

ANAHITA

Issue: 08 || Volume: 06 || August 2018

Ek Kshan Prarthana True Sanyaas Utopia leads to Dystopia

From the Editor's Desk

Dear Divine Souls,

Any journey that we embark upon, eventually leads us to a destination but the beauty of walking on the spiritual path is that it leads us to a place which was always within us!

While on this inward journey all of us come across milestones that redefine our path and change our course. Our mitrs, maitreyis, sevaks and devotees share these transformational experiences and musings in the August issue of MaitriBodh Parivaar's Anahita; with a prayer that this sharing will help our friends on their personal paths.

We begin with contemplating on Divine Friend Dadashreeji's words about Selfless Service followed by a simple idea – *A Moment in Prayer* of spending time with your Divine. In the section Dadaleela, read personal experiences of Grace and the Divine Being *Ever Caring, Omniscient* and the *Magician*. Revisit an excerpt from the book – *My Spiritual School with Him* which talks about experiencing Dadashreeji as a *True Guide*. Understand the concept of *Sanyaas* from the Vedic perspective and contemplate on how Dadashreeji advises us to live a balanced spiritual life. The most challenging part of a seekers life is to overcome the *Ego* and we hope that this article will help the readers to understand the nature of the ego.

This issue also consists of stories that help us understand the relationship of a faithful devotee and his Divine; also the treasure inside the *Magical Box*. Sharing learnings from everyday life is our article – *The Seat* and reflecting on the Master's words is a beautiful piece – *Meditate on the Divine*. More musings come to us in the form of drawings of the *Divine Play*, beautiful *poems* and *Young Impressions*. On the health front, read about the myths associated with *Vitamin 'C'* and learn some interesting recipes around it. Also, enjoy the lovely visuals and experiences of events held in the month of July – *Paduka PremYatra* and *Guru Purnima* celebrations.

And last but definitely, never the least; read our beloved Divine Friend Dadashreeji's guidance to humanity on how to walk the path to receive Grace and true guidance.

Walk this path with a smile on the face and love in the heart for we are the *Children of the Divine*.

**With Lots of Love and Gratitude,
Team Anahita**



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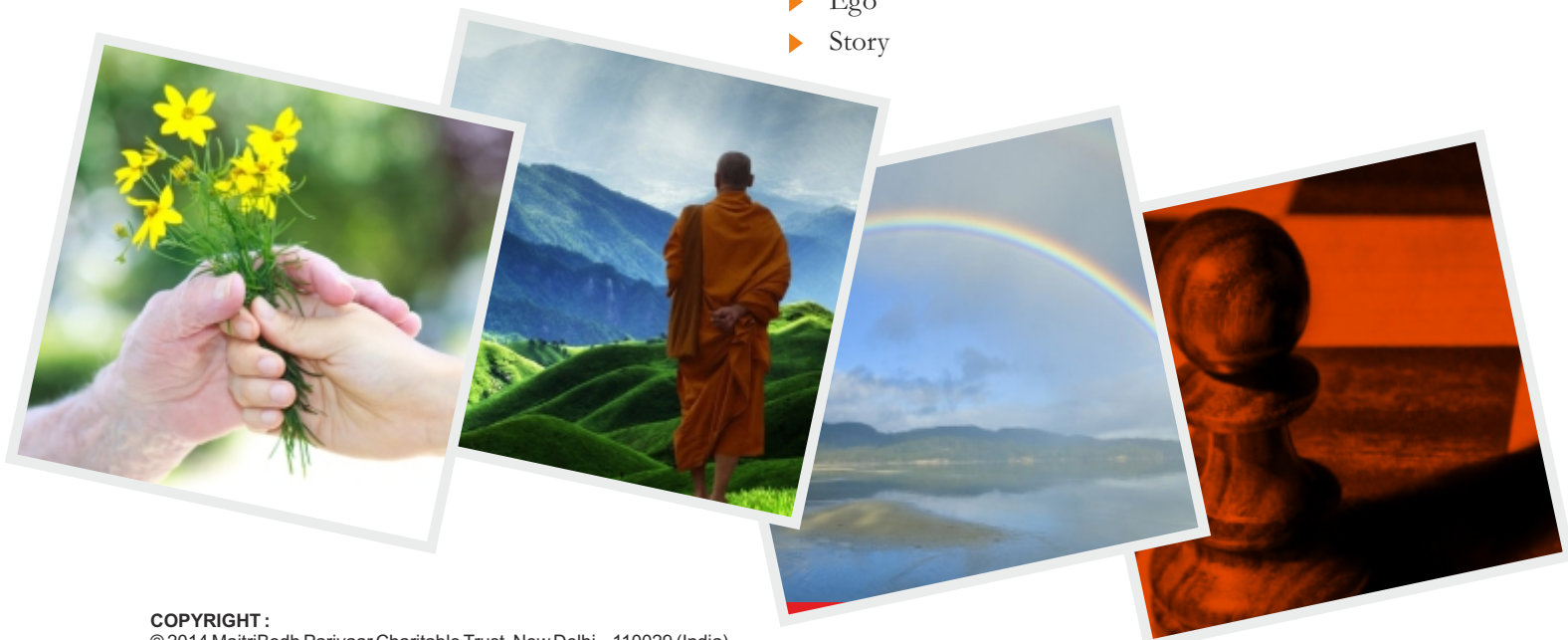
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Dadashreeji's message on Guru Purnima 2018: Grace and Guidance

Lots of Love and Blessings to all my friends!

We are immensely pleased to have you all together on this auspicious occasion. Today is our family's festival. Today we share Grace and happiness with everyone celebrating the Divine association of a seeker with their Guide, of a student with their Master, of a devotee with God and of a friend with their Divine Friend.

Sometimes you are aware about receiving Grace in life but at other times, you don't realize the metamorphic role it plays. You are so busy in your mundane routine that you don't get time to understand its significance. But there are some moments when you get an opportunity to understand the value of Grace in life.

Especially, when your intentions are right and you are working hard. You have done all that you could to achieve your goal but you are still not getting the desired results. You may feel stagnated and realize that you are not even getting close to it. Nothing seems to be working out. At this juncture, know that what is missing in life is Grace and True Guidance.

To receive Grace from the Divine, one can do many things. One can chant mantras, read scriptures, meditate, offer charity and perform many such holy practices. But even through all these, will you receive Grace? Well, you may or may not. Even after having done so much, you are still unsure of the fact whether you have received Grace or not.

Then what is the definite path to receive both Grace and Guidance?

It is only through your Master, Guru, Guide or someone who is a realized Divine Being, that you get both. He is the giver of Grace. He is the Guide for your soul. When you establish a Divine connection with your Guide, a friendly bond with your God, a new journey of your life will begin. His utmost concern is your growth and He will deliver infallibly, at each step.

Today, we celebrate Gratitude day, the day you offer your gratitude to those who have helped you grow and move forward in life. On the other side, today your Guide is continuously and ceaselessly in the state of showering Grace on all of you. Be open to receiving this Grace! It will help you to fulfil all your wishes this year. It will give you growth and happiness. It will give you knowledge. It will give you success in life.

Hence, come empty and fill yourself with immense Grace!

