeji was placed.

"Use all the resources to uplift and improve yourself. When all your efforts end, allow me to work on you. You will witness that transformation you needed for long," says Dadashreeji.

As I bent down to offer my salutations to Him I saw His eyes twinkling. I could feel the



pulsations of His heart, and I realized that Dadashreeji was present in that room (in astral form), working on these inmates and gracing this place with His Divine Love.

The inmates sat down facing us. The entire room had been transformed into something inexplicable. The five convicts looked at me with feelings I have no words to express. It was as if they were glowing with faith, full of hope and there was something else! I wondered what it was. Were they feeling ashamed, guilty, or embarrassed?

One ran to get us some water, another cleaned the sheets around us, another ran to get us tea and biscuits, all made by the inmates. They tasted better than the expensive cookies from Starbucks!

Later, our Maitreyi asked the inmates to express themselves and also ask questions, if any. Slowly as they started bonding with us, they opened up, sharing a bit of their experiences. One sang for Mother India and then for Dadashreeji with such intense devotion that I have ever experienced. Another spoke of what they had been going through and how the sessions of the MaitriBodh Parivaar brought back their faith. They told us that numerous organizations came to Tihar before, but they felt more distanced and low. For the first time, they felt that they were being accepted for who they were, and were not made to feel low, but as equals. With MaitriBodh Parivaar, they experienced a bond of true acceptance and Love. As an inmate shared his journey, I felt myself tearing up, trying hard to control myself. But he just went on, his eyes glowing more and more. They spoke with much love and confidence,

sharing their real life experiences of going through the bottom-most pit of human values, going through deepest repentance, shame and all the emotions that a human can ever go through. And then perhaps with their intense urge of getting out of this darkest of the holes, or may be someone's prayers or some miracle they could see a light at the end of the tunnel.

As one said, "I have nothing left to do now in life but through my experiences I want others to learn how to become a better human being, may be here in Tihar or if released out in the world" (he has been in jail for about 11 years). This reminded me of Dadashreeji's following words, **"The best way to help people is to transform yourself because with your transformation all connected with you will automatically get transformed."**


He added, "Dadashreeji's Love and the experiences I have had, has made me feel no different, whether I am here in the jail or out in the world, because I have found my purpose!"

Tears rolled down my eyes. I couldn't believe what I heard and that too from a convict. What a transformation Dadashreeji had brought about! As we moved out of Tihar and back into our so called 'world with freedom', I wondered whether we were actually, truly, really free, or are we imprisoned in a manner worse than the convicts? Aren't we imprisoned with our own mind and its conditioning, desires, demands, wants and so much more?

I had no words, but to internally express the most earnest feeling of gratitude from the bottom of my heart to Dadashreeji for being with us and now!

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





Sharing our innerLight with the World

Maitreyi Mohini expresses her views about consciously utilizing free time to share love and light with everyone around us.

In life we are consistently doing something or the other and being at some or the other place. While most actions may lead to the fruitful utilisation of our time, there are occasions when we feel stuck in a place or with some work which was not by choice. This may lead to the feeling that precious time could have been used for something productive and more useful. In moments like these we need to become aware that the universe never places us in any place or situation randomly. Everything is orchestrated to perfection by Divine Intelligence. However, sometimes due to our lack of awareness and mostly because of us going through life unconsciously we fail to utilise and engage with the moment and space to our highest potential.

It will do us well to realise that all of us are energy. We are living, breathing, pulsating bundles of energy and wherever we may go we bring our energy into that space and to those present in that place. Whatever is our innerstate, it transforms into the energy that we emanate. Becoming aware of this constant process, we can utilise our presence to the highest. Even when

we feel we have nothing to contribute to a space or work or to those around we can create value for our time. We can send loving thoughts to the space. This can be easily done by expressing a prayer of gratitude to those who are present there, or to the work that we are assigned. We can pray for the Divine to bless the space and all those present there. We could simply have our own innerdialogue with the Divine thanking Him for knowing what is best and for placing us there. Or we can simply chant the Divine's name or become aware of our breath. In doing so, our energy transforms and permeates the space we occupy. While we may not realise, this loving energy can help another who is touched by it.

