

# ANAHITA

Issue: 07 || Volume: 06 || July 2018

Guru  
Poornima  
Celebratory  
Issue

**A Divine Friend, Guide,  
Ocean of Grace  
Being in Gratitude  
Faith**

# From the Editor's Desk

Dear Divine Souls,

More than half the year has passed by in the blink of an eye. With Dadashreeji's Love in their hearts the mitrs, maitreyis and sevaks of MaitriBodh Parivaar have been relentlessly and collectively working towards establishing Love and Peace in one and all.

This entire month Dadashreeji's blessed Padukas have been travelling to the homes of devotees in the respective regions. The Divine bond between Dadashreeji and His devotees is evident in the zeal and enthusiasm with which the Padukas are being welcomed into their homes which is synonymic to their Beloved Dadashreeji visiting their homes.

This month we celebrate 'Guru Poornima' (Gratitude Day) on 27<sup>th</sup> July. MaitriBodh Parivaar, with its mission to establish universal love, peace and harmony, dedicates this **Guru Poornima to the cause of the farmers by 'Giving in Gratitude'**. Rather than buying Him gifts, Dadashreeji has urged and humbly requested all His devotees to support this cause. The proceeds will be used for the welfare of these farmers and their families.

In this 'Guru Poornima' special, we bring you many interesting articles where our writers appreciate and acknowledge the goodness in their lives whether tangible or intangible. Under *Dadaleela*, our devotees share their experiences with Dadashreeji. *Dadashreeji: A Divine Friend- Guru-Master, Faith, Guruve Namah* are articles that explore the ways in which Gurus and Masters operate in our lives and help us experience the truth by lifting the veil of ignorance. The emotion of Gratitude is expressed through two lovely poems. The participants of the *Peace Within Retreat* share the exciting experiences of their life transforming journey with Divine Friend Dadashreeji. Stories – *The Cow and the Tiger* and *The Hand of Gratitude*, are must reads. Under *Wellness and You – learn how to boost your immunity*. Enjoy light laughter with *Divine Play!*

In the *Special Feature*, a Mitr shares the significance of 'Being in Gratitude' and how it helps elevate our state of consciousness.

Under *Pearls of Wisdom*, do not miss the message from Divine Friend Dadashreeji on the spiritual perspective of committing suicide and how we could make a difference in the lives of the ones taking this extreme step.

With Love and Gratitude in our hearts we warmly welcome you to join us for the *Gratitude Day* celebrations at ShantiKshetra Premgiri Ashram, Karjat on 27<sup>th</sup> July.

Wishing you Love and Peace,  
Team Anahita





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Please do mail us your suggestions and comments on the articles at [anahita@maitribodh.org](mailto:anahita@maitribodh.org)





**Q:** Our heart pains us when we hear the news of someone committing suicide. People take this extreme step without understanding its pros and cons. With these cases increasing in numbers, what is your message for us? Spiritually, how do You view this act of ending one's life? Please enlighten us.

**Dadashreeji:**

Dear Friends!

For any sensible mind, the news of taking one's life is agonizing and disturbing. There is definitely no valid reason to justify this act. We, as a society, are failing in saving the lives of these lost souls. We always see two parties blaming each other but no one seriously trying to understand the exact reason behind this and solving it diligently. If such incidences bother you internally, you should do something practical towards it.

If you see someone around you depressed or irritated all the time, create a space enabling them to express their emotions or difficulties to you. Basically, you need to be an open, approachable positive being. Give quality time to them! The moment your heart feels their heart and vice-versa, you have solved it. Soon, they will be out of the depressing state and restart life positively.

If you find yourself unable to provide effective guidance, direct them to a good professional counselor to handle these critical ones. Apart from all this, the most effective thing that all of you can do is to pray for them. Pray for right guidance and wisdom! With such measures, we can unitedly and definitely avoid such cases in the future. Life, which was originally designed to enjoy and explore, has turned into a war to compete and exploit. One will have to strike a balance between these two if not entirely the former.



We want to convey the message to all those who are chronically in a depressed state or ever had a thought of ending their lives. Circumstances should not be so powerful that they take your breath away. Your inner strength should dominate and overcome these overpowering complexities. Nature always provides an opportunity to grow and achieve what one wants in this life. Human beings have got free will. They can achieve good and rewarding goals. Animals don't end their lives. They always adapt to situations. Only human beings, privileged to exercise their free will, can do whatever they want. One cannot disgrace Nature, the One who gave you life for better things. In a depressed chaotic mind, one often doesn't listen to the voice of Nature, your inner-voice.

There are always many ways available to come out of difficult situations. In fact, you stop looking for solutions and that's where the situation intensifies. With patience and time, everything will be healed. Your pain and complex situations will surely change with time. Nothing is permanent in this world. It has to change for the good. If you get the basic true understanding of life, you can come out of any complex situation in life.

Ending one's life is a spiritual crime. No God, Master or true friend will advise you to do this. Life is full of opportunities. What one may miss is true guidance. If you share a true bond with the Divine, such thoughts of ending one's life will never arise. It is said that if one ends the journey of life by their own choice, one reaches a 'trishankhu avastha' (hung in-between state) after death. Since you discontinued your journey and lessons, you are stuck in a state where you can't go up nor down. You may escape the worldly scenarios but you get nothing at the end except repentance.

During a solar eclipse, one can't end their life just because there is an absence of sun light. Wait for a while! Eventually, the light will surely come. A new day will dawn in your life. New beginnings, new energies, new friends, new life will shower success, prosperity and happiness.

**Set a good inspiring example for others!**

**Life is being positive and about sharing happiness.**

**Awaken your Divine, the world will be yours!**

**Love and Blessings,  
Dadashreeji !!**



# His Words

" Every moment of unhappiness in our life is asking us to change. Allow that change to happen. When we change, we grow "

- Dadashreeji

Many times we are not happy with our life. Yet, we keep treading on the same path. It is for us to understand that if we are not happy it means 'life' is calling for a change. For change is the only constant in our life. It is entirely up to us whether we want to embrace change and give a new direction to our life for our betterment and happiness or choose to continue to be stressed, unhappy, anxious and directionless.

Unhappiness can be considered as a sign or cue that one needs to introspect on the way one is conducting one's life. This introspection gives rise to awareness giving an opportunity to mend our ways towards living a happier and content life. It involves learning and implementing at each step which ultimately results in our internal growth. As we learn and understand our perspective changes thereby bringing about a shift in our overall approach to life. Once initiated, change or transformation is a continuous process. It gradually leads to the inner growth of the individual. All that we need to do is to allow change to happen, embrace it; knowing that it would bring about positivity in our life and ensure happiness, joy and our overall well-being.





# Gratitude Day..... Giving in Gratitude



—  
This  
GURU PURNIMA,  
join hands with  
Divine Friend Dadashreeji,  
in contributing to support and uplift  
the farmers of Maharashtra.  
Experience Love and Grace by being in  
the sacred presence of Dadashreeji,  
accompanied with a Prayer Process.  
—

27<sup>TH</sup> JULY 2018  
At ShantiKshetra Premgiri Ashram  
8 am - 10 am : Paduka Abhishekam and Havan  
11 am - 3 pm : Dadashreeji's Darshan

The grievous plight of the one who is responsible for the food on our table, pushing them to give up their lives, shakes the very core of any society.

MaitriBodh Parivaar, with its mission to establish universal love, peace and harmony, dedicates this Guru Poornima to the cause of the farmers by 'Giving in Gratitude'.

We all are aware that the farmers and their families in Maharashtra have been going through a critical phase, over the past few years.

Today, let us express and offer our Gratitude and Love to Dadashreeji in the form of a monetary contribution to the farmers of Maharashtra.

Rather than buying Him gifts, Dadashreeji has urged and humbly requested all His devotees to support this cause. The proceeds will be used for the welfare of these farmers and their families and it's just the beginning.

With Gratitude in our hearts, MaitriBodh Parivaar sincerely thanks you for this noble gesture.

*For queries & further assistance for payment related queries, receipts & details of donors as required by our trust kindly contact Mittr Naresh ji on 8355840124 / 9773860267.*





# Being in Gratitude

## ~in conversation with Mitr Parn

Gratitude is a state of being. **Mitr Parn** shares its significance and how it helps elevate our state of consciousness

### What is Gratitude, exactly?

In simple words, Gratitude means being Thankful and being Grateful, for everything - the good and positive as well as the most difficult and challenging.

