

ANAHITA

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Lord Krishn - The Fountainhead of Love Divinity and Prayers Peace Begins with Me



MaitriBodh
www.maitribodh.org

From the Editor's Desk

Dear Divine Souls,

As an intelligent species it is about time that we paid heed to the warnings Mother Nature has been giving us. The natural calamities Mother Nature's way to remind us to mend our ways before the damage becomes irreversible. Mankind has forgotten the ways to live in harmony with Mother Nature. It is time that each one of us reflects on our acts and ask ourselves if that particular act is harming Mother Nature; if yes, we need to find better ways of doing it. Let us pray that the Divine guides each one towards acting more consciously and in harmony with Mother Nature and existence at large.

This issue begins with Divine Friend Dadashreeji's answer to a seeker's question about the Soul.

In the section *Dadaleela*, read personal experiences of Grace and the *Miracles of Maitri Light*. Under the section *Food for the Soul*, read *Ek Kshan Prathana* - a prayer to the Divine to grant the virtue of right action. Read an article on Lord Krishn - *The Fountainhead of Love* to understand and know the essence of Krishn, the article *Prayers and Divinity* throws light on the importance of praying and how one should pray, followed by a beautiful story - *The Thief* highlighting the importance of living each moment consciously. On the health front, read about the dangers associated with incorrect posture and the corrective measures that one could take in the article '*Posture*'. This issue also consists of beautiful poems and learnings shared from everyday life in the article - *Baggage*. *Maitri Mirth* brings you subtle humour illustrated in the *Divine Play*, and a few musings to fill you with laughter.

Welcome two new features under Young Impressions: '*Peace Begins With Me*' - presents real life stories of children and young adults, who were understanding, empathic and compassionate towards others, under the most compelling and challenging circumstances. '*Catalysts for Transformation*' features inspiring and motivating acts of personalities that made a difference in the world.

Do read the amazing experiences shared by the participants of Heal the Soul (Bodh IV) conducted in Europe and much more.

Stay blessed, act consciously and keep smiling always!

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



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and experiences to experiences@maitribodh.org

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Please do e-mail us your suggestions and comments on the articles at anahita@maitribodh.org

04



Q: Our scriptures say that Atma or Soul is pure and none can pollute it. Moreover, we have read that there is only one Atma. Then, how did we name Bodh IV as 'Heal the Soul'? Please enlighten us.

Dadashreeji:

Dear Friends,

Let life be simple! Let thoughts be simple! Let the journey of life be simple! The mind tends to complicate reality with pre-conceived notions. Many of scriptural terminologies are unclear to your mind simply because they are either beyond the understanding of your mind or you have not experienced them truly. As a seeker of truth, your spiritual growth should be natural which is always gradual. There are no short cuts on the spiritual path although you can expedite your growth through various ways.

We believe in experiential spiritual growth. Internally, you feel liberated in parts, get clarity in life and prominently experience the presence of the Divine. You know that through structured 'Bodh' retreats, you move step-wise from the 'Awakening' programme to the 'Purification' and then to 'The Divine Path'. One can start from no spiritual knowledge at all to a higher state of consciousness. Once you successfully complete these programs, you are ready for 'Heal the Soul', a profound and intense spiritual retreat. You see a 'New You' within, efficiently using your energies to fulfil your vision of life.



Through these programs you realise that reality changes, based upon the state of self-consciousness. Your palpable growth is because you have been released from unwanted baggage and you attract more positive and Divine energies. If you notice your state from the 'Awakening' to 'Heal the Soul', there is an evident spiritual shift within. This shift is not due to heavy esoteric spiritual knowledge but due to your willingness to experience and the preparedness to receive Grace.

Yes, scriptures do mention about Soul that is pure, formless and ever existent. All these doctrines of spiritual knowledge were meant for evolved students who had passed the initial stages and were ready to absorb the higher spiritual lessons. This would be decided by their Master who was equally passionate and committed for the student's growth as a part of their duty (Dharm). Easy availability of spiritual materials is good in one way but it also distorts one's spiritual understanding without the necessary and proper guidance. We do understand that it is rare and one of the most difficult tasks in front of a genuine spiritual seeker is to find an authentic realised Guide and not just a knowledgeable pundit playing with words. If that's what it takes to attain the higher truth, why not? One must do this exercise.