**Bless you all!
Dadashreeji!**



Dear Loved Ones,

The MaitriBodh Parivaar gratefully acknowledges the immense support you have given to the farmers of Maharashtra. Your selfless service in the form of monetary contributions will be received by the farmers as your blessings and support for their upliftment along with the Love and Grace of our Divine Friend Dadashreeji.

His Words

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

- Dadashreeji

Any kind of service done without an iota of expectation or return of favour is selfless service. By constantly performing service, the heart and mind get purified and cleansed. This gradually leads to the dissolution of hatred, jealousy, comparison, discrimination and egoism. The virtues of love, empathy, humility, patience, tolerance, sympathy and other positive qualities shine through, and the feeling of oneness sets in. There is no other, all are One. When such a feeling of Oneness sets in, the entire world would unite. This can only be achieved through serving humanity selflessly at large.

Dadashreeji says Love is the highest. Through selfless service, one can easily experience that love and hence is higher than religion! Religion is a way to experience love, i.e. God, but human beings have made religion complex by introducing rigid dogmas and processes making it difficult for one to experience that love. Today's religions although preaching unity, seem to divide us. Divinity lies within each one of us. Thus, by serving others we are serving and experiencing Divinity, i.e. Love itself!! Therefore, Dadashreeji urges us to serve at every available opportunity.

We need to realise that selfless service is nothing but a dynamic face of Divine Love. It is love that builds bridges and unites a divided world.



Ek Kshan Prarthana

- A Moment in Prayer



Beloved Friends,

*A minute of my time in Prayer,
May create a world that truly cares,
The joy I feel, this bliss I share,
Through a minute of peaceful prayer !*

Divinity is simple. The beauty of Divinity lies in its simplicity. Our Divine Friend is also very simple. If the Creator Himself is so simple, then imagine how simple and beautiful His Creation is. How beautiful, natural and simple our lives can be! How blessed we are!

Our Divine Friend is always ready, willing, and waiting for us to reach out to Him, not only because He listens, but also because He wants to speak to us and guide us. When we get into the regular practice of offering prayers, we train our minds to dismiss the distractions of the world and focus instead on the Divine Ocean of Love.

Experiencing the Divine and living a fulfilled life is as simple as drinking a glass of water or taking a breath of fresh air.

Let us take a minute to connect to the Source of Love and Simplicity – in the form of a prayer. A simple humble prayer is the most powerful tool that humanity has been blessed with, to reach the Divine in today's times. No matter

where we are in our walk of life, whether in a place of distressing hardship or joyful celebration, a minute of prayer ushers in remarkable peace within.

Ek Kshan Prarthana - A Moment in Prayer is your personal time with the Divine. Love Him, adore Him, scold Him, ask Him, seek to be with Him... He is yours, He always has been!

I warmly invite my friends and fellow travellers across the world on this journey of life, to join me in offering a moment in Prayer as a regular practice to bond with our Divine Friend residing within our hearts!

Starting the initiative today with the below Prayer:

Dearest Divine Friend,

At Your Lotus Feet, I place myself today,

Grant me the Guidance each day,

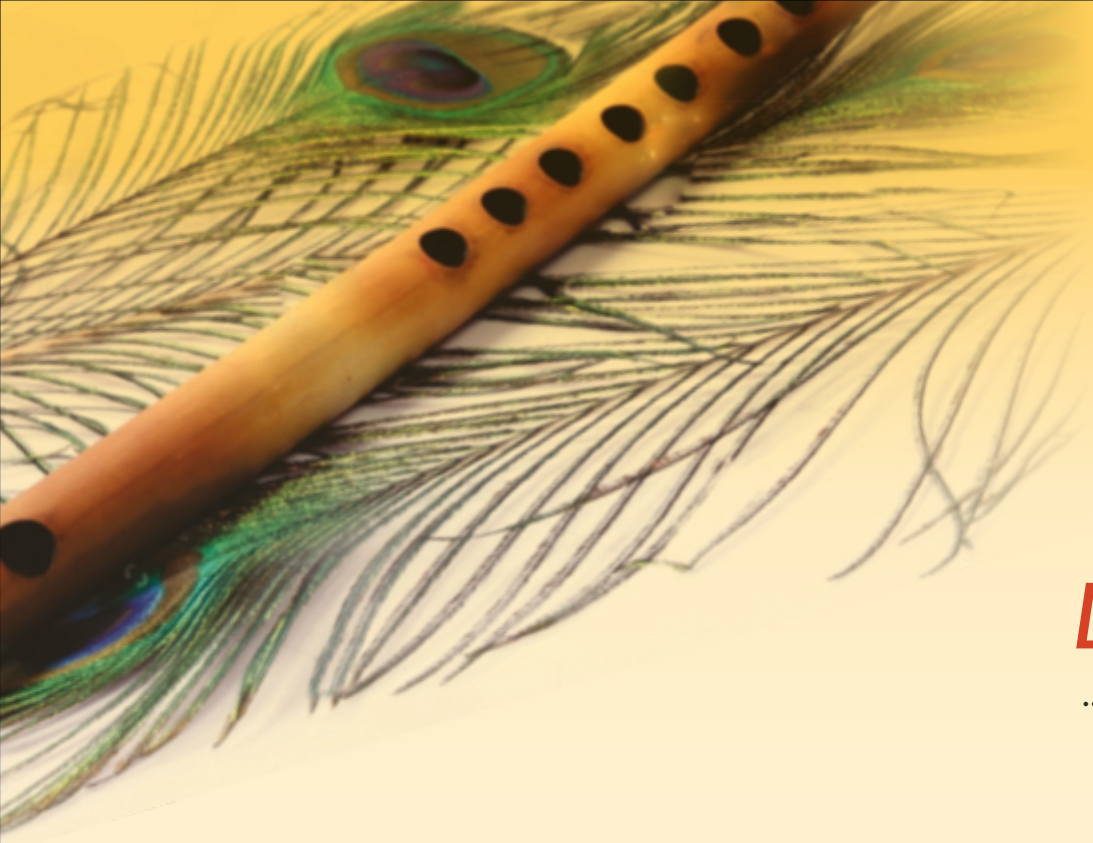
Shine forth your Light my way,

Hold me close my Father,

In Thine love I melt away!

A gentle love within, quiet determination and an unshakable faith in Dadashreeji's Grace best describe Maitreyi Sulata, who has lived under the Guidance of Dadashreeji since her formative years. Maitreyi Sulata works tirelessly to spread Dadashreeji's message of Love and Transformation across the globe to seekers who have been mesmerized by her soft, compassionate and love filled personality. Her discourses have transcended the boundaries of the mind with respect to religious and cultural differences and have touched the hearts of seekers across the world.





Dadaleela

..... Devotees' Experiences

Ever Caring, Omniscient – Dadashreeji

A small example of how Dada takes care of us every single time we say something, how keenly He listens and how He constantly reminds us of the Divine accompanying us:

A few days back, my husband had to go for an early morning cycling event. I woke up late and saw him leaving and felt a little worried that I couldn't wish him luck and help him prepare for the event. As he left, I prayed to Dada to accompany him for the day and to take care of him. Although he was supposed to come back by 1pm there was no call or message from him until 5pm. The event being in the heart of a forest, I could not get through to his phone, and I had no news of his whereabouts. Yet, I wasn't worried. I knew Dada was with him.