Just as water takes many forms like a canal, river, sea, etc. to reach its destination and finally merges with the ocean, similarly a seeker on the spiritual path also crosses various states of being before he or she merges with the Divine and experiences Oneness. Gratitude is the first step to reach the Highest.

In our everyday life, we get caught up in mundane things and experience worry, hurt and pain. In such a state of mind, we are unable to connect to our true self, as a result we do not appreciate the good, the positive and the Divine in our lives. We don't even value things that we have earned after a lot of effort. Like the ocean which has large waves on the surface but deep within, it experiences the calmness of its own water, similarly when we move beyond this superficial state of unrest of the mind, we start experiencing our true self - our heart and go deeper into our consciousness. This is when we experience Gratitude. As a result of this

experience, we start valuing everything. We value our life, each breath, our body, every relationship, our material possessions, even the most difficult situations that help us grow - our entire being, nature and the Divine Himself. We naturally start feeling gratitude for everything that we have in our life.

Gratitude is simply a state of being. It is just there, effortlessly. It's not something to be practiced. It is something that happens naturally within. It's a state of a higher level of consciousness where we actually grow, deeply connect to our heart and really experience our true self.

### How can we experience Gratitude?

It is an illusionary and false thought that we can achieve the state of Gratitude through our own efforts alone. Yes! we can take actions by consciously being grateful for all that we have received but the state of Gratitude is bestowed upon us through Grace because the Divine loves us unconditionally and wants us to grow.

We can consciously say Thank You for everything we have - positive and good things in life. When we say thank you to someone, he or



she does not grow with it but we rise higher in our state. These conscious efforts, will lead to an effortless state, when done with an awareness and faith that the Divine will help us in ultimately experiencing Gratitude.

It is important to know the difference between the two most commonly used phrases - Be in Gratitude and Being in Gratitude. Be in Gratitude is a momentary experience based on the situation and time where we are consciously expressing gratitude for that moment, person or thing. However, Being in Gratitude is a constant, deeper state where we are not consciously expressing instead we are continuously experiencing gratitude and valuing everything. Our awareness levels grow higher and one is able to experience the deeper states of consciousness.

### **What is the significance of expressing Gratitude to the Divine or to Dadashreeji on the day of Guru Poornima?**

When we express our gratitude to the Divine, we grow in our life. Divine Friend Dadashreeji represents the Supreme Consciousness on Earth, our own 'Higher Sacred Self'; so when we express gratitude to Him we are actually expressing it to our own 'Self'. It means we are valuing our own 'Being' and with this experience we grow.

*"When we express Gratitude to Dadashreeji, we simply experience the Highest Love."*

In His physical presence, experiencing that deep state of Gratitude becomes easier. The influence of mind is far lesser. The mind automatically takes a back seat and the heart flowers to express itself completely. Gratitude is a quality of the heart thus we experience the state of gratitude more deeply in the physical presence of

Dadashreeji.

On Guru Poornima, the planetary alignment is such that it is conducive for spiritual growth. The auspicious energies take us much higher on the spiritual plane. On this day if one is in the presence of the physical form of the Divine then experiencing and expressing Gratitude is effortless. When we express Gratitude to Dadashreeji, we are actually being grateful for everything good in life and even the challenges because we are able to see them as tools to help in our growth.

### **What efforts can we make from our side to reach that state?**

We can do a simple Sadhana (practice).

- Everyday either in the morning after waking up or in the night before sleeping, express gratitude to the Divine for the day and its events.
- Say Thank You for all good things, all your qualities, for being alive, for the people, for everything around and whatever comes to you naturally at that time.
- Practice this continuously for 21 days. It will then become part of your being and come naturally.

You will see how your perception changes towards everything, your understanding grows, and your experiences become deep and profound.

Grow in Gratitude!  
Lots of Love.

**Dadashreeji Sharnam!  
At His Lotus Feet, always.**

Mitr Parn is one of the blessed souls who has lived under the Guidance of Dadashreeji since his formative years. Surrendered to His Divine Lotus Feet, Mitr Parn lives a life of selfless service and has been zealously working towards spreading MaitriBodh Parivaar's message of Love and Peace to every corner of the world. A mentor to many, he shares his life experiences with Dadashreeji, to help others grow to their true potential.





## Dada's Grace

My life changed in unimaginable ways after Dadashreeji touched it with His Love and Grace.

I still remember my Bodh II experience at the ashram in 2014. For years I had carried a secret wish of getting a darshan of Lord Krishn deep inside my heart. I was not satisfied with looking at His pictures and idols. I wanted to see Him in flesh and blood and had prayed endlessly for years to the Lord to grant me this wish.

But as the years passed by, I realised that I had still not gained the eligibility to get His darshan.

Exhausted beyond words I decided to give up this pursuit. I was not getting anywhere in terms of making a career and enjoying good health simply because of the obsession to see Lord Krishn. I relinquished this desire and began to focus on my spiritual progress and search for a guru.

When I saw Dadashreeji, I instantly recognised that He was the 'One' my soul had been searching for, for so many years. The One who will hold my hand till the end of this world and even beyond. The One who will guide me to the right path.

As far as seeing Lord Krishn was concerned, I had discarded this desire as foolish and unattainable and hence forgotten about it.

Dada gave me the opportunity to experience 'Inner Transformation' through the Bodh programmes. I had enjoyed Bodh I and looked forward to attending Bodh II.

My chance came in 2014. In one of the last processes the conductor, urged the participants to connect with their Isht Dev (personal deity). I was being coaxed to open the door I had locked long ago. As I followed the instructions the thought of Lord Krishn began bringing painful memories back to my mind. The pain of not being successful in seeing Him began to sear through my heart and I fought hard to choke my tears.

Unable to control my agony, I hastily got up and left the Dhyaan Mandir - the place where the programme was being conducted - and went to an isolated place facing the Sahyadri hills.

I began to accuse God of increasing my suffering by forcing me to look there where I no longer wished to see. Immediately I began to hear the deafening sound

of silence. It was uncanny, since even though the sound was not audible, it could be heard.

I wiped my tears and went back to the session thinking of the other participants who must have been waiting for me to return.

When I rejoined the group I saw that Dada had entered for the final session.

I realised that I was angry with Him too. We were promised that the entire Bodh II would be conducted by Him, but he had come in only at the end.

Suddenly I saw Dadashreeji's face change and in its place appear the face of Lord Krishn. It was incredible! Unbelievable! I couldn't believe what I was seeing!

I was face to face with the most beautiful face in the world! The face of the Divine. I burst into tears on having the darshan of Lord Krishn. It was so incredulous that I was taking my eyes off again and again from Krishn's hallowed face.

Finally the vision disappeared. When I went to meet Dada I was overwhelmed with gratitude. I never knew that He was aware of my deep, but long forsaken wish and had decided to fulfill it.

Dada was even aware of another of my deep prayers that I had offered at the Shaktipeetham. He said that my wish would get fulfilled, which it did.

Although that supreme vision never reappeared, I feel deeply content. I no longer wish to see Lord Krishn before my eyes. I have realised that God is meant for experiencing, not seeing.

As I become one with my breath, I realise that He is closer to me than my mind could imagine. God pervades my very being and fills me with His ambrosial presence in the form of my breath that communicates His feelings to me each and every moment.

For me Dada is the same Sri Krishn who had incarnated in Dwaparyug. I am sure that He will remove darkness and evil from earth like He did during that time.

Shivi Verma



# From Skeptic to Believer

## Miracles happen, don't they?

Actually, it all depends on perspectives – whether you choose to look at certain events as mere coincidences or as results of the Divine's Love and Blessings. We are at such a beautiful phase of life where we have a Divine friend to offer us priceless Grace in exchange for nothing more than an open heart! But, why we are still skeptical? Because our mind is conditioned to look for logical reasons to explain events and when no logical reason exists, our mind dismisses the event as a fleeting coincidence.

I was no different. It took a couple of profound experiences in Maitri Sambodh Dhyaan and the gentle counselling of the Maitreyis from the MaitriBodh Parivaar for me to realize that this is something unlike anything else! However, my mind was still not satisfied until I - convincing myself that I had absolutely nothing to lose - attended a Self-Metamorphosis session. I had expected it to be one of those conventional, stereotypical 'Ramayan Adhyay' sessions. I'll not mince the facts – I had a lot of questions but I hesitated to ask them.