You dig the ground In search of water. How do you know that you have reached the level of the water? Just before you get to the water, you get mud. Water and soil both are observed at this level assuring you that you are moving in the right direction. My friends! This is what we were referring to. After the cleansing process on the Chitta, we go further within, closer to your inner core. Here, the easy to relate and apt word for general seekers, is 'Soul'. We focus on healing this layer of your consciousness. Healing here is entirely Divine and is to align and reform your tormented state (dormant since long on the unconscious plane) to the natural and original state of being. The purpose of naming this intense spiritual process was to simplify the objective for the understanding of general seekers. As you grow further spiritually under the Divine guidance, reality will end in the Absolute Truth. It is only in this state that you will understand and experience everything as it is; but will be unable to express and explain it to others. Here, a part of the journey is over. You experience the scriptures and become 'one beyond concepts, words and letters'.

Let ignorance dissolve into ether!
Open your arms and Free your mind!
It's Love at the End!

Love and Blessings,
Dadashreeji!



His Words

" We are spiritual beings. We cannot find lasting happiness
in acquiring material possessions & positions, but in reviving
OUR INNATE LOVE FOR DIVINITY "

- Dadashreeji

Dadashreeji has often shared this example - When a child is crying very loudly we try to appease the child by giving him/her a toy or the thing that he/she wants. But, one can only distract the child for some time because very soon he/she will get bored of it and begin crying again for something else. Similarly, in our life, we can only try to distract ourselves momentarily by either buying expensive clothes, gadgets or engage in activities that make us forget the higher purpose that we are here for. But none of this will last for long. Very soon we would get tired of all this and set out seeking unconditional Love, true happiness and peace.

We all are spiritual beings. Love is our true nature and the cause of our suffering is the lack of Love. No amount of material accomplishments, name or fame will give us permanent joy. It is only when we experience Divine Love within that we will feel complete. We can buy material pleasures and reach powerful positions but even then the heart will yearn for peace since it knows that something is amiss. This yearning will cease only when one would focus on the Divine. When one bonds and connects with the Divine within it fills the entire being with Love, everlasting joy and peace that none can take away. Such Love grows multitude as we share it with others. Dive in this fathomless treasure-house of Divine Love and experience your true nature.

Spread Love, Express Love, Give Love!





MaitriBodh Parivaar heartfully invites you to experience Divine Love and Grace all through this October through the following series of events:

6th October 2018 - Spirituality in Daily Life (Mumbai)

We welcome all to experience 'Spirituality' in daily life which is the key to a happy and simple life. In this session discover the secret to happiness and peace, learn to maintain positive energy to lead a happy and healthy life. Receive Maitri Light which is a Divine Energy to remove blockages and cleanse your mind, body and soul.

10th to 18th October 2018 – Navratri (ShantiKshetra Premgiri Ashram)

Join us for the grand nine - day Navratri celebrations at the Shaktipeetham; each day presents an opportunity to experience the infinite Grace and Energy of the Divine Mother Mahakaali. To perform a Havan at the ashram during these auspicious nine days pls call on the numbers mentioned on the flyer.

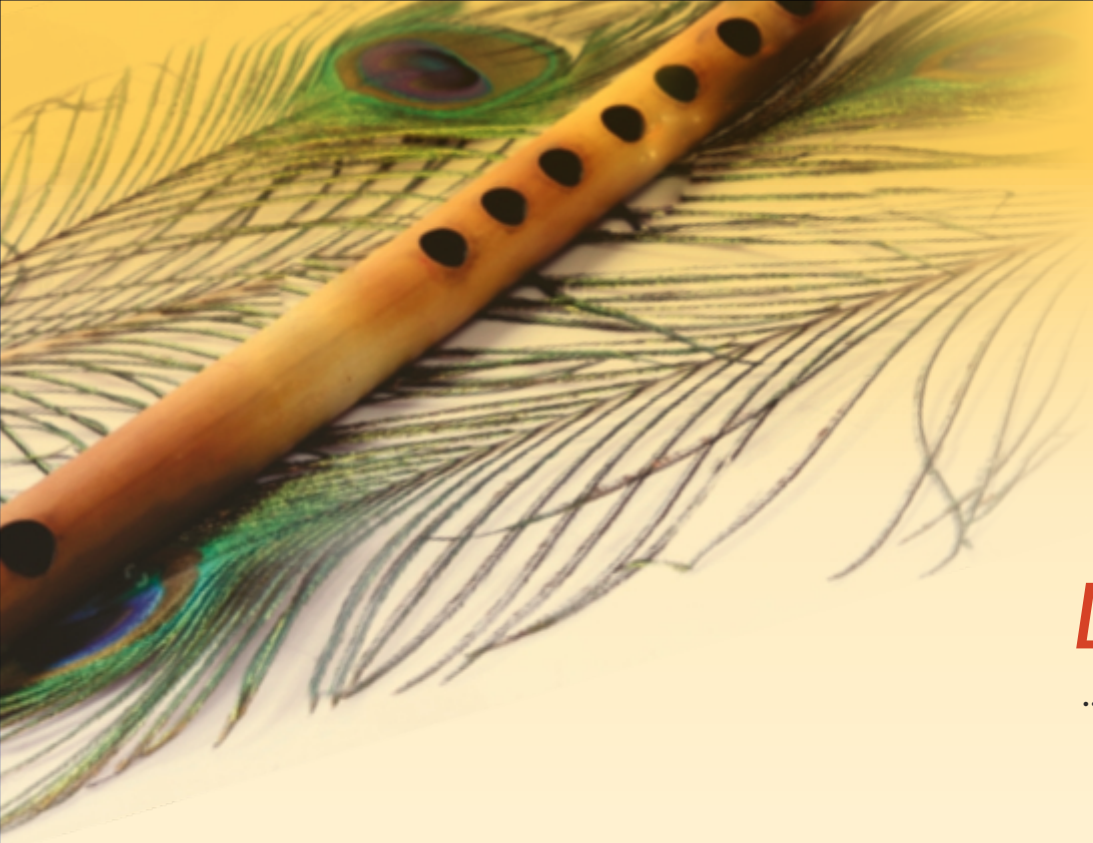
19th October 2018 - Dussehra Bhet (ShantiKshetra Premgiri Ashram)