In the evening, he came back amazed by the day's events. To start with, his cycle had a puncture some 14 km deep inside the forest. His phone wasn't working

and he didn't know how to call anyone for help. He waited there wondering what to do, when someone in a car came looking for him in the middle of the jungle. The gentleman mounted the bicycle on his car and brought him back safely to the finish line. Not only this, he lost his phone twice during the event and both the times his phone was returned to him by two complete strangers.

There are many such moments that I have experienced, that remind me of Dadashreeji's blessings and care. Dada always listens, always loves, always cares. We may forget Him like a careless child, but He is the ever-loving mother, always with us.

**Much Love and Gratitude Dada!
Ena Gaur**





Dadashreeji - the Magician

It seems like just yesterday when I met my Divine Friend Dadashreeji and my life became transformational—a process of positive changes. Every day is a new day with innumerable possibilities and solutions to an otherwise stressful and worry-filled life.

I would like to share a change that occurred recently in my life. Since the past few months I could not see clearly with my prescription glasses and would often remove them during sessions and daily routine. In fact, I would wear them mostly for reading and writing. In conversations with Dada I would often ask Him, “What is this happening? Why do I see hazily especially during your sessions?”

I guessed that soon my prescribed number would change and maybe decrease.

Two months back I was diagnosed with retinal detachment and had lost the sight in my left eye suddenly without any medical reason. When I went to the doctor, it was declared a medical emergency and had to be operated upon as soon as possible. Without any worry or stress in my heart I said, “Let’s do it doctor! Why wait!”

From that moment onwards things moved fast. The surgery was fixed for the very next day with my Divine there every moment – holding my hand, giving me courage and strength, spending time with me, caring for me, pampering me. I had a beautiful time recovering surrounded by my Divine’s Love, my family and friends. Since then, I have been going for regular check-ups and have experienced a change in my eyesight. Today, I don’t seem to need glasses for anything except reading and writing. Unlike earlier, when I suffered splitting headaches if I was without my glasses for more than 20 minutes, now I did not seem to need them throughout the day.

Recently I even drove without glasses which I have not done for the last 18 years and what an amazing, effortless experience it was. During my regular post-surgery checkup, a surprise was waiting for me and the doctor. After checking my eyes, he said, “This is interesting. People come to us and get operations done for correction of number and you seem to have gotten a brilliant deal, one plus one free. Your eyesight seems to have improved not only in the operated eye but also the other eye.”

“In fact,” with a surprised voice, he said, “You can do without glasses for regular usage. All you need at the moment is reading glasses.”

My whole being went into silence, for hadn’t I known that this was coming? Exactly what my Dada had been telling me! With gratitude in my heart I gave a brilliant joyful smile to the doctor and said, “Well, that is the magician in my life you see at work.”

How could I explain to the doctor that this was a miracle, for my Divine is constantly preparing all of us physically, mentally, spiritually for the coming times! He is leading the way forward with our complete focus on the mission of establishing love and peace in the world. All we need is to have faith, patience and love in our hearts and live life to the fullest. Whatever He gives is His to give and for us to accept without question.

Sit back, relax and enjoy, allow the Divine to drive the car of your life.

Immense Gratitude Dadashreeji, at Your Lotus Feet Always.

**Love You to Eternity and Beyond,
Maitreyi Sonce**





A True Guide

The book 'My Spiritual School with Him' by **Mitr Jeev** narrates the beautiful journey of a young man with his Friend and Guide - Dadashreeji. Below is an excerpt from the book. It is an account of one of his experiences with the Divine

In the recent times a lot of spiritual masters have been discredited. They have been charged with allegations of various crimes and some have been proven guilty. I was personally very disheartened. I felt sorry for the devotees who were being betrayed by their gurus and masters. With a very sad heart, I asked Dadashreeji, "Dada, a lot of people are being cheated in the name of spirituality. This does not feel right. Why is this happening?"

Dadashreeji replied very gently, "This is happening with those Masters who are focusing on the growth of only the material aspect of their devotees and not with those who are focusing on the spiritual growth of their devotees. When one

is not looking for spiritual growth and only looking for material growth, then we come across such Guides. Imagine the state of the Guide himself whose focus is only on your materialistic growth! People should ask themselves – what are they praying for? Because they will get only what they have asked for. With a true realized spiritual Guide whose only focus is on your spiritual growth, you would never see such issues. If you ask for a Divine Master, you will get exactly that. Divinity is never partial to anyone. You get exactly what you ask for. So be careful what you ask for."

Mitr Jeev

Spirited, happy and full of life - best describes Mitr Jeev. The simple, dynamic and inspiring disciple of Divine Friend Dadashreeji. His spiritual journey started with the initiation and guidance of Dadashreeji at a young age, following which he completely devoted his life to selfless service towards humanity.



True Sanyaas (Renunciation)

Mitr Sut throws light on the concept of Sanyaas and its underlying significance

Sanyaas generally is understood as 'renunciation', which from the sanskrit root literally means 'to put down everything, all of it', where in a part of this word 'nyasa' means purification 'Purification of Everything' (read: purification of the entire being).

In many spiritual sects/organisations, sanyaas is considered as one of the highest acts, a form of asceticism, to help one grow spiritually. This may make a householder or a person bound by family shudder at the thought of spirituality. A sanyasi (male renunciate) or sanyasin (a female renunciate), as they are called, are seen as someone who has to give up all worldly relations, comforts, luxuries, embrace celibacy, leave their families, and go to remote places in the mountains or live in ashrams.

The impact of what is perceived as a sanyaas, especially in the South Asian subcontinent, is so strong that many families would not allow their

members, especially children, to take on to any form of spirituality. There is a huge misconception and mind-set that someday he/she would leave the family. But this is not so! Let us get more clarity and understanding about Sanyaas.

One of the biggest proponents of Sanyaas, Adi Shankaracharya writes this in one of his most profound compositions called Bhaja Govindam, in verse 14 as below:

जटिलो मुण्डी लुञ्छितकेशः
काषायाम्बरबहुकृतवेषः ।
पश्यन्नपि च न पश्यति मूढो
ह्युदरनिमित्तं बहुकृतवेषः ॥१४॥

Meaning: One ascetic with matted locks, one with shaven head, one with hair pulled out one by one, another parading in his ochre robes – these are fools who, though seeing the Truth, still see it not.



Indeed, these different disguises or apparels are only for their belly's sake/livelihood.

Adi Shankaracharya has been an exponent of sanyaas. In the above profound revelation he propounds it as an internal state and not an external act.

As one evolves spiritually it is possible that with the comprehension and ability to discriminate of what is permanent and what is impermanent, backed with the experience of one's true inner being and state, one may naturally develop a distaste for the sense objects and detachment from the mundane and the superficial moments of transient happiness obtained through anything and everything that the world has to offer. This may lead one to be naturally disinterested in material life and move away from material desires and to work more towards understanding of one's own Self. One may want to be left alone and in seclusion, leading a simple minimalistic life.

The evolved Masters understood this state and thence made provisions and circumstances for these seekers to live in this experience, so that they could further evolve. But, unfortunately later, this became a means of convenience to run away from one's duties and moreover to get an easy life with all one basic needs provided for.