Then suddenly, out of nowhere, the conductor came up to me and said that it seemed that I had a lot of questions in my mind. He explained that it was Dadashreeji who had told him to ask me what they were. It was then that all the dots started to connect. I understood that Dadashreeji singling me out of the many people present there was no mere coincidence. It was simply meant to be.

Upon further reflection of my experience and after a subtle push by an acquaintance, I decided to attend what I would now term as the 'Revolutionary' Bodh I. I would firmly advise everyone to attend the Self Metamorphosis session and follow it up with Bodh I. You'll be glad to note the difference in yourself.

Coming back to BodhI, I know it sounds clichéd, but the moment I entered the room where the session was about to begin, I could sense the warmth of Dadashreeji's astral presence start to settle.. Or maybe it was the comforting coolness of the air conditioned room, but whatever it was, I felt extremely at peace. My mind started planting the seed of doubt within me, telling me not to get fooled by the environment. To add to that, although my heart had already started connecting to something powerful, it seemed to ask for more proof! And proof, I was soon about to get!

The host of the event seemed devoted to Dadashreeji and narrated a few experiences of his family. Hearing all this, my heart slowly started opening up to the Divine. Isn't this Dadashreeji's only request? To come with an open mind! As the session progressed towards its conclusion, ShaktiPravaah was offered to the participants. Completely unprepared for what was about to come, I walked in to the room where I was asked to sit on a stool where the medium would place his hand on me and grace would be offered. Simple as the instructions were, the experience was truly magical. For I saw Dadashreeji Himself as the medium! He nodded his head ever so slightly, as if re-assuring me and telling me to close my eyes to receive Grace.

My mind was quick to conclude that it had been an illusion - Dadashreeji hadn't been physically present throughout the session. But I will never forget that blissful, surreal and magical moment.

Also, for those skeptical minds who are reading this and thinking that He was probably waiting in another room and had appeared only to give ShaktiPravaah, let me clarify. I had investigated even that possibility, but He truly hadn't been physically present that night. However, from that moment on He has been imprinted in my heart forever! The journey has truly begun for me.

**Thank you Dadashreeji!  
Jnanesh Kumar**



# The Divine Experience

I had heard a lot about Bodh and Dadashreeji and had attended Maitri Sambodh Dhyaan as well. It had only been about a month since I've had the Shrimurti in the house and had begun chanting mantras. I had been told to keep talking to Him and that I would start getting my answers. But, I hadn't been able to connect to Him. So, I went to attend the Awakening to Self Realisation (Bodh I) from the perspective of a curious seeker rather than that of a devotee.

In the later part during Bodh, we were explained about the process 'ShaktiPravaah'. The participants were taken one by one for the process which took place in front of Dadashreeji's Shrimurti. I sat in front of Dadashreeji's Shrimurti and told Him that I had heard a lot about Bodh I and of His Grace but till now I haven't been able to connect. In the past 15 years, I had learnt Reiki, Aura Healing, Past Life Regression, Pranic Healing. I had read many spiritual books that I felt that I already knew everything that there was to know. Whenever I was introduced to a new process, I would lose interest in it after a few days. Now, ShaktiPravaah was one such process that I hadn't experienced before. I told Dada that I was informed of His astral presence here and that I wanted to experience His energy. If I went back home without having had a soul stirring experience, I knew I would not be able to come back here again.

Anyway, I went with this prayer in my head. After the ShaktiPravaah we were made to lie down. At that time I started talking to Dadashreeji. I asked, "Are you here?" Immediately there was a strong fragrance of Sandalwood mixed with the earthy fragrance of fresh rain on parched earth. I had felt the same fragrance emanating from my room at home earlier during the week. I again asked Dadashreeji "Are you here, right now, with me?" Then I saw Dadashreeji come and sit next

to me on the floor. He tightened his bandana and slowly picked up my head to keep it on His lap. I felt strangely weightless, as though I was floating on the clouds with only gratitude flowing through my heart.

I was in a period of silence (Maun) after that and went back home. Later that evening, my mother's sister called me up from Mumbai and said that for the past few days before the Bodh she had a vision of Dada coming and sitting on the floor during Bodh, lifting someone's head on His lap. Only the head/face was not visible, so she did not know who it was.

Ever since the day I attended the Bodh, personal relationships which were in conflict seemed to have turned around for the better, with only Love and Grace flowing. I feel so drawn to Dada that I feel like running to a secluded place for a few moments of solitude just so I could connect with Him and express my gratitude. The feeling for selfless seva (service) occupies my consciousness day and night. I have noticed that everyday worries don't affect me much.

I find myself in a state of devotion and bliss all the time and whenever I am doing His satsang, invariably some call or message comes from somebody connected to the Parivaar; almost as if it were a sign that He is witnessing everything and blessing me all the time. When I think of Dada or talk of Him I get goose bumps.

For someone who has always followed the Masters, and has been skeptical about Gurus, hesitant about the knowledge received, for someone who has always felt like she knew it all, today I feel like I'm in a state of total humility and gratitude. I know it's a lifelong journey with Him.

**Dadasharnam,  
Aradhna Lanba**







## *The Gift of the Inner Voice*

I had purchased a new phone recently and had been fiddling with it ever since, but hadn't had the time to sit down and figure it all out in one go. Between all my work and crazy travel schedule, I happened to put my calls and messages on vibrate mode, which I usually never do. And although the mechanical vibrations had been annoying me considerably, somehow I didn't turn it off.

Some days back, I had a very long and tiring day. Just as I was reaching home, I decided to stop by a store and quickly pick up a few groceries. Having picked up all the required stuff, I rushed outside to the car, eager to return home after an exhausting day. As I stepped out, a mental alarm went off within me to check for my phone. But I assured myself that I had kept it back in my purse with the wallet, so there was no need to check for it again. I asked my driver to move.

Suddenly, and almost unknowingly, I felt myself firmly telling him to wait. I called my new phone from another phone of mine, still sure that the phone was in my purse and that I was probably being paranoid. In that second I realised that my purse was not vibrating. I hurriedly

scanned my bag, convinced that the ringing of the phone was probably muffled in my heavily loaded purse.

An innate voice urged me to walk out of the cab and into the shop again, when I saw my phone sitting right there at the counter. The shopkeeper and the other customers had not even noticed it ring. It was kept there safely for me. I was so stunned yet relieved to find my phone there.

Thank you Dada; for making our inner voice so strong that even when we don't pay heed to it, it works through us. I seek guidance from and speak to my inner Dada so many times in the day (in fact, it would be easier to rather count the moments when I'm not talking to Him within me), I wonder how I was ever living without Him. Thank you Dada. This is the best gift you have given to us all- reconnecting us with our highest self within us.

**All Yours,  
Maitreyi Anjita**



# Dadashreeji – A Divine Friend, Guide, Ocean of Grace

On the auspicious occasion of Guru Poornima, Mittr Sut expounds on 'The need and the essence of a Guru' and on how Dadashreeji is helping humanity experience the ultimate Truth by simply being their 'Divine Friend'

## Who is a Guru?

The Sanskrit translation (from where this word is derived) means 'one who is a dispeller of darkness'. Here, darkness symbolizes our ignorance, where we think that this world is real, what we see and all our problems are real. To light a candle one needs another source that is kindled, similarly; the Guru who is reveling in the light of the Truth, has the capability to kindle our entire being to become 'That Truth'. He leads us to the truth by making us aware of the reality and connects us with our true nature.

In essence and in the worldly sense, a Guru is one who is able to guide and bring one out of the darkness.

The stature of the Guru goes beyond even that of God, as He holds the secret to discover God. As it is so aptly put in the following verse -

*If a hundred moons were to rise, and a thousand suns appeared,  
Even with such a light, there would still be pitch darkness, without the Guru*  
- Guru Granth Sahib (Guru Angad Devji) - 463

## Dadashreeji – As a 'Divine Friend'

With our little understanding and intellect we, at times commit the folly of comparing different masters. Dadashreeji says that all the true masters have the same intent (of guiding one to

discover one's True Self) and at the astral level all are ONE. The Guru Tattwa - represents that ONE element or consciousness which guides humanity to the ultimate 'Truth' and is the same in all Gurus.

Vedic literature describes a Guru who is **Brahmavit**- established in Brahman and **Brahmajna**- who has the capability to teach the subtle spiritual concepts with ease. Dadashreeji not only possesses these base qualities, but much beyond. One of the most striking qualities is His simplicity, a feeling that He is one-amongst-us and not someone who is in an exalted state and difficult to approach. In spite of knowing all, Dadashreeji never gives us a feel of knowing or owning anything and remain extremely humble.