“Let Divine Love flow through you, shine and glow in all directions!” says Dadashreeji

Every moment in life is an opportunity to express our higher self. When we become aware of this truth, then no matter where we are, we can use every moment to share our love with the world.

A lover of life, Maitreyi 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 Humbling of Hanuman



After burning the entire Lanka, Lord Hanuman the King of speech, was returning to meet Sri Ram. His mind analysed the events that had just taken place. He thought to himself, "Oh! How much work I have done! I crossed the ocean, found Sita, I killed Ravan's son and talked to Ravan himself, I burned Lanka and ruthlessly beat the Asurs." Thinking thus, Hanuman's heart swelled with pride, Sri Ram immediately became aware of this change in Lord Hanuman's mind.

Lord Hanuman could not contain His joy, recounting His heroic deeds. On the way He suddenly felt thirsty. He felt that it was impossible to continue the journey without drinking water. He halted immediately. That place was Mahindr Hill. Lord Hanuman looked around in all directions to see if there was a water body nearby. But, he could not locate any source of water. However, He saw a sage, who was the embodiment of peace, sitting at some distance from there.

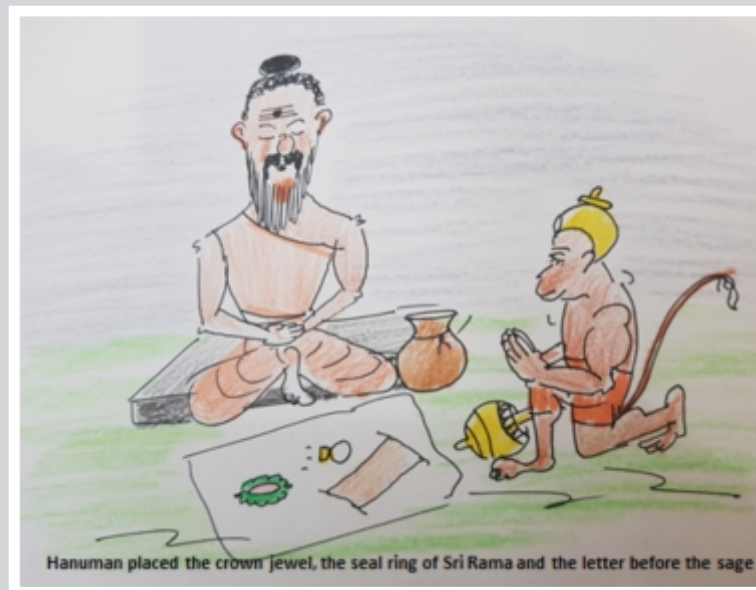
Lord Hanuman approached the sage and saluted him. He said, "O sage! I am feeling very thirsty,

kindly give me some water to drink or show me where the nearest water body is located."

With a smile, the sage pointed out the direction of the water body and Lord Hanuman set out in search of the water with great joy. Before leaving, He took out the crown jewel that Sita had given him, the seal ring of Sri Ram and the letter from Brahma, and placed all the three before the sage, and proceeded to drink the water.

In some time, another monkey came to the sage. It took the three things that Lord Hanuman had placed before the sage, and put them in the sage's kamandalu (water pot) and ran away from there. The sage observed this too with a smile.

Having quenched His thirst, Lord Hanuman returned to the sage. Not seeing the three articles that he had placed before the sage, He was shocked and asked the sage, "Sir, where are the things that I had kept here?" The sage did not speak but raised his brows and pointed towards his kamandalu. Lord Hanuman was amazed when He looked inside; He found thousands of seal-rings just like the ones He had left there. At





this, Lord Hanuman was confused and asked the sage, "Sir, among the seal rings, which is the seal ring I left here?"