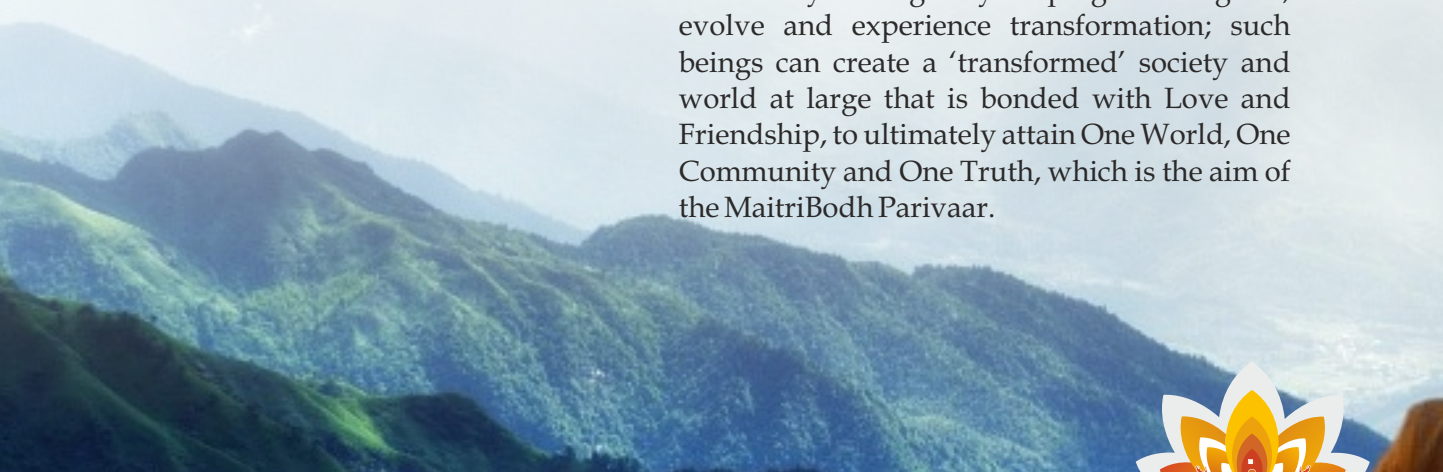
We need to understand that true sanyaas is a feeling and while one is in that state, one need not change anything that is outward, one need not leave one's family nor is there a need to give up material things. One can be a complete renunciate from within, despite living in the earthly world and while fulfilling one's duties and responsibilities.

"My spirituality is not running away and living in caves, living in the Himalayas and renunciation of the world. My spirituality is being in society. Be with everyone and teach everyone how to live a happy life, a good life. Connect yourself to the Divine. This is how we should be," says Dadashreeji.

Divine Friend Dadashreeji has often expressed that living as a householder is one of the fastest ways to complete one's learnings and evolve. In this, it becomes far easier, if one gets guidance, and has an internal bond with the Divine. It helps in getting the view in totality of one's purpose, duties and learnings. With this clarity and with the experience of bonding with the Divine, there is no further feeling to leave anything or go anywhere to get any kind of experience, especially the one a sanyaasi is looking for - in seclusion. The bond with the Divine makes one experience the nectarine Love and Peace within. The bond acts as a perpetual generator of that nectar, at any moment and in any circumstances. This is what many of us in MaitriBodh Parivaar have been experiencing.

In the Vedic period and even later there were famous kings such as King Bharat, Mudgal and Janak, who were called Rajrishi (Raj means King outwardly and Rishi means a sage inwardly or a Royal Sage) who had all the comforts, and luxuries, but internally they were detached and independent of these entrapments. They were highly evolved and performed the highest acts of selfless service while also transforming many others.

Dadashreeji also says that experiencing an evolved spiritual state and transformation is of no use, if it is not put to use to uplift others and the society at large. By helping others grow, evolve and experience transformation; such beings can create a 'transformed' society and world at large that is bonded with Love and Friendship, to ultimately attain One World, One Community and One Truth, which is the aim of the MaitriBodh Parivaar.





Ego

Sharing with us a compelling interpretation of the word 'ego', the author in this article succinctly answers various common questions associated with it

Ego is one of the most intriguing topics on which much has been written in psychiatry as well as in spirituality. In spite of this, certain queries do remain in our mind. Let us delve deeper to understand it better.

What is ego?

As soon as we wake up in the morning, in the initial stages we feel 'alive', as if something has been 'switched on'. That feeling is awareness. However, this ill-defined feeling of 'being' alive, gets quickly replaced by the full awareness of who you are. This identification/definition of who you are i.e. Name, sex, age, occupation, etc. is the EGO. This ego is what makes us think we are different from others – a 'separate' entity, a separate person. This in a way is the first clothing worn by us and the most difficult to remove.

Is ego needed?

Ego is needed for the survival of the human being. Basic needs of an individual are to be met and this needs ego. Even mundane things like taking care of the body, eating food and taking a bath etc. need ego. When we respond to our name being called, it is the ego at work here. So in short, our ego plays a vital part in the day to day happenings.

Is it good or bad?

As we discussed above ego is an integral part of us. There is no good or bad when it comes to ego. What needs to be kept in mind is to discern whether it is appropriate or excessive.

Do we need to control the ego?

It is vital to realise that excessive ego – which manifests itself in the form of elements like pride is a serious road block for spiritual growth. All the various margs (paths) of spirituality eventually reduce the ego. In Jnan Marg (Path of Knowledge), we search for 'who we are' and realise that we 'are not the ego'. In Bhakti Marg (Path of Devotion), we surrender to a superior force and hence our ego gradually wanes. In Karm Marg (Path of Action) the focus is on rendering service and by offering the fruits of such action to the Divine. By following any of these paths, the ego gradually reduces.

Dadashreeji advises that the ego should not be meddled with. Although a part of us, it is too clever for us to meddle with. He asks us to just be aware of it all the time.

Can a person be ego-less and how?

It is extremely difficult. Great saints consciously kept a small part of their ego, especially when they wanted to interact with humanity. Bhagwan Ramana Maharishi said that his ego was like a burnt rope. Its outline could be seen but would vanish when someone tried to touch it. Ramakrishna Paramhans said that he kept a little bit of ego so that he could pray as a devotee to the Divine Mother Kali. The real ego-less state occurs when an individual merges with the Divine. That stage is certainly possible to reach, with the Grace of a Guru.

The 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



The Power of Faith



Poonthanam said it was only a book, the thieves were not convinced. He closed his eyes and cried out to the Lord for help. The forest was filled with the yelling of the robbers and Poonthanam's loud chanting of the Lord's name.

At that instant, a man came riding on a horse and fought the robbers. He retrieved Poonthanam's money and the ring. He introduced himself as the minister of the Zamorin (king) who happened to be passing by. Poonthanam was very happy and thanked the young man offering his ring as a gift. The minister accepted the gift, guided him up to the temple and disappeared.

There once lived an ardent devotee of Lord Guruvayurappan (Lord Krishn) called Poonthanam. He led his life of 90 odd years reading the Bhagavatam and singing the Lord's glories in simple Malayalam, just to please the Lord. He used to walk about 100 kilometers to take darshan of Guruvayurappan every month. The route to the temple was through a very dense forest and it was quite unsafe to walk through it even in daylight.