In fact, anyone in front of Him feels extremely comfortable, so much so that the person opens up easily, losing all their inhibitions.

It is said that a Guru can only unravel the mysteries, to the extent that He has been able to unfold His Self. Dadashreeji is a physical incarnation of the 'SELF' Himself, resplendent in His full glory. On one side although He is simple and extremely humble, at the same time with His presence, there is an upsurge of energy, yet filling one with an instant calm.



Dadashreeji's presence radiates an insurmountable intense Love. A deep bond and connection is established as He sees Himself in every being. Due to His simplicity, intense love and instantaneous connection; anyone coming to Dadashreeji flows naturally, empties, automatically, heals and carries this Divine Love within as an unique, unmatched gift, never received and experienced elsewhere, quite so easily.

The surrender to a Guru is the key to a disciple's growth. The more learned and grown-up a person is, the more complicated and difficult is the surrender. A Guru knows this. Unless the ego, the 'I' starts dissolving, the Self will not be able to flourish. It is said that "The ego is like a very powerful elephant, which cannot be brought under control by anyone less powerful than a lion, which, in this instance, is no other than the Guru, whose very look makes the elephant-like ego tremble and die".

This is exactly what we experience in the presence of Dadashreeji - our most simple, humble Guide, with unconditional true love towards us, yet with complete power of taming 'the ego of the elephant' in us, with 'the lion like personality' closely watching this elephant.

Our glory lies, where 'we' cease to exist- and this will never happen unless we surrender.

Dadashreeji's unconditional love experienced by each and every devotee itself is a tool, that helps one surrender, and so the journey to uncover this Self is so much easier - the best advantage of having a living Guide.

Acceptance of a devotee unconditionally is the test of a true Master, which we all understand theoretically, yet not many of us have experienced this truly in our lives. This genuine fact hits every devotee to the core, as one gets associated with Dadashreeji. This unconditional acceptance, with the showering of true love allows one to surrender effortlessly.

Dadashreeji, besides being the best friend also plays the role of a mother, a father, brother or sister, Guru/Guide and much more which is based on the devotee's internal bond with Him. This internal bond is the key to surrender and acceptance. For most of us now, our God is no longer a beautiful idol in the temple, but a living Guide, who reciprocates, guides and teaches with boundless unconditional love, the degree of which our small human mind cannot even fathom.

*Thank you Dadashreeji for being our 'Divine Friend - Eternal Guide- Guru'; All-in-One.*

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.





# Story:

## The Cow and the Tiger

Once upon a time, a cow went to graze in the jungle. Suddenly, she noticed a tiger waiting to pounce on her. She turned and fled away at once, fearing that at any moment the tiger would sink his claws into her. The cow desperately looked for some place to escape and at last saw a shallow pond. Barely evading the tiger's reach, she jumped into the pond, and in the heat of the chase, the tiger blindly leaped after her.

To their surprise, the pond was extremely shallow yet filled with deep recesses of mud. After toppling over each other, the cow and the tiger found themselves apart at a short distance, stuck in the muddy water that reached up to their necks. Both had their heads above water but were unable to free themselves no matter how much they tried in the slush.

The tiger repeatedly snarled at the cow and roared, "I am going to enjoy the taste of your crunching bones between my teeth!"

He thrashed about in a fury but soon became fretful as he found no prospect of escape.

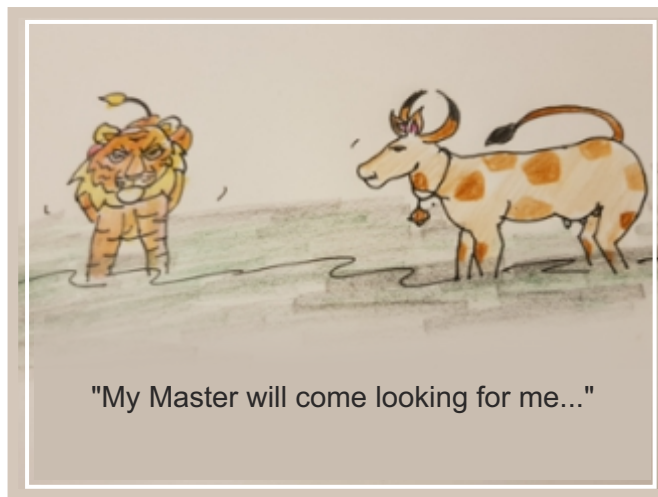
The cow smirked as it watched the tiger's futile struggle to free himself and asked him, "Do you have a Master?" The tiger disdainfully replied, "I m the king of the jungle. Why do you ask me if I have a Master? I myself am the Master!" The cow said, "You may be the king of the jungle, but here all your powers have failed to save your life." "So? Your situation is no better than mine."?" retorted the tiger. "You too are going to die here in this slush!"

The cow smiled enigmatically and said, "No, I am not going to die." "If I, the king of the jungle, cannot free

myself from this mud", snapped the tiger, "then how can you, an ordinary cow escape?" The cow gently replied, "I cannot free myself from this mud, but my Master can. When the sun sets and he finds me missing, he will come looking for me. Once he finds me, he will come to my aid, rescue me and escort me to my sweet home." The tiger fell silent and glared coldly at the cow.

Soon enough, when the sun set, the cow's master arrived in search for her. On seeing her trapped and in obvious discomfort, he immediately lifted her to safety.

As they journeyed back home, the cow and the master both felt renewed gratitude for one another and pitied the tiger, who they both would have been happy to save had he allowed them to. But his pride and ego had ultimately led to his downfall.



### Purport

The cow represents a surrendered soul, the tiger represents an arrogant person, and the Master represents the Lord - the loving protector of the world.

The mud represents the material world, and the chase represents the struggle for existence therein.

The surrendered soul relies upon the Lord for all the necessities of life. No matter how many troubles appear created by the arrogant persons of the world who reject the guardianship of the Lord out of the false ego of considering themselves capable of fending for themselves, the surrendered souls know that everything is really in the hands of the all-loving Lord. They have full faith and trust in Him, though they know that sometimes they just need to wait a little while longer.





Maitreyi Sonee's experience of how faith in the Divine changed her life for the better has been captured in this heartfelt article that she has penned down

## Shabad (hymn) from Guru Granth Sahib ji by Guru Nanak Dev ji

Ek onkar satnam kartapurakh  
Nirmoh nirvair akaal murat  
Ajuni sabham  
Guru parsad jap aad sach jugaad sach  
Hai bhi sach nanak hose bhi sach  
Soche soch na ho wai  
Jo sochi lakh waar  
Chhupe chhupna howai  
Je laai har lakhtaar  
Ukhiya pukh na utari  
Je banna puriya paar  
Sahasyanpa lakh woh hai  
Ta ek nachale naal  
Ke ve sach yaara hoi ae  
Ke ve kude tutte paal  
Hukum rajai chalna nanak likheya naal

## Meaning

Guru Nanak Dev ji says, "However deeply, hundreds and thousands of times you may think and contemplate, the Lord cannot be experienced and cannot be reduced to thoughts. By remaining silent, experiencing inner silence, trying your best even when we are lovingly absorbed in the name of the Lord, he cannot be experienced. The hunger that has been awakened within you, how much ever you may try and appease will not help you. However many tricks you may apply, knowledge you may gain, however much you may try in the external world, nothing will go with you. Who will tell you the truth help you experience the truth? Who will break this illusion? Only the One who walks the path with the Divine will be able to experience the Divine Lord within himself."

On this beautiful journey with Divine Friend Dadashreeji, I understood that if I wanted to walk the path Divine I couldn't do it on my own. It simply could not happen without Grace. How does my life reach that point where I am simply ready to surrender and say, "Yes, I want to walk the divine path created for me?"

Having Faith is imperative. One must trust the words of the Master or Guru. The first time I sat in the presence of Divine Friend Dadashreeji, that spark of faith was lit within me. I grabbed it tightly and prayed to the universe. Saying, "Please help me. Give me the strength to have faith in the One you have sent for me."

I took the hand of friendship offered to me by Divine Friend Dadashreeji. Thereafter, this beautiful journey of faith commenced. Previously, I had only read the above shabad, but with Dadashreeji I understood it in its totality. I experienced the truth and that only came with faith. It was the first step towards

walking the path divine towards living one's life with divine will. Accepting and knowing that whatever He decides for us is the best. The experience of being in oneness with my Lord became the biggest turning point in my life.