Without getting disturbed in the least, the sage told with his characteristic smile, "Child! In all ages when Sri Ram incarnates and Ravan kidnaps Sita, it is a regular practice that when Lord Hanuman returns after meeting Sita, He puts the seal ring in my kamandalu. Those are the rings that you are seeing now."

Hearing this, Lord Hanuman's pride was crushed, ashamed He said to the sage, "Sir, till now, how many Ram's have incarnated?"

The sage replied, "You should know by counting the seal rings in the kamandalu." Hanuman understood that it was impossible to count them and thought, "How many persons like me have done this work before me! What have I done so special and different from them?"

Thinking thus, he proceeded towards Angad's abode.

Later, Lord Hanuman along with Angad, went to Sri Ram. Hanuman said: "O Lord! I have committed a great blunder!" Saying this He recounted the incident with the sage in detail. Hearing the whole incident, Sri Ram laughingly said, "My child it was I who did all this in the form of a sage, for your own good. Don't be upset, see this." In His hand was the shining seal-ring that Hanuman had left with the sage!

The humbled Lord Hanuman saw the complete form of Lord Vishnu in Sri Ram. His heart melted and Lord Hanuman fell flat at the feet of Sri Ram. He did not get up for a long time. After this, under no circumstances would pride ever enter Lord Hanuman.

Reference: Prabuddha Bharata, December 2017, Vol.122, No.12



Even a great devotee like Lord Hanuman developed pride, but whenever a devotee is being carried away by pride, the Lord's Grace always shows the right path.





Yogurt - Barley Lassi

Dr. Sheetal Maniar shares the recipe of the ultimate summer drink;
Yogurt - Barley Lassi and the associated benefits.

Barley, one of the first cultivated grains has multiple health benefits such as:

- Barley lowers bad cholesterol due to high fibre.
- Protects the intestine by feeding friendly bacteria.
- Barley substantially lowers the risk of Type 2 Diabetes.
- Barley's fibre, potassium, folate, and niacin content coupled with its lack of cholesterol all support a healthy heart.
- It has shown to reduce the risk of colon cancer significantly.

Health Benefits of Yogurt are mentioned below:

- Yogurt or curd is good for digestion as it is a probiotic and builds healthy bacteria.
- Curd has a moisturizing effect on your skin
- It contains special proteins & nutrients that control high blood pressure
- Helps release stress and anxiety as it's linked to lower the levels of brain activity with concern to emotions and pain.
- Good for bones and teeth. Curd not only

strengthens them, but also improves the bone density.

So here is a quick, easy to make and healthy recipe to help you prepare the ultimate summer drink of the season – Yogurt Barley Lassi!

Ingredients:

- 1 bowl barley (Daliya or jauka daliya,)
- 1ltr buttermilk
- Dry and crushed mint leaves
- Salt and pepper as per taste

Method:

- Soak barley (daliya or jauka daliya) for 1 hr.
- On a slow flame, cook the soaked barley in buttermilk (orchass) for about 30 minutes or until completely cooked.
- Add salt, pepper & dry, coarsely crushed mint leaves to the mixture.
- Let it cool completely.
- Add buttermilk to the cooked barley and make the consistency thick.
- Refrigerate and serve cold

Dr. Sheetal Maniar is a physiotherapist by profession, a PhD 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.



The Attitude of Gratitude

In this article, **Maitreyi Varsha** extols the virtue of being grateful and urges us to make it a part of our everyday life

Being grateful is nothing but expressing Gratitude. We generally have a habit of taking things for granted. We get used to certain things and stop appreciating and valuing them after sometime. This quality of being grateful comes with appreciation, by being thankful each moment. The habit of being grateful can be cultivated by being aware. By merely slowing down our pace and opening up our senses to everything around us we could experience each moment mindfully. Making us realize that we are whole and complete within ourselves. The presence of Divinity in each and everything around us would make us appreciate even the smallest things in life. It is the giving of thanks not just once a year but each day with every breath.