Once on his way, in the forest, he was attacked by some robbers. He gave them everything he had, his money and his ring everything yet they were still after him. They wanted the small packet he was clinging to.

It was his treasure – the Bhagavatam book, which he did not want to part with. When





that indeed it was his beloved Lord Guruvayurappan Himself, who had come personally in the guise of a minister to rescue him.

The Learning:

The Lord loves us all dearly. We need to have faith in Him and surrender to Him for He is the sole protector and saviour. He always comes to the rescue of His devotees who call Him with all their heart.

The same night, the head priest of the Guruvayur temple had a dream wherein he was told, "You will find a ring on the deity. Give it to Poonthanam, he will come tomorrow."

Quite miraculously, the next morning when the head priest went to the temple to offer the puja he saw a ring on the deity's finger.

Poonthanam was promptly there at Guruvayur temple for darshan. The head priest came and gave Poonthanam the ring and narrated his dream. Poonthanam was flabbergasted to see that the ring was his own, which he had presented to minister, the day before. He then realized





Busting the Myths of Vitamin 'C'

Dr. Sheetal Maniar dispels a common misconception about Vitamin C

Ever since childhood, our mothers have unfailingly counseled us on the importance of including vitamin C in our diets to boost our immunity. Yes, vitamin C is very crucial for building our immunity against all diseases, including the most dreaded - Cancer.

Vitamin C is also needed for the growth and repair of tissues in all parts of our body. It is used in forming an important protein which is used to make skin, tendons, ligaments, and blood vessels. Additionally, it heals wounds and forms scar tissues, repairs and maintains cartilage, bones, and teeth health. Besides, Vitamin C is also an antioxidant. However, our bodies do not have the ability to produce this vital vitamin, so we need to source it from various foods that we consume.

A common mistake that we unknowingly commit while selecting the vitamin C rich foods is that we equate it with 'citric' foods. Vitamin C is ascorbic acid and not citric acid. Most of the foods that we think give us Vitamin C like lemons, oranges or pineapple are very rich in citric acid but have very little ascorbic acid in them. The PH level of Citric acid is very acidic in nature and it erodes all the cartilages and meniscus of all the joints in our body leading to various diseases of the joints.

Given below are some vegetables and fruits that are rich in ascorbic acid (Vitamin C):

- Red Bell Pepper (95 mg of ascorbic acid, 0 mg citric acid) and green bell pepper
- Raw Tomatoes
- Cantaloupes
- Mangoes

- Strawberries (85 mg of ascorbic acid, 0 mg citric acid) and other kinds of berries
- All green leafy vegetables.
- By large all raw foods like salad, fruits and sprouts have vitamin C in them.

The following is a recipe power packed with vitamin C, the greens produce chlorophyll which oxygenates our body, strengthens the immune function, improves digestion, and bone and joint function.

Recipe:

Pear punch or Vitamin C punch

Ingredients:

- 2 pears
- 4 carrots
- 1 cucumber
- 1 green pepper
- A handful of spinach
- Mint leaves
- Salt & pepper as per taste

Method:

Mix all ingredients in a blender and blend them till you get a smooth thick juice and pour it over ice. Preferably drink it fresh to prevent oxidation.

The best way to make sure you are consuming enough vitamin C is by eating at least 40% of your diet raw like fruits, salads and sprouts So stay healthy and boost your immunity by loading yourself with vitamin C.

Dr. Sheetal Maniar

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.



Meditate on the Divine

Maitreyi Mohini shares her thoughts on the essence of meditation, which she discovered while musing on Dadashreeji's words

A few years back I was attending my first Bodh with Divine Friend Dadashreeji. I asked Him what He thought of meditation and He simply said, "Meditate on God."

Knowing that words from Dadashreeji were straight from the Source, I contemplated on them to understand what He meant and I realised that we become what we pay attention to.

Our mind is impressionable. We are influenced by and become that which we see and pay attention to. This influence leads us to behave in the manner of the subject of our attention.

Most of us are glued to the television spend the whole day watching 24X7 news channels flashing headlines through the day. If you pay close attention you will realise that those who are hooked to the news are most likely to feel that all that is being shown in the news can also happen to them. Such is the impact that they perpetually live in fear, wary of every sound, every stranger, every little tremor. Without even realising it, they become cynical and start viewing the world with pessimism.

Aspiring sportsmen pin up their favourite sports star's picture on their walls. The picture reminds them of who they can be and inspires them to work hard towards their goal.

Whatever we feed our mind in terms of what we see or hear is absorbed by it and transformed into corresponding energy. Thus, if you watch

something that evokes fear; then fear shall become your energy. If we see or hear something which evokes happiness, that happiness becomes your energy.

Such is the impact of attention. Whatever we focus on becomes our truth.

The common goal for all humans is to experience happiness, joy and freedom.

Only the Divine is the eternal source of Love, joy, bliss and freedom. When we regularly meditate on the Divine whether in the form or the formless we connect with the energy that He is: LOVE. Slowly there is a shift within - as this Divine Love starts to transform our energies.

The more we connect with the Divine, the more Grace we receive and the bond grows stronger, taking us a step closer to Divinity. As this connection deepens, the qualities of the Divine start manifesting within us thereby helping us experience Love and Peace.

We realise that the source of this joy is not somewhere outside us but deep within our being, in our hearts. For the Divine resides in our hearts.

At all times, let the focus in our lives be the Divine. Meditate on the Divine. The Divine is our True Friend, He is the only Truth, He is LOVE.

Maitreyi Mohini for Dada

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



The Seat

Stuck in the frenzied hustle of a bustling metropolis, **Mitr Prawesh** shares the wisdom and his learnings, gathered from everyday experiences

I went to the Metro station after a really long time today. As is customary, the train door was flooded with commuters struggling to get in. By the time I boarded, all the seats were taken and I was standing curiously eyeing for a vacant seat. At that moment a good samaritan beckoned that some seats were vacant a little ahead. I found a seat and nodded him my gratitude, a wave of relief coursing through me at the thought of not having to stand for over an hour to travel.

As I closed my eyes to offer my gratitude to Dadashreeji, He made me reflect. Boarding the train is nothing short of a race of sorts. Before the train arrives on the platform, commuters throng near the entry points, everyone trying to place themselves at the best spot to enter the train gates. When the train enters the station, the tension in the commuters increases as everyone braces themselves to figure out the best way to get in. When the train halts the tension increases a bit more as everyone is bracing to plunge in as soon as the doors open. The moment the doors open even by a centimetre, most of the commuters almost literally throw themselves in completely oblivious to all life around them. At that moment, the only thing that matters is a mad scramble and grabbing a seat. In an alternative setting, this would probably be a perfect example of 'living in the moment', but at the metro station it is almost ruthless.

Many of the commuters who didn't get a seat look longingly at what they tried to get but could not succeed. At the other end, the ones who did manage to acquire a seat swell with a sense of

victory. They were the ones who could 'beat' others, through cunning or brute force, in getting the seat. They hold on to the seat with ownership, almost like a lioness protecting her cubs. The subtle smirk exhibits that the seat is theirs by right!