It was faith that created the path for me. The one who walks the path Divine will eventually meet the Lord and experience Him. My personal experience says that all we need is faith. Everything else is His to give because He knows what is best for us. All that we need to do is to bond with the Divine. Have faith through struggles, pains, trials and turbulence. Know that the Divine loves you the most and is with you every moment. There could be nothing more beautiful than being in love with the Divine. Could any love be purer, sweeter and more divine? Have faith, for the Divine is here to help you cross the sea of life - stormy or passive, however it may be.

Maitreyi Sonee



# Guruve Namaha

Exploring the unique, symbiotic relationship between a Master (Guru) and a disciple (shishya), this article captures some of the most profound examples of this special bond

It is said that a “Guru” is of vital importance in a seeker’s path towards self-realisation. The qualities of a Guru are many and the Guru in turn take a particular form for a particular individual, often depending on the requirement and spiritual state of that individual.

In this short article I wish to bring about the special Guru-Shishya (Master-Disciple) relationship between some of the Masters that we have known and cherished and their Gurus. These examples bring out important qualities that a Guru exhibits depending on his students and the qualities that a student needs to possess.

## Nisargadatt Maharaj

Sri Siddharameshwar Maharaj (1888–1936) was Nisargadatt Maharaj’s guru. Sri Siddharameshwar Maharaj belonged to the Navnath (nine masters) tradition; the initial Guru in that lineage is Sri Matsyendranath.

Nisargadatt Maharaj was uneducated. The most important aspect of Nisargadatta ji’s relationship with Siddharameshwar Maharaj was implicit faith. This faith hastened Nisargadatt Maharaj’s self-realisation in 3 years!

In his own words “My Guru ordered me to attend to the sense ‘I am’ and to give attention to nothing else. I just obeyed. I did not follow any particular course of breathing, or meditation, or study of scriptures. Whatever happened, I would turn away my attention from it and remain with the sense “I am”. It may look simple, even crude. My only reason for doing it was that my Guru told me so. Yet it worked.”

## Ramakrishn Paramhansa

Although Ramakrishn Paramhans was a divine soul fully immersed with the divinity of Kali Ma, he did have a few Guru’s to refine him towards the path of complete realisation. Sant Totapuri Maharaj (1780 - 1866) was one of them. He was the seventh head of the Baba Rajpuri dera of Baba Ladana near Kaithal.

When Sant Totapuri Maharaj met Ramakrishn Paramhans, he at once could see a divine soul totally immersed in Kali Ma. He told Ramakrishn Paramhans that unless he cuts his intense attachment towards Kali

Ma, he will not be able to take the final step in self-realisation. After repeated trials he advised Ramakrishn Paramhans to figuratively cut his vision of Kali Ma with a sword. When Ramakrishn Paramhans professed his inability to do this due to his love for Kali Ma, Totapuri Maharaj said that he would help him with this. On one such occasion when Ramakrishn Paramhans was in raptures with Kali Ma’s vision, Totapuri Maharaj cut Ramakrishn Paramhans’s forehead with a sharp object and Ramakrishn

Paramhans in turn figuratively cut his vision with a sword and attained the final step. Here Ramakrishn Paramhans’s Guru knew exactly what was needed and helped him appropriately.

## Swami Vivekanand

If ever there was a Guru-Shishya relationship that was most documented in recent times it was the relationship between Ramakrishn Paramhans and Swami Vivekanand. Swami Vivekanand had a scientific bent of mind but at the same time was in search of





“God”.

In the initial few meetings Vivekanand was not convinced that Ramakrishn Paramhans was his Guru. However, Ramakrishna Paramhans was more than convinced as evidenced. He noted that Vivekanand by his untidy attire was least concerned regarding appearance and that his mind was turned inward. Further he also wailed, “Ah! You have come so late. How unkind of you to keep me waiting so long! My ears are almost seared listening to the cheap talk of worldly people. Oh, how I have been yearning to unburden my mind to one who will understand my thoughts”.

The rational mind of Swami Vivekanand forever barraged Ramakrishna Paramhans with questions. Vivekananda also tested Ramakrishn on many occasions to ascertain whether He really was godly. It is said that Ramakrishn Paramhans abhorred coins as He felt it corrupted a human being. To test this, Vivekanand kept a silver coin under His bed which resulted in Ramakrishn Paramhans suffering from severe pain as soon as He sat on the bed! Even when Paramhans was on his deathbed Swami Vivekanand still wondered whether He was an incarnation. Ramakrishn Paramhans who could read his mind said: "He who in the past was born as Ram and Krishn is now living in this very body as Ramakrishn — but not from the standpoint of your Vedant."

Ramakrishn Paramhans also tested Vivekanand. For a month he ignored Vivekanand. When asked why He still came to meet him, Vivekanand replied that it was because he loved Him. In another instance Ramakrishn Paramhans was ready to transfer His powers to him but Vivekanand declined and said: “I first want to realise God”. This answer really pleased Sri Ramakrishn Paramhans.

Ramakrishn Paramhans and Swami Vivekanand’s relationship beautifully highlights the fact that a Guru-Shishya relationship can be filled with love, yearning, testing and also be exciting.

**Ramana Maharishi**

Ramana Maharishi had divinity written all over Him since birth. In the teens His experience of what death was, drove Him towards God realization. Although, it is said that Bhagwan Ramana Maharishi did not have a Guru in the traditional sense, he himself has remarked more than once that the ‘Arunachal’ mountain was His Guru.

In his own words: “Look there it stands as if insentient. Mysterious is the way it works, beyond all human understanding. From my unthinking childhood, the immensity of Arunachal had shone in my awareness. But even when I learnt from someone that it was only Tiruvannamalai, I did not realise its meaning. When it stilled my mind and drew me to itself and I came near and saw that it was stillness absolute.”

Bhagwan’s story highlights the fact that depending on the spiritual maturity of the person, divinity can take any form.

**Dattatreya**

This great Avadhut was also a great sadhak (yogi). He demonstrated that discipleship was a state of consciousness where experiential knowledge flowed from the Guru to the disciple. Further, if the disciple was evolved, he could learn from nature itself. It is said that Dattatreya had twenty four Gurus including the sun, moon, wind, ocean, fire, python, elephant, bumblebee, pigeon etc. He learnt a lesson each from each of them and evolved into an Avadhut.

The Guru-Shishya (Master – Student/Disciple) bond is unique. The Guru knows exactly what a particular disciple needs. The Guru knows what to give, what not to give and when to give. The external Guru leads one to the inner Guru. Once the gaze of the Guru turns towards the student, he will surely grow towards emancipation.

**Sadhak**

A doctor by profession, the author writes under the pseudonym of ‘The Sadhak’. He believes in living every moment to the fullest and is a true seeker in every sense





## Kadha: The Immunity Booster

**Dr. Sheetal** shares the perfect blend of Indian herbs and spices to boost the immune system

Weather change can weaken the immunity levels and make one prone to cough, cold and fever. Kadhas are the perfect preventive and curative remedy to fight them. Originally an Ayurvedic concoction, Kadha is a combination of Indian herbs and spices, that are a treasure trove of vitamins and minerals - Vitamin A, B, B-6, C, D, Calcium, Magnesium, Iron, Potassium, and Manganese to name a few!

Here are two super simple recipes to help you enjoy only the best of the season.

### Recipe 1

#### Ingredients:

- Water: 1.5 cups
- Cinnamon: 1 small stick
- Clove: 2-3 buds
- Black pepper: 4-5 peppercorns
- Cardamom: 1 pod
- Holy Basil (Tulsi): 7 leaves
- Mint (Pudina): 5 leaves
- Dry ginger powder: 1/2 teaspoon
- Jaggery: 2 tablespoons

#### Method:

Add all the ingredients to water and bring it to a boil. Sieve and drink it hot.

### Recipe 2

#### Ingredients:

- Water: 1.5 cups
- Lemon grass: 1 stalk
- Holy Basil (Tulsi): 7 leaves
- Ginger: a small piece
- Liquorice (Mulethi/Jeshtamadh): 1/2 teaspoon powder

#### Method:

Cut the stalks of lemon grass with a pair of scissors into small pieces and add it to the water.

Pound the holy basil leaves and a piece of ginger and add them to the water along with the liquorice powder. Boil the water on simmer for approximately a minute with a lid over it. Sieve the liquid and drink it hot.