Let's develop this attitude of gratitude by practicing it each day with every thought and deed. One could start with writing 20 things we could be grateful for every day and gradually increase it. It could be anything: Thank yourself, others and the world, for our body, limbs, eyes, a cozy bed, pillow, food, water, plumbing, the domestic help and more. Let us be in this state

Dadashreeji says, "I've seen people keep complaining about everything in life. That's not going to help at all. Saying 'thanks' gives you a more appreciative state of mind. Everyone is doing good or bad for you so appreciate it and say 'thanks' for both situations."

We need to be grateful even in the face of adversities, when situations are not working in our favour; for there may be a better plan that Divinity has for us. When we are grateful we feel complete, everything seems to have fallen in place; a realization that it couldn't be better. This joyful state attracts abundance. The universe responds to such positivity with abundance since it is always in the 'giving' mode. Gratitude has the power to create opportunities and transform roadblocks to stepping stones.



and express our gratitude and love for the creator and all of life's creations each moment.

Thank you for taking the time and reading this article.

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



The Many Facets of Divine Manifestation - The MaitriBodh Parivaar

Maitreyi Cecilia reflects upon the various qualities of the Divine that manifest in us all and urges us to respect the Divine within everyone

The MaitriBodh Parivaar is a family of friends that share a unique bond of Love. While reflecting on this bond, there was a realization that each Mitra and Maitreyi of the Parivaar possesses a unique quality. In some I witnessed utmost devotion to the Divine, in some the most eloquent ability of sharing love, while some had pure strength, a few had the ability to very carefully plan and deliver whilst some had the ability of being calm and composed, while others offered a helping hand to everyone in need.

Each was an individual unit but expressing as one body. In each Mitra and Maitreyi, Dadashreeji is manifesting several of his unique qualities and thus collectively as the MaitriBodh Parivaar, we are Dadashreeji Himself, manifesting and experiencing the beauty of life.

This is not just limited to our Parivaar but serves as an example to all human beings around us. Each one of us possesses a unique quality. It is for us to recognize it in the other. To remind everyone that they are on their own path of learning and growing, to eventually realize that each of their inherent virtues are the embodiment of the Divine. So, how can we then dislike, be frustrated or hassled with the other? Let us not forget that the Divine within us also resides in all, for this would change our interactions and approach with others.

Much gratitude and much love to you my Divine Master, for you truly are everywhere.

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.





Stepping into Adulthood

Vaidehi Maheshwari shares her journey from being a naive teen to a slightly wiser adult

When I was five, I wanted to be old as dad, so that I could buy all the toys I wanted. At ten I wished with all my heart to be old enough to stay up way after bed time and watch movies . At fifteen, I remember yelling at my mom and telling her that I could not wait to be an adult and be free to go clubbing or drive a car without her permission.

So it's no wonder that I wanted my 18th birthday to be special.

Today I become a legally recognized adult. I join millions of people who identify themselves as Gen Z. I will have the power to choose my country's leaders. I will be responsible for hundreds of lives on the road when I drive a vehicle. I will have to manage my own finances, my job, my own house and one day, my own family. In a span of 24 hours, I jump from being dependent to independent, from U/A to A and from apple juice to Champagne.

I have been blessed to be born to parents so humble and loving and nurturing. To be educated by some of the finest teachers I will ever know , and to call a bunch of brilliant young men and women my best friends. To be raised in a country with enormous potential. To have

been given the power of thought, speech and expression. To have been spared from most of the evils in the world but to be ever grateful for the life that has been given to me.

Almost a decade ago, my first grade teacher had signed my "autograph book" with words that I'll never forget. She had written in that perfect cursive handwriting of hers, **"What you are is God's gift to you. But what you become , will be your gift to God."**

I have been given the best gift ever, something that no one would ever be able to top - The gift of a beautiful life. So my first decision as an adult will be to pass it on. To make lives more beautiful and worth living and to help everyone and everything to the best of my ability. Sounds cliché, I know. But a simple glance around ourselves can really open our eyes to reality and make us aware of all the tiny but worthwhile ways we can make a difference.