This is not very different from the race of our own lives. We struggle, compete, fight to have the best for ourselves; at times, even at the cost of others. And what we have, we feel that we own, that it belongs us and only us. We want to hold on to all these and not let go.

But, whose seat is it really?

Does it really belong to those who grabbed it first?

On retrospection, it does seem quite foolish to believe that the seat belongs to you, or that you can keep holding on to it forever. Like the seat on the train, everything is transient here. Nothing really belongs to us and we can't hold on to anything.

The Truth is whatever we have in our lives is only and only due to Divine Grace. All we can do is acknowledge the Grace and express Gratitude to Him, the Source of everything.

He who has the Divine as his Friend, has everything!

Think Dada! Thank Dada! Love Dada!
Mitr Prawesh

Mitr Prawesh experiences life as it is, with his Divine Friend as his guide, giving him lessons from every moment in his life. An artist with a passion for photography, writing, singing and more, he has dedicated his life for service while experiencing life to the fullest.





Dada

You know better than anyone,
I share Your seed of love with everyone.
You love everyone equally,
I have You in my heart fully.
I see You everywhere,
In my home,
In my school,
In the fair!
You smell like a rose,
You helped me write this prose,
Because You are my Dada,
My one and only Dada!

Aanya (9 yrs.)

At Your Lotus Feet, Dada!

Only at Your Lotus Feet, Dada I find my
resting place,
Beneath the speck of shining dust,
There rests a soul!
Fighting with demons within,
It struggles to find its role.
The glamour of the world dazzled it; often it
fled from the night,
Now under the shining speck of dust, it finds
the soothing light.
Eliminating years of darkness of mind and sky,
Just like a bird finally freed from its cage and
starts to fly.
At your Lotus Feet, Dada, I search for my
humble nest
That only life of unending love finds its final
rest!

Bharati Sen



Spiritual Humour

Breathe in. Breathe out.
Breathe in. Breathe out.
Forget this and attaining
Enlightenment will be the least of
your problems.

Why can't a monk
vacuum under the sofa?
Because he has no
attachments.

Divine Play



Utopia leads to Dystopia

Navigating the complex world of adolescence has its own ups and downs. 'But sometimes, a little snippet of wisdom can turn up in the most unexpected places,' says **Vaidehi Maheshwari**

It wasn't until recently that I realised that I was being sucked into a vicious vortex of negativity that threatened to destroy every last bit of sanity I had.

I'll give you a little context – I have always been an insecure and self-confidence lacking child. Very conscious of my appearance, my height, my weight, my grades, and so on, I took the innocent terms of endearment used teasingly like 'stupid' or words sometimes uttered in the heat of the moment by my mother like 'irresponsible', very seriously.

I have a very loving family. My father has always encouraged me to be strong and independent. However, I interpreted the advice as 'an expectation'. I thought that I had to be smart and independent or else I would let people down. Added to it all was my own ambitious mind. I knew I wanted to do something good and become someone big, but I never found the answers to that 'something' and 'someone'. I was a big dreamer, but without dreams.

I always strove for appreciation; I fed on compliments and was desperate for someone else's validation of my actions. I could not accept failure and I very reluctantly accepted the success of my peers, worrying myself sick by asking myself why I couldn't have achieved what they had. I was struggling to be my version of the 'ideal' and the 'best' but, try as hard as I might, I could not be as photogenic as friend X, or as witty as friend Y. I was, what I feared I would be – a soft, emotional, sentimental wreck whose greatest quality was her ability to cry during Toy Story 3!

Let me also assure you that I wasn't depressed or anxious. Looking back, I was doing pretty well academically and socially or at least better than most of my peers – I just chose to gloss over the good parts of my life.

Coming back to that defining moment when things changed, it was the below random quote I saw on Instagram:

'You're going to be 16 for only 365 days. And you could die at 17. When your mom asks if you want to sleep in her bed, say yes. Stop cancelling plans; go out



denying affection. You'll never be able to love someone as a teenager at 35. Be brutally beautifully honest. Go out and change the world. Fight for peace, equality and change. When you're 70 and can only watch the news, you don't want to see the same issues going on when you had every chance to fight for them. Stop romanticizing the 'I don't need anybody' and 'I don't have feelings' attitude. It is easier to make friends in high school than in nursing homes. Embrace feelings. You're only a teenager for 2,555 days and then suddenly you're 20. Life never slows down. Bones become fragile and break, hearts become weak and people die. With every atom in your body, live right now.'

It shook me to the very core.

I had a big, blubbing, free flowing cry in the bathroom after this. Once I calmed down, I made a vow to myself – I would let myself live! I would let myself live free!

Then the revelations followed. The entire week after that was a cathartic experience for me – I realised the why's of my problems and the how's of their solutions. More than anything I learnt that it was okay to be weak, to be dependent on someone, to need hugs and to cry while watching Marley and me. It didn't make me any less strong than I already was. In fact accepting myself for the person I was, made me stronger and happier.

I can still feel the bite of the green-eyed monster of jealousy when I hear of someone else's success, although it gets less painful every time because I remind myself that I'm only human. There is this game I play every time I wish I were someone else – if I admire someone with, say, a great sense of humour and wish that I had it too, I ask myself to trade. The other person's ability to be humorous is obviously one of their greatest assets. So what great asset of yours would you trade for their humour? When I think of it this way, I realise that I do not wish to trade my clear skin or my ability to read a 500 page book in 3 hours. They are what make me – well me. I also cannot weigh their worth on some arbitrary scale.

As Dadashreeji has said, "Express yourself. Rejoice in life."

I am learning to live with and take pride in my imperfections.

I remember reading dystopian fiction and realising that the pursuit of establishing a perfect society is what results in chaos. Utopia leads to dystopia. You, with all your unique quirks and flaws are the best you'll ever be.

Vaidehi Maheshwari

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



The Magical Box



There once lived a kind hearted man in the village of Agrabah by called Abdullah. He was very wise and people often came to him to sort out their problems and seek his counsel.

One day, as Abdullah was walking in the street, he saw two neighbours arguing loudly. A crowd of onlookers had gathered around them and despite several attempts to dissipate the tension, the two continued arguing.

Seeing them squabble, Abdullah came up with an ingenious idea to stop them from quarrelling. He pulled out a metal box from his bag and went up to them. He said, "I have a very precious box here; it is a magical box. Holding it for five minutes will reveal something very astonishing about you."

Both the man and woman were taken aback by Abdullah's remarks. Struck with curiosity, the woman said quickly, "Let me hold it first!"

So, Abdullah instructed her to hold the box in her hands and asked her to close her eyes. She did as she was told. After some time when she had calmed down considerably, Abdullah said, "Please open the box."

Inside the box, she saw a mirror. The woman stared at her reflection with a puzzled look, and beckoned Abdullah to explain the meaning of it all.

Abdullah told her to further look more deeply at her reflection. Glancing back at her face in the mirror, the woman realised that it now radiated a sense of peace. He then asked her to share whatever else she saw. She saw the same face brimming with joy when she played with her children in the morning. She saw eyes radiating love as she remembered hugging her husband and kissing her children. She realized that she was arguing with her neighbor in vain over a petty issue.