Drinking these concoctions twice a day can help reduce the dependence on caffeinated drinks. The above quantities make one cup for both the recipes.

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.



# श4दहीन श4द

## Meaning

हे नारायण !  
 श4द ही श4द तैर रहे थे  
 हवाओं में  
 कानों को छू रहे थे  
 हृदय को द्रवित कर रहे थे  
 श4द तु6हारी तारीफों के  
 श4द दुआवों के  
 आभार से लदे हुए श4द  
 चिंता में उलझे हुए श4द  
 विदा बेला में विरह की आहट पर दुखी श4द  
 आनंद में डूबे हुए विभोर कठिपत श4द

मैं श4दहीन हो गई थी  
 मेरे लब सिल गए थे  
 श4द सन्नाटे में मिल गए थे  
 जज्बातों की झड़ी थी  
 आंसुओं की लड़ी थी  
 एक एहसास उभरा था  
 मेरे पास कुछ भी नहीं  
 ये विचार अंतर्मन में घूम रहा था  
 मेरे अन्दर प्रीत तु6हारी थी  
 दर्द भी तु6हारा था

तु6हारी आँखें मुझे पढ़ रही थी  
 मौन मुखर था  
 चेहरे के बदलते भावों पर  
 श4दहीन श4दों का असर था  
 मैं पिघल रही थी  
 तृप्त हो कर तुम में मिल रही थी  
 मैं कुछ भी नहीं थी  
 शून्य बन गई थी  
 लेने-देने के लिए कुछ नहीं था  
 कहने के लिए भी कुछ नहीं था  
 वो शून्य भी तु6हारा बन गया था

रश्मि कौशल

Oh Narayan!  
 Words were floating  
 In the air,  
 Coming straight from the heart  
 Ringing in my ear  
 Words praising you,  
 Words of gratitude, blessing  
 Thankful words  
 Some expressing worry  
 While some were sad  
 Yet others full of joy!

I was speechless  
 With my lips sealed  
 The words were full of silence  
 Emotions were flowing  
 Tears were pouring  
 A thought arose  
 Within the subconscious  
 Nothing is mine  
 Carrying within the Love for You  
 The pain was also all Yours!

Your eyes were reading me  
 Everything was silent  
 The expressions were changing  
 Such was the consequence of the wordless  
 words!

I was melting  
 Merging within you  
 I was nothing  
 Had become zero  
 There was nothing to give nor receive  
 Neither anything to hear  
 The nothingness also had become Yours!





# *I am because You are*

If I am complimented it's because You show through me  
If I am loved it's because You flow through me

If I shine it's only in Your light  
If I fly it's only in Your sight

If I am calm it's because I'm in Your embrace  
If I am secure it's because of Your gentle caress

If my words impress it's only because You're the lyricist  
If my voice soothes it's only because You're playing the flute

If I am humble it's because You aren't far  
If I am beautiful it's because You are

If I'm pure it's because You've emptied me  
If I'm sweet it's because You've completely filled me

If I am Shreshtha it's because You are Sarva Shreshtha !

I am You and You are me  
Oh Dada, let only You remain  
Please completely dissolve me !!

**Maitreyi Shreshtha**



# Gratitude to One & All

All those who come into our lives serve a purpose. Maitreyi Varsha shares her thoughts on appreciating these lessons in life and offering gratitude to those who have played a role in our journey of learning

On the path of spirituality anybody who teaches us or is instrumental in our learning is our teacher. Life is all about learning our lessons. We could have not one but many teachers. It is said that Lord Dattatreya had twenty four teachers.

We generally see people who create challenges for us as obstructions to our growth and dislike them. In fact, on introspection one may realize that they are the ones responsible for our internal growth. They give us the opportunity to be the best version of ourselves. They are our teachers in this school of life who help us learn our lessons. So, instead of feeling threatened and despising them we need to offer our gratitude to them for helping us learn and grow. The ones who generally take up that role are our nearest and dearest ones. It could be the husband, wife, in-laws, boss, brother, sister, parents, children, domestic help and so on. It is for us to understand that they are here to help us complete our learnings though they might pose as the ones who challenge us each time. We have chosen to be with them to complete our lessons in this journey called life. We need to drop our prejudices and open our heart to all, no matter how crazy they might be driving us; and look at the bigger picture.

Each person has a different lesson to teach. My children have taught me to be patient, to let go - from my

husband, the house help has made me more tolerant, have learnt what it is to love selflessly from our neighbor's dog, and so on and so forth.

Awareness and acceptance of the fact that we all are merely playing our respective roles in each other's lives comes naturally. We would become aware of the other person's perspective. Once this understanding develops within us, we would be able to avoid conflicts and arguments. When we learn from our mistakes and introspect at each step in our lives, our journey towards transformation begins. This step towards self-reformation gradually brings about a change in the people and circumstances around us. As the heart flowers; compassion flows naturally.

*Dadasbreeji says, "You can derive guidance, growth and fulfilment on this auspicious day. It is the day to express your gratitude to all those who guided you or blessed you to attain growth and happiness. Gratitude towards your teachers and your Guide will further extract blessings in your life."*

Today, on Gratitude Day let us offer our heartfelt gratitude to all (animate as well as the inanimate) who have been a part of our lives and been instrumental in our inner growth.

**Maitreyi Varsha**

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



# Gratitude for the Fall

‘Nothing happens without a reason. Every situation teaches us something.’ Having fractured her right hand, Maitreyi Shraddha looks for all the lessons that this event taught her

With Divine Grace, I got the opportunity to be a part of the Peace Within Retreat at Dunagiri with my Divine Friend Dadashreeji. I was having the most blissful time of my life, cherishing and living each moment. While participating in one of the activities, I fell down in front of Dadashreeji and hurt my left hand badly. That did not deter me from still enjoying the same blissful experience that I was having. In fact I didn't realize the impact of pain as I was filled totally with Divine Love.

After coming back to my home town, I found that my wrist was fractured and was advised to put a plaster over it for six weeks. I could not move or use my left hand and felt miserable initially. However, as our Divine Friend Dadashreeji says that every incident/ situation in our life comes with a learning for us, this too had one for me.

Inner strength- We are so used to working with both hands. For even applying tooth paste on our brush, we need both our hands as also for many other mundane or important things. I was now forced to use only my right hand. In my mind, the thought of using only one hand limited me to do only a few things. However, as I started using one hand more and more, I realized that there was so much that just one hand could do. I could do many things with one hand for which otherwise both the hands are needed. I experienced that when we put our heart and soul in doing something, we get inner strength which guides us to move forward. I became more focused also as I put all my energies in the task that I was doing with one hand.

Patience – When you have been independently doing all your work, being dependent for small things can make one restless. I realized that faith and patience go hand in hand. I have my own way of doing certain things, however, if the same work was being done by someone else, my first response was to correct or do the work myself to save time. I learnt that everyone has their own way of doing things. Each one wants to give their best. Patience helps us in understanding the other person's perspective and most importantly the bhaav (feeling) for us. It also makes one aware of the efforts of the other person.

Seek help- Help is always available, however, one needs to seek it. I had to request others to help me and everyone was happy to help. Otherwise, I could just continue to struggle to do things myself. Asking for help is an experience too. In life as well, help is always available only if we seek it. We need to express our needs so that we are guided and supported by our loved ones. Gratitude to Divine Friend Dadashreeji for this beautiful lesson. As I write this, I feel gratitude for my fractured wrist because of which I learnt so much, Gratitude for my healthy hand which helped me accomplish so much work, Gratitude for my loved ones for helping me and most of all immense Gratitude to my Divine Friend Dadashreeji.

Physical pain, struggle, doubts, limitations are all a part of the mind. When one is connected strongly to the heart, only and only love prevails and the path towards light becomes clear.

**Maitreyi Shraddha**

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





## Inspirational Quote:

**'Piglet noticed that even though he had a very small heart, it could hold a rather large amount of Gratitude' - Winnie the Pooh**

Winnie the Pooh is the most simplest of bears and his friend Piglet is a timid little pig who is afraid but wants to be brave. In this quote, Piglet acknowledges that though he has a small heart it can hold a lot of gratitude. Meaning, when we feel grateful for little things in life it makes us feel more blessed, joyous and happy. We feel like sharing with one and all since we are aware that there is enough for all.

## Divine Play



# The Hand of Gratitude



Lily's class was celebrating Gratitude Day.

As a part of the celebration, the children from her school were taken

on a field trip. They were given a poster of five fingers and were asked to write what they were grateful for on each finger and complete the Hand of Gratitude after the field trip was over.