One day, years from now when I cease to exist, I'll know that the goodness that I helped to spread is still out there. Immortality is only one good deed away.

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



The Divine is everywhere!

John went with some of his friends to buy groceries for his mother. He was given a list of groceries and Rs.50 by his mother. Before leaving, she said "Take care and be good. I love you!" He hurriedly ran with his friends to the nearby store, collected all the items and proceeded to the cash counter. Upon arriving at the cash counter, John smiled at the cashier and greeted her. She smiled back and started to put the groceries into his bag. John's friends were waiting for him round the corner.

After the billing John joined his group of friends. They asked John how much extra money he had. John replied, "5 rupees." They asked John if he wanted to contribute to buy a lottery ticket. They explained how there was a small chance that he could lose all his money but also enticed him with the thought of his money being doubled or tripled. Further, they reassured him that his mother would never find out.

John was confused for a moment and cringed. He felt uncomfortable. The lady cashier who had overheard the conversation of the boys smiled and said "I don't think it's a good idea." John then immediately decided against contributing the money. His friend coaxed him several times. But he was worried about how disappointed his mother would be if she found out about his dishonesty. When he went home, he handed over the five rupees to his mother. He then recounted his experience at the grocery store. Upon hearing the entire story, John's mother smiled and gave him a big hug. She told John how proud she was of his honesty and the fact that he stood his ground. She then gave him the five rupees as she felt that he had earned it. This totally made his day!

The Insight:

John was tempted to take the path of dishonesty. By making him feel distinctly uncomfortable inside, the Divine used the cashier's voice to guide John against making the wrong decision. Divine Guidance is everywhere. We must keep our eyes and ears open to pick up the clues.



Awakening to Self - Realisation (Bodh 1) and Purification (Bodh 2), UAE (Middle East)

The first Awakening to Self - Realisation (Bodh 1) and Purification (Bodh 2) took place in Sharjah on 30th & 31st March, 2018. Divinity showered immense Love and Grace on the Divine souls who were from varied social backgrounds and different faiths as they came together to look within and experience their higher self.

A small yet extremely devoted team of sevaks worked round the clock to bring the best experience to the seekers. The session conductors overcame the barriers of language, religion and culture to deliver the message of Friendship and Love establishing Dadashreeji as a Friend in the hearts of the participants.

Above all, Divinity blessed the event with overwhelming positivity and joy. The ShaktiPravaah medium could feel energies like those in the Shaktipeetham at the venue. During the Om Ling Dhyaan, the presence of Dadashreeji was felt evidently. This event marks the beginning of a beautiful journey of the MaitriBodh Parivaar in the UAE.

During the auspicious month of Ramzan, from 15th - 22nd May, MaitriBodh Middle East is travelling to all the Emirates across the UAE on - The Transformation Tour.

We will be offering various events like - Awakening to Self Realization, Maitri Light, Self Metamorphosis and Maitri Sambodh Dhyaan sessions.

To make the most of this divine opportunity, host an event or recommend to a friend. You can get in touch with Maitreyi Manjiri - +91 996766551 for further details.



Purification (Bodh 2), New Delhi

The seekers were seeking the highest and eventually found the path that would lead them to their destination.

Having found answers to their innumerable questions the smiles of relief and peace on the participants' faces was a sight to behold.





Heal the Soul (Bodh IV), ShantiKshetra Prémgiri Ashram:



There are certain moments in life which get etched into the walls of our mind and transform us completely into a different version of our own self. Our life would never be the same again. But even if all of such experiences were rolled into one, it would never compare the Divine journey of 'Bodh 4: Heal the Soul'. This surreal experience was exactly what some 150 seekers went through in the last couple of weeks.