With tears in his eyes, the man profusely thanked Abdullah for making him realise his folly and walked off with humility.

Whenever you feel a surge of negative emotions, take a deep breath and detach yourself from the situation. Let your emotions not overpower you. Find a quiet moment, look in the mirror and remind yourself, "I am Love!" You will witness those unfavourable emotions bow down before the 'power of love'.

Abdullah smiled and said, "You are Love! It is something that most of us have forgotten."

Her face awash with serenity and understanding, the woman bowed before Abdullah and said with folded hands. "Thank you for reminding me that I am Love! That I am kindness and joy! And with all these qualities in me, there can be no place for hostility!" Going back to where the neighbour was standing, she humbly apologized and went away.

Her neighbor, who was left dumbstruck at this sudden change in the woman's behaviour, went up to Abdullah and asked him if he could hold the box too. What ensued later is predictable.



Purification (Bodh II)

21st – 22nd July, Delhi

It is an experiential session to align you with the Divine through purification processes at the physical mental and spiritual levels. It starts with the inner cleansing that is Chitt Shuddhi of unwanted suppressed memories and the dissolution of deep rooted blockages through the practice of the Agni Sanskaar kriya and helps to connect with Divine Intelligence with the ShaktiPravaah, the Divine Energy Transfer, concluding with the Sambandh Beej Sanskaar kriya.

The following are some of the experiences shared by the seekers:

"No two experiences of the same event are similar. Or is it? Although each and every participant must have had unique experiences during Bodh, one thing was felt unanimously – the vibrations of pure energy and unconditional love emanating from Dadashreeji, which resonated through all our bodies. We were all lost in that moment and as the intensity of the process increased, the shared feelings of joy and bliss were amplified in each participant. It became palpable in every touch and every embrace. The dedication and love of the sevaks and the conductors of the session, left us all in tears. At the end of the day, there was no 'you' or 'I' remaining, there was simply 'us'. The resonant feeling in all of us was that we were a family – all Dadashreeji's children. We came with doubts and questions and left with a newfound sense of familial love and gratitude for the Divine."

Aradhna Lanba

"All I can say is that I'm no longer struggling with my faith and I just want peace and happiness all around. And yes, answers have started flowing to me. I'm indebted in gratitude to each and every person who took me in this journey. Thank you!"

Arjun Nanda

"Sometimes, some events leave you short of words. The whole experience was so serene that it got difficult for me to get back to daily life. I felt that I left something behind and it was pulling me back. Anyway, life has to go on."

I have found a lot of answers and clarity on the subject of 'love'. I think I never quite understood what love meant. Likewise I got clarity on lot of other things that I was struggling with for a long time. Above all, I found a group of such wonderful friends. I am thankful to each one of you for this wonderful experience. I have finally been able to see Dadashreeji in my heart."

Sheilza

"Dada Sharnam.

Thank you Dadashreeji for the indescribable love, Grace and blessings which I experienced during the Purification (Bodh II). Earlier during the Maitri prayer I was having difficulty in visualising your Shrimurti but after these last 2 days, I don't feel the need to visualise anymore. I can simply close my eyes and sense your presence in my heart. I am forever indebted to you Dada, for all your Grace and blessings. Gratitude to all the sevaks for coming and making this journey a divine experience. Thank you fellow travellers for your expression of love."

Promod Nanda



"Dear Parivaar,

Purification (Bodh II) has opened many doors and windows which were locked in my mind from inside, and has given me a fresh lease of oxygen and a new paradigm to living life. The havan and ShaktiPravaah were amazing experiences that I cannot describe in words.

During the Havan I reached a state of mind where I saw Dadashreeji as the Divine Shri Krishn, giving a sermon to all humans and spreading love in His human form. It was a 'Saakshaat Ishwar Darshan' (Vision of the Divine) for me. Overwhelmed, I merged in a completely different zone, where time almost stopped for me!

I didn't feel the vibrations of ShaktiPravaah as I felt in Bodh I, so I came back to the guest house a little worried and disappointed. Although I couldn't sleep at all that night because of anxiety, I woke up in the middle of the night to the whole bed shaking almost as if an earthquake was happening. I instantly knew that Dada was with me, within me and that the ShaktiPravaah had been successful. Dada reminded me to have faith and to not doubt as a seeker! Dada is always with you!

I could clearly see Dadashreeji before closing my eyes for receiving the ShaktiPravaah by a Mitr. Yes, Dadashreeji Himself was here at the Gurgaon MaitriBodh Arohan Kendr to give the ShaktiPravaah!

Although I go to the temple regularly to pray and thought that I was already well connected with the Divine, I felt that a sense of true communication was established only after this experience.

The illusions that I had harboured were cleared and I realised that I had been driving my life in the wrong gear and had been looking at the rear view mirror. That day the windshield was cleared and I changed gears for the better.

I had so much to say and Dadashreeji was listening to everything patiently. In fact He reminded me, "Akshat, you forgot to tell what happened 20 years ago..." I had a feeling that Dadashreeji wanted all of the emotional baggage which I had against people, situations, life, self and even the Divine to come out. I was crying non-stop. Never have I had a friend like this in my life, whom I could worship and have a candid discussion at the same time!

Thank you Dadashreeji! I now see you in all beings, all forms of life and am able to truly communicate with the Divine. Thank you for holding my hand and guiding me. Today, I welcome any pain with open arms as I realize that it's for my own growth and will ensure that it does not become a suffering.

With kind regards and Love for all,"

Akshat Tandon



Path Divine (Bodh III)

14th – 15th July, Amritsar

The Path Divine (Bodh III), helps a seeker to discover and walk the true path towards the Divine. It helps to free the seeker from the illnesses of the mind, connects him/her to the Divine through the ancient Yog called 'Maitri Yog', aligns their energy centres through Chakr Dhyaan and provides the Divine energy transfer to enable the seeker to walk the path and experience the love of the Divine within themselves.

Experience of a seeker:

"After attending Bodh III, I truly felt a deep inner change and have also found the answers to my many questions! The only thing I wish for now, is to reinforce that action speaks louder than words! Let's work to spread positivity for this will surely connect us to Divinity!"

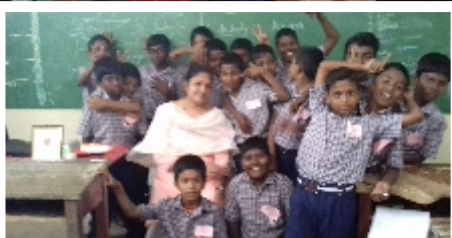
Deepak Babbar

Children Bodh

4th & 5th July, Coimbatore

Two Children Bodh sessions were conducted for the students of PSG Sarvajana School in Coimbatore on the 4th and 5th of July. The students joyfully interacted with the MaitriBodh team and were all smiles at the end of the session. As the torch bearers of the future generation, our children will herald the beginning of transformational era. Having connected with these young hearts, we help guide them in exploring their spiritual side and learning the importance of sharing and giving, of knowing themselves through expression and forming their own bond with their Inner Divine.

We are immensely grateful to the school management for inviting us to conduct this session.