Their first stop was an orphanage, here Lily saw many smiling children. Some were older while some were younger. Most of these children had lost their parents during infancy. They didn't have any identified extended family of cousins, uncles or aunts.

Every child had their own bed space with a suitcase of belongings tucked below their bed. The children came rushing towards the door to greet Lily and her friends. They cheered and greeted each other.

Lily expressed Gratitude in her heart for she had learnt the importance of having a family, remembering her own mother and father, brothers, sisters. She also felt grateful for having a closet full of toys and belongings.

The second stop was a hospital. Here Lily met many children who were suffering from physical illnesses. Some had limbs missing whilst some had become bald due to strong medications. Here, Lily learnt the importance of having good physical health. She hugged each child.



Their third stop was a homeless shelter. Here many families which had been displaced



during storms, floods or other natural calamities were housed. Lily saw their make-shift homes under tin roofs and their cold & dark interiors. However, each family welcomed the school children with warmth and love. Lily now felt humbled for being blessed with a nice, secure home space.

Finally, her school bus stopped in front of a barren, dry landfill full of plastic waste.



Lily's teacher explained, "If we continue to waste water, electricity and carelessly use plastic and burden Mother Earth, eventually we will have to live on barren land like this!"

Listening to this most children had tears in their eyes. They realized the importance of the lush green ecosystem of Mother Nature, the sound of birds and other animals in the forest. They felt grateful for the Earth they walked on and vowed to care for her and sustain her beauty.

At the end of the day, Lily's Hand of Gratitude read: I am grateful for Good Health, Family, Home, Food and Mother Earth.

## Task:

Dear Children,

Below is a fun exercise for you:

Find a sheet of old newspaper with a fairly blank centre.

Now with a Dark coloured marker, draw an outline of your palm with the five fingers neatly outlined.

Think of 5 things you feel most grateful for and write it on each finger.

If you like you may also paste small pictures or draw on each finger.

Once completed, share your Hand of Gratitude with your family or place it on your refrigerator for everyone to appreciate.



# Peace Within Retreat, Dunagiri

19th May to 7th June

Devotees from Europe, USA and Canada attended the first batch and devotees from India attended the consecutive two batches.

The heavenly trip with Dadashreeji was beautiful and awe inspiring for all the participants who came from Europe, USA and Canada. Dadashreeji makes each and every soul feel special and each one shares a special bond with the Divine. His simplicity and close proximity during the retreat won everyone's hearts. Awareness that real life existed in the small and simple actions we take daily and to make these moments beautiful so as to enrich the quality of our life was experienced in abundance by all. Everyone returned with the zest to help share the gift of unconditional Divine Love they received with all the beings in the world.

## Experiences shared by participants

The days together with Dadashreeji and all the lovely people, were the best and greatest time in my life. It was a very big experience. The whole travel to India was an adventure.

After arriving in Dunagiri, Dadashreeji's gentle energy could be felt. I could feel the Peace in this beautiful environment. All the people have been so kind and the team took care of us so well. I was allowed to experience appreciation, friendship, caring, and community feeling with this small group of lovable people during the daily walks that are out of this world.

All the experiences were wrapped in Dadashreeji's Love. I experienced Him personally for the first time, so close with us. I am thrilled!! He touched me within deeply and I am grateful to be with the MaitriBodh Parivaar. Now, the journey continues with him at home in Austria, so beautiful.

**Lovely wishes,  
Monika Prenner**

All that happened in this week blew my heart. I can honestly state, it was the week of my life. Pure growth from the heart I could strongly experience within me and also by the other participants who became true friends within this week.

Meeting and working with Dadashreeji was an ultimate experience. Honestly, sometimes it was really hard for me to stand this unconditional love, this purity, this generosity. He touched me so deeply and set free a new state of Inner Peace and Love to all that is. Thank you for this life-changing experience!

**With love and joy,  
Han**





I am so very incredibly unbelievably grateful thankful and blessed by DADASHREEJI.

In the presence of the Divine Love Incarnate Dadashreeji, I am drowned in the Ocean of Divinity.

The retreat was perfect. I felt the presence of the Divine all the time. I feel more aware and closer to myself. I had difficulty in chanting Dadashreeji's mantr as I am trained to chant the Krishn Mantr. Whenever I tried to chant Dadashreeji's mantr, after a few chants, I would automatically start on Krishn mantr. But, after the retreat Dadashreeji's mantr has become second nature. I am able to meditate better. I found a family too. It gave me a direction to selfless service and strengthened my devotion.

My take away from the retreat is to be a good human, be at peace and happy. No complaints. I am thankful to Dadashreeji and all the friends in the MaitriBodh Parivaar. Each one helped me experience Divinity. I had never met such a homogenized group in one location. Six different countries! Awesome! Thank you for helping me walk on the trails. Thank you. Thank you. Thank you.

**Thank you Dadashreeji!**  
**Hema Gajiwala**









There are no words in any language spoken by people on planet Earth that would be enough to describe what we experienced during these days in the presence of our Divine Friend Dadashreeji. It was a once in a lifetime chance to be part of this retreat and the sweet memories will be stored as a precious gift in our hearts forever.

Before leaving for India many of us had to face and overcome some obstacles, were struggling and undergoing challenging times, mainly with health issues. Nevertheless, all of us managed the journey and right from the very start, our happiness and joy of having made it to this destination were abundant.

24 beautiful souls coming from Europe, US and Canada gathered on Saturday morning at 5:30 am at the meeting point in a hotel near the New Delhi airport. Many of us have known each other for years, others came for the first time. Irrespective of age, gender, nationality, language, profession, and background we bonded with each other immediately and became one family and one heart.

The trip to Dunagiri took us more than 14 hours. Having left the capital New Delhi in cars, on our way we passed big and small villages, rural areas, a tiger reservation and finally reached the mountains leading us to the foot of the Himalayan region. As I am a passionate motorcyclist it was a holiday

with four wheels for me. I never can get enough of watching the beautiful landscapes, all colours of nature and lively Indian village scenes.

At the Dunagiri retreat we were spoilt by the hospitality of the owner couple, their staff, animals, garden's beauty, cozy rooms and delighting food and - last but not least - our wonderful Sevak team.

On the first day, we were told to write down why we are here (part of this retreat) and the importance of knowing this purpose was highlighted. Dada would bless us with the fulfillment of all our wishes for this week, treat our mind and work with and on us day and night. My list of notes was two pages long including losing my fear of heights, calming and erasing all doubts, worries and disturbing thoughts of the mind, overcoming all obstacles blocking or stopping my growth, discovering my true nature, getting strength and being prepared for all the wonderful future plans.

During the sessions we learned about life, meditation, OM chanting, praying, relationships, selfless service and could also ask our questions. The topics came every day spontaneously and covered various topics.

Over four days we went out on treks and trails to visit several awesome places with a highly spiritual background. During the





nature hikes we could experience the family feeling, the joy of sharing, helping and caring for each other, just to give love and to reach a goal as one team – without competition, but in peace and harmony, laughing and crying together.

Nature was our teacher as well. We experienced the feeling of oneness, not being separated from other human beings, animals, plants and stones, but to be part of Mother Earth, connected to all living creatures and the Universal Consciousness. When I was lying on the ground I could feel and even hear the sound of the universe. When this happened for the first time I was so astonished that I thought my friends had already gathered again and started OM chanting as the tone was so loud, but when I ran back to the grassland everybody was meditating, sleeping or enjoying the peaceful spot. I never felt this universal connection so strongly before.

Before we reached Babaji's cave the feelings overwhelmed me and I started crying the way I had not long ago seeing and entering the Ashram for the first time. I was not prepared for that as my relation to Dada is very deep, but I did not feel connected with other Divine forms in that strong way before.

Dada surprised us anew every day and we experienced Him as a true Friend, laughing, playing, eating and dancing together. It was a wonderful foretaste of 'Prem Lok'.

The days passed by so quickly and no one could imagine going back to the real world and the daily life and routines. Nevertheless, it was and is clear to all of us that this experience was not meant for us to keep a secret, but to spread it everywhere, to share with as many people as possible and to radiate this Unconditional Love so that everyone getting in touch with us can also get and catch a glimpse of Dada through us.

When I reached home again I read through my notes having written on the first day in Dunagiri. All wishes and much more have been fulfilled and bestowed on me and all of us. Now I feel a lot lighter, charged with new energy and strength, like a new born child without burdens of the past and when I go within there is still only love, bliss and peace – and a Divine smile. Thank you so much Dada, love of my life, for these best days of my life!