Heal the Soul is the next stop further in the journey of Bodh after Path Divine. A retreat of almost 5 days delivered by Divine Friend Dadashreeji Himself, Bodh IV was completely an experiential process. The participants were guided through an array of yoga exercises, fun and interactive games, sublime meditation sessions, profound spiritual processes, and the Divine process of ShaktiPravaah from Love Incarnate Dadashreeji.



Each of the seekers participating had a uniquely different experience, but what was common to all was the sublime experience of bliss that seemed to engulf everyone. They experienced true freedom as they shed their past baggage and moved towards the light of truth. They experienced being born anew as Love Incarnate Dadashreeji released them from their past karmas.

Summarising the experience, it was: Love, Love and only Divine Love!!



"I envisaged when we were lying down, that Dadashreeji is transforming us. I saw Lord Shiva (Mahakaleshwar ji) on His right side and Maa MahaKali to His left blessing us and Dada performing and making the transformation happen as Narayan (the preserver) and Maa is there as a protector in all Her might."

- Mitr Arun Malik

" There are no words to express at all as to what we have received and how much He gives. It is just immense gratitude to Him. Thank you!"

- Maitreyi Shreshtha

"I am 47 years old, I don't remember the last time I cried, but yesterday after the ShaktiPravaah in Bodh IV, I felt that I am re-born and am a small child and I cried like a baby".

- Ashish, Thane

"Words fall short to express the gratitude to Divine Friend Dadashreeji for His Grace and Love for giving me the opportunity for being a part of Bodh IV. Spending five days at Shantikshetra Premgiri Aashram in the physical presence of Divine was the most blissful experience. We became like little children who were taught how to sit, eat, sleep, observe, express, meditate etc in the right manner. We experienced that the most basic and simple things that we take for granted in life are the most essential things to grow spiritually and move forward in life. ShaktiPravaah process was the most profound. It felt like Divine Love, Divine energies and Divine Grace were pouring continuously in my mind, body and soul. I returned back drenched in Divine love. I feel truly blessed, special and most precious because Divine is my best friend. Thank you Dadashreeji for your constant love and care for your children."

दादा मेरे सत्गुरु, मेरे साईं
इन नयनों में है तेरे सृष्टि समाई
होठों की मुस्कुराहट, तेरी हर दिल को भाई
श्री मूरत है तू प्रेम की
तेरे हर दर्शन ने है कृपा बरसाई।
वह छोटी छोटी बात, जिन्हें मन खींचे जाता
उन बातों का कोई मोल नहीं, तुम हर पल मुझे सिखाते
मन की सारी बातें, हृदय में ले आते
घटा बन प्रेम की, सावन में मुझे भिगाते।
भटकी हुई उस पथ से थी मैं
राह दिखाई तुमने दादा
अपनी श्रद्धा बनाकर मुझको
बदला पूरा जीवन मेरा
चल पड़े तुम मेरे संग, उंगली थामे हर कदम
तेरे चरणों में शीश झुकाऊं
तुझ में ही अपने प्रभु को पाऊं

- Maitreyi Shraddha





Spiritual Week, ShantiKshetra Premgiri Ashram

The Spiritual Week from 11th to 15th April 2018 at ShantiKshetra Premgiri Ashram was a mesmerising experience for the 19 souls who attended. Focussed towards attaining a state of bliss and love all the participants flowed beautifully during the processes. Overwhelmed about meeting their inner Divine after so many years, joyful tears flowed throughout. Minds were silenced and hearts were opened during the ShaktiPravaah process. The Grace of Dadashreeji was an unstoppable force which took over and every soul went back home with a new Divine Friend to guide them every minute in all walks of life.

Breast Cancer Awareness Camp

The MaitriBodh Parivaar organised a Breast Cancer awareness talk and screening for the women of Jambrung and neighbouring villages on 9th April' 18 in association with Prashanti Cancer Care Mission, Pune. The programme began with an awareness talk by Ms. Dipali Chavan of Prashanti Care Foundation, Pune.