Paaduka Prem Yatra

24th June '18 to 25th July '18

Guru Paadukas or Guru Charan have an immense significance. As quoted in the book 'My Spiritual School with HIM' by Mitr Jeev ji: "Whenever we want to remember our Guru, the best way is to visualize His Charan (Feet)."

This year too Guru Purnima was preceded by a unique celebration of a month long event – the Paaduka Prem Yatra. This wonderful yatra (journey), which commenced from ShantiKshetra Premgiri Ashram on the 24th June 2018 and concluded on the 25th July 2018, opened the doors to the hearts and homes to multitudes of devotees all over India. Seven pairs of Paadukas were blessed by Dadashreeji, which then travelled to many regions of India to spread Love, Peace, Joy and Positivity. The Divine Paadukas began their journey showering Grace and Love. More than 180 homes and temples welcomed Dadashreeji as Narayan in their homes with love and devotion. Devotees thronged into these homes and temples to seek the darshan of the Divine Paadukas.

The Divine Paadukas travelled to the following regions via rail and by road – Mumbai, Thane, Pune, Satara, Nasik, Indore, Bengaluru, Coimbatore, Baroda, Delhi, Amritsar, Chandigarh and many villages around Karjat. Enroute, the Divine Paadukas showered Grace on all the fellow passengers in the trains and buses.



The seven Divine Paadukas reached the Arohan Kendras of the respective regions and began their journey to the blessed homes and temples. Each morning, the Divine Paadukas travelled to devotees' homes with great pomp, celebration and love. Sessions of Awakening to Self Realisation (Bodh I), Children Bodh, Maitri Sambodh Dhyaan, Self Metamorphosis, Maitri Light, and Bhajan Sandhya's were held. Havans too were performed in many homes bringing in purification, peace, love and the Divine Grace in abundance.



At a devotee's place in Ghatkopar (Mumbai), 80 people came for the Paaduka darshan and havan. Most of the people who came were atheists. After attending the havan and receiving Maitri Light, almost 40 of them expressed that they wanted to attend the Awakening to Self Realisation (Bodh I) session, which is now being specially organized for them.





Love is all there is.

It was a day of immense blessings, love and peace in the presence of Dadashreeji's Paadukas on June 25th. An ocean of limitless love was flowing incessantly at my home dispelling any doubts, worries or pain in the process. His love faucet had opened and chose to bathe all in His Divine energy. The entire day seemed like meditation where events happened effortlessly and beautifully. After the morning rituals, Dadashreeji blessed each and every member of my family. Many new devotees experienced Dadashreeji's love energy through a beautiful session of Maitri Sambodh Dhyaan and Maitri Light in the evening. His presence was felt very powerfully by the devotees and they experienced deep cleansing within. As shared by one participant, she felt a strong pull towards Dadashreeji and during the Maitri Light session, she broke into tears, unburdening all the pain that she was carrying. She also said she felt much lighter after that and felt the deep silence in the space around. Thank you is a very small word to describe the gratitude that we feel inside for your limitless love, Dada. Gratitude, always at Your Lotus Feet Dada!

Yours,
Richa Handa





The Palkhi Sohla (Palanquin Yatra)

During the Palkhi Sohla (Palanquin Yatra), as a gesture of reverence, the villagers of Kamatpada (Karjat) paid their obeisance to Dadashreeji by arranging for a separate palkhi (palanquin) for Dadashreeji's Paadukas along with a palkhi for Lord Vithu-Mauli (Lord Vitthal) on the auspicious day of Ashaadi Ekaadashi. The palkhi procession went through the entire village amidst dance, bhajans and music. The old and young, men and women, mitras and maitreyis, danced along with the Palkhi as it made the round of the whole village. A unique bond culminated between the villagers and the Palkhi Sohala Sevaks. Dadashreeji's Love shone and bound all in one bond.

The Paadukas from the seven regions were brought to the Khairmata temple in Jambrung village on the 26th July. The Narayan Ashtottara Stotram was performed following which the seven coordinators from the respective regions carried the Divine Paadukas on their head. Soaked and intoxicated in the Love for the Divine the Parivaar members swayed to the bhajans and music (drum beats, cymbals). The procession reached the ashram where seven maitreyis holding artis (lighted wicks soaked in ghee/oil) in their hands eagerly awaited the arrival of the Paadukas. After welcoming them, all the Paadukas made their way to the Shaktipeetham where a maha-arti was performed. The presence of the Deities and Masters was felt by all there.





Guru Purnima

27th July '18

ShantiKshetra Premgiri Ashram

Every day of the year is unique by itself, but there are some days which are auspicious for a spiritual seeker or a devotee. Even among these, if there were one most special day, then that day would most certainly be Guru Purnima.

At the MaitriBodh Parivaar, Guru Purnima is celebrated as Gratitude Day - a day of celebration between a disciple and his Master, a seeker and the Source, a devotee and his God. Throughout the year, one may pray for a multitude of things, but this is one special day when one just offers complete gratitude to the Divine.

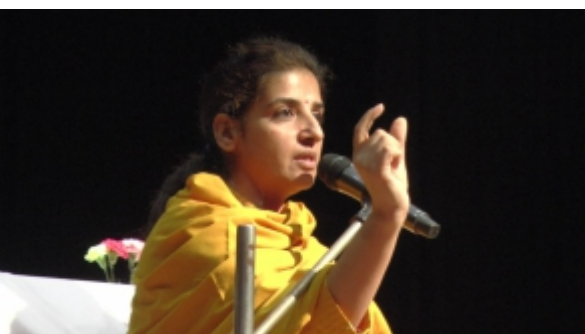
This beautiful celebration at our ShantiKshetra Premgiri Ashram started with a havan and a prayer for the establishment of Love and Peace in the entire planet. This powerful process was followed by the paaduka abhishekam, wherein all devotees and seekers drowned in the ocean of devotion as they waited for the darshan of their Divine Friend.

Dadashreeji's darshan this time was unlike any in the previous years. The darshan took place in batches, with Dadashreeji addressing each of them. Each soul that came in His presence experienced a bliss such as what they had been waiting for lifetimes - some smiled, some shed tears, some laughed, while yet others felt immense peace. Whichever way they expressed, all were experiencing an overwhelming flow of Love from within their core. All were swaying in the sublime intoxication of Divine Love and Grace.





Need of the Hour Amritsar and Thane



The event, 'Need of the Hour' held in Amritsar on 2nd June, 2018 was attended by 140 people. The session ensured that the participants not only understood the need for transformation but also accepted the guidance and awakened the love in their hearts. Many questions about the way forward were asked which were satisfactorily answered by the conductors.



A similar session was conducted on 12th June in Thane at the Sahyog Mandir, in association with the Rotary Club of Thane Garden City. All the 95 participants were very open to the talk. Everyone enjoyed the Maitri Sambodh Dhyaan meditation, and the slideshow on the positive effects of ShaktiPravaah were received encouragingly.

Thank you Dadashreeji for your Grace throughout these sessions!



Upcoming Events

Need of the Hour For more details contact: 9870350450	15th August	Thane (West)
Path Divine (Bodh III) For registration contact: 9833075979	18th - 19th Aug	MaitriBodh Arohan Kendr, Delhi
Awakening to Self Realisation (Bodh I) For registration contact: 9322290211	23rd August	Valsad, Gujarat



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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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