**My gratitude and love forever,  
Maitreyi Martina (Vienna/Austria)**









### TIME WITH THE MASTER

On the 26th of May 2018 I boarded a flight, then a train and finally took a taxi to Dunagiri, over winding hilly roads that made my stomach churn, and on the 31st of May I came down the same way. The road was the same but I was no longer the same person and may never be!

I had spent five magical days with Dada, my Master and my Divine Friend, and a new dimension has opened up within me. One cannot describe the immense experience of being just two to three feet away from Dada, or of walking with Him down the mountains, or gazing at Him as He sits under a tree and imparts teachings. One cannot describe the absolute privilege, of meeting Dada in an informal setting, as His child - laughing, joking, dancing, and singing with all the other 'children' in the group. One cannot describe the delight of how Dada surprises us and appears when we least expect Him, but MOST desire Him. As with everything about Dada, one has to experience this.

I feel that I progressed much further on my spiritual path than I can understand. My Inner Dada tells me that I have been lifted from one ledge to another without my even knowing it - and that seems like the truest voice I can hear. Staying up till the late hours of the night, learning with Dada was sweet, so sweet. Waking up to the early break of dawn and sipping chai with the new friends was equally sweet.

The group energy was remarkable and from a 19 year old to the people in their late sixties, we all shared a bond of joy and support for each other. Through the games we played and the treks, Dada's guidance came shining through - no one wins unless their team wins; stay together and walk together. This experience and practice is embedded in my mind - because it built humility and patience in me.

The seva was spotless and each sevak personified the care that Dada holds in His heart for each of us. I was deeply touched by the support, the encouragement and the long hours they all put in. I feel proud and privileged to belong to MaitriBodh Parivaar and blessed beyond words to be my Dada's child.

**Maitreyi Jagruti**





### **Divinity in Dunagiri:**

Imagine a mystical place made up of mountains, clouds, greenery, rivulets, animals, birds, bees and human beings. Imagine a place filled with fun, frolic, games, laughter and bliss. Imagine a place with timelessness, peace, love and tranquility. That was Dunagiri.

Imagine a group of humans filled with caring and sharing. Imagine a group of humans who were natural, uninhibited and childlike. That was our group.

Imagine ascents, descents, helping hands, cool winds, warm sunshine, divine chants, raucous laughter and unforgettable games. Those were our treks.

Imagine a pyramid wherein you learn the greatest truths in the simplest form, where you find the depths of your being, where you cleanse your soul, where you talk and listen to nature, where you caress Mother Earth, where your voice resonates with the divine AUM and where you are in touch with your own self – the Brahman. Those were our sessions.

Imagine a Guru with so much compassion that He is with you all through the trip. Who walks with you, talks with you, plays with you, chides you, cajoles you, pours love into you, awakens you, shares food with you and promises to be with you till the end of your soul's journey. That was our Dadashreeji.

The experience was that of Upanishad in a Gurukul. There was Divinity everywhere in Dunagiri.

**Dr. Balkrishna**

### **A Dream Come True**

It was a dream come true maybe more than that because I couldn't have ever dreamt so beautifully. The place chosen by Dadashreeji for us had to be so magical and heavenly. Dada's presence made it all the more Divine and pure. The outdoor sessions with Dadashreeji felt like a scene out of Satyug. All the seekers at the Divine's feet absorbing so much love in every word He spoke. The feeling is so much alive with me today as well.

The five days' retreat has brought immense transformation in me as a person. There's so much awareness into everything I speak every action I take. I experienced every emotion happiness, laughter, sadness, compassion it was just flowing so effortlessly and for the first time I felt I was so comfortable being just me. I now feel I have a greater purpose to my life and not just the mundane routine. Every minute is becoming precious not to be wasted and do something meaningful that can be a contribution to many. Ignorance is turning into constant awareness. In a true sense the inner journey has now begun for me. I'm so very grateful to my loving Friend Dadashreeji for every experience he gave and I feel all the more connected to the Divine now.

**At His lotus feet,  
Sneha Paryani**



### The Pilgrimage

The 'Peace Within Retreat' at Dunagiri (May'18) with Divine Friend Dadashreeji was nothing short of a Pilgrimage. In fact it was – The Journey Within.

We were a group of 28 adults and we returned as 28 happy children! Connecting with nature, truly experiencing peace; it felt as if the mind did not exist. It was an opportunity where we could connect with ourselves. As for me, I had connected with my inner child! Had never felt like that before. It seemed like I had re-connected with the lost child within.

Under the open skies we had profound sessions, connecting with Mother Nature, we learnt, meditated, laughed, danced, played, sang, chanted, trekked and ate with the Divine – such were our sessions with the Love Incarnate! In His own subtle ways, Dadashreeji gave profound insights at each step making it a true spiritual experience.

Our group (which by now was a family with members of all age groups) was dancing, prancing, blossoming and living each moment. The camaraderie that we shared was amazing. The beauty of the mountains was captivating and enchanting. For some reason we never felt tired during the treks, in fact our batteries were re-energized each time. For me, there were no thoughts; the only focus was to be on the trail. In fact each time we descended from a trek; I felt like I had less baggage (read: being emptied from within) and felt much lighter.

The journey has had a great spiritual significance, which my mind has not yet been able to decipher. It truly is the journey of a lifetime!! The thought of getting back to the mundane made me reluctant to leave. Though it seems like a dream, the fond memories and experience that I carry in my psyche get me going.

The arrangements and seva of the sevaks of the MaitriBodh Parivaar reflected their dedication and selflessness. The hospitality, love, care and warmth showered by the owners of Dunagiri Retreat and their staff enhanced the experience.

I am grateful from the bottom of my heart to all those who made it possible and consider myself truly blessed to have been a part of it. I wish and pray that each one gets the opportunity to experience it.

**Maitreyi Varsha**

To be with The Divine is no ordinary blessing but a sublime and out of the world experience to say the least! The Peace Within Retreat had activities in it, treks, fun games and sessions to bring out the 'child in us' as Dada told us at the very beginning of the retreat. Through each activity, the Master taught us profound spiritual teachings and we did not even know that we were being taught. The treks were a physical activity but the amount of care that Dada took for us all touched me deeply. Every moment Dadashreeji, You gave us Yourself. Every moment so beautifully woven with Love. So innocent, so trusting, so full of faith in us.

Thank you Dada for taking us to the heights of Dunagiri mountains and showing us all the beautiful places. More than all that You showed us how caring and compassionate You are!!! We are reliving each blessed moment we spent with You!!! Unforgettable Dada!!!!

**Roopa Rani**









# MaitriBodh Middle East: The Love Tour, June – July 2018

MaitriBodh Parivaar is constantly working towards spreading its core message of Love, Transformation and Selfless Service to the world. Moving ahead with the same goal, MaitriBodh Middle East organised The Transformation Tour in the month of May and The Love Tour in June - July, 2018.

During these tours, our mitrs, maitreyis and sevaks took long roadtrips across the UAE to reach out to many souls, waiting for Divine intervention in their lives. While it has been a challenging ride; the constant prayers of our parivaar members, unflinching faith of our sevaks and boundless Grace of our Father; have ensured that we keep moving ahead and spreading Love.

Various Bodh I - Awakening to Self Realisation

sessions, Self-Metamorphosis workshops, Maitri Sambodh Dhyaan and Maitri Light sessions have been conducted in homes of people from diverse socio - economic - religious backgrounds, with one thing in common; all of them accepted the Divine Grace with an open heart.

The Love Tour (Dadashreeji's Padukas travel to the homes of devotees) began in Sharjah on 20th June, with an overwhelming Paduka Abhishekam, followed by a Havan process with a sankalp that Dadashreeji's message of Love and Transformation spreads across the Middle East and each heart blossoms with His Grace.

We continue to seek prayers, blessings and guidance from fellow parivaar members to spread the word of Love in the UAE.



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



# Upcoming Events

<b>Path Divine (Bodh III)</b> For registration contact: 9216822222	14th–15th July	Amritsar
<b>Guru Poornima</b> For more details contact: 7208281818 & 9320339991	27th July	ShantiKshetra Premgiri Ashram, Karjat
<b>Spiritual Week</b> For registration contact: 7009466171	8th - 12th Aug	ShantiKshetra Premgiri Ashram, Karjat



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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