This was followed by a clinical screening and examination. The clinical screening helped the village women as they didn't have the facility of mammography for the detection of cancer. It was intriguing to see the active participation and enthusiasm of the women. Every one left with a new found awareness of breast cancer, knowing that support and help from the Parivaar is always available.



Walk for Mother Earth, Amritsar, Delhi, Mumbai, Pune

This Earth Day, we expressed our gratitude to Mother Earth through the Walk for Mother Earth event that took place in Delhi, Mumbai, Pune, Amritsar and Vienna.

In Delhi the mercury seems ever on the rise - a sign that Climate Change is not just something out of a textbook, but an everyday reality. And as time passes the issue seems to be only more grave. Walk for Mother Earth was an initiative to bring about more awareness about this issue of Climate Change and how it is affecting not just the planet, but all of life including us.

The event in Gurgaon was held at the sprawling Leisure Valley Park. Some 150 people comprising of different groups - school children, cyclists, regular walkers of the park and more, joined in for the Walk. The youngest participant was an infant gliding on a crib that his father was strolling. Among the participants were Mr. Ravi Kalra, Founder of the Earth Saviour Foundation and Delhi's 'Tree Man' - Mr. Deepak Gaur.

All participants walked together in awareness of the role that Mother Earth plays in our lives expressing love and gratitude as they walked. The walk led to a nukkad natak that brought to light various reasons for climate change and how our seemingly harmless habits have led to Mother Earth's current state. Small measures that each one can take to bring about a difference were shared.

R-reduce consumption of water, electricity, and all other goods.

R- Reuse- instead of discarding old things reuse whatever can be reused.

R- Recycle old clothes, paper, plastic, furniture etc

In addition to the above 3 Rs the event introduced a 4th R - Relief. Relief is something that we all can bring about for Mother Earth in this moment.

The walk concluded with a prayer to bring relief to Mother Earth. All sat down with their palms touching Mother Earth, eyes closed feeling Mother Earth and sending her love and gratitude... and enveloping her in an embrace of loving energy.

The event left everyone thoughtful and in gratitude.

In Pune, over 100 children and their parents joined in for saving Mother Earth at Wagholi. Over 25 housing societies participated in the 'Walk for Mother Earth'. This walk included a cleanliness drive, watering roadside plants, creating awareness about recycling in which over 250 participated. Tulsi (holy basil) saplings were also distributed. Green Mountain, an NGO demonstrated how kitchen waste could be composted, which was received with full enthusiasm. All the kids and adults sang songs for Mother Earth expressed their gratitude through Prayer and made a promise to always take care of her.

A similar cleanliness drive was held in Europe too. The participants later expressed their gratitude to Mother Earth for nurturing us selflessly. The need and importance to spend time and connect with Mother Nature was also discussed.





Amritsar - 14th April'18



Delhi - 22nd April'18



Austria - 22nd April'18



Mumbai - 21st April'18

Pune - 22nd April'18



Self-Metamorphosis: Thane, Pune, Delhi, Mumbai

Self-Metamorphosis sessions were attended by innumerable participants who were made aware that despite achieving it all, why they still feel insecure, lonely and empty. Many participants understood and came a step closer to understanding what their true inner Self is all about.

Awakening to Self-Realisation (Bodh 1)

In these sessions participants experience an awakening to their inner Divine. This becomes the first step for innumerable souls to start their journey back to the source. Regular sessions for the local villagers around Karjat are also being successfully organised.

Maitri Sambodh Dhyaan and Maitri Light

These sessions are also being conducted regularly all over India and abroad.



Upcoming Events

Awakening to Self – Realisation (Bodh I) For Registration Contact: +91 9300090211	20th May'18	Nasik
Awakening to Self – Realisation (Bodh I) For Registration Contact: +91 7710833027	23rd May'18	Thane
Awakening to Self – Realisation (Bodh I) For Registration Contact: +91 9216822222	25th May'18	Amritsar
Purification (Bodh II) For Registration Contact: +91 9814869400	26th - 27th May'18	Amritsar



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

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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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