On this occasion experience higher consciousness; soak yourselves in the Divine presence of Dadashreeji and receive abundant Love, Grace and a gift blessed by Him.

20th October 2018 - Awakening with Dadashreeji (ShantiKshetra Premgiri Ashram)

A profound session where Love Incarnate Dadashreeji expounds on the various states of the human mind, its complexities and much more with simplicity and ease.





Dadaleela

..... Devotees' Experiences

The Transition from Efforts to the Effortless

Being from the IT industry, we are accustomed to putting in a lot of effort to achieve success in our profession. Our goal is to do our best and reach the top, to be acknowledged and appreciated by our peers and supervisors. These expectations and long working hours lead to stress in our profession. When a certain project gets completed we get anxious about the new one with questions like "Will I get a good designation, an understanding boss, etc., etc.?"

I lived with this stress for many years. A point came when it became too much and I had a strong desire to lead a stress free life. At the same time an opportunity came in front of me in the form of Bodh I - Awakening to Self Realisation. Spiritual course? Should I do it?? I had absolutely no background on spirituality and was not too keen but my friend suggested that I try it out as after attending the course she was experiencing joy and peace. I thought, why not? What will I lose? Just 3 to 4 hours of my time. I had already tried everything right from drinking warm milk at night (to get some sleep), to taking homeopathy medicines for my acidity attacks and suffering the vomiting bouts which were all due to high stress.

Attending Bodh 1 was the best thing that could have happened to me. It was such a different experience that I felt like doing Bodh II (Purification) and Bodh III

(Path Divine) to know more about it. That is the best gift I could have given myself. Making the time only for myself, to understand who I am and what was happening within me. I began to understand myself, accepted myself the way I was fully. With this, the stress reduced to a large extent and the medicines went out of my life.

Now where does effortless(ness) come from?

My connection with my Divine made my life effortless. How? To learn any new technology we put in effort. I put in my efforts passionately to develop my personal bond with my Divine the way it was suggested in Bodh. Initially, it took lot of effort in the same way it takes to go from E0 to E1 to E2 to E3 . But it was totally worth it. My Divine now guides me moment to moment and gets the right actions done from me to save my efforts !! Life has become effortless. Is it too much to believe ? Then don't !!! Try it out for yourself!!

**Dadashreeji's -
Maitreyi Shalaka**





The Profound Revelation

My beloved Brothers and Sisters!

Yesterday I met a friend of mine, who was in the Himalayas at the same time as some of us - only on the Tibetan side. There she met a monk in a monastery who told her the story about the Three Ages (Buddhism), which was really interesting. When he came to the end, he said the third age is now approaching us and will begin in the next few years and it will come with a Divine Consciousness called Maitribodh. *The third age will be called Maitribodh.* I wanted to share this with all.

With Love,
Stephanie

The Wonders of His Love

My experience with the Paadukas last year was quite an unprecedented experience for me. It was a period marked by certainty, fearlessness and immense calm - the likes of which I have never experienced in the past. I have written about it in the blog last year about 'Paaduka Prem Yatra'. When the opportunity to take the Paadukas back to Bangalore presented itself this time, I was quick to latch on to it (maybe I was destined to be His Paaduka Man!)

A couple of days before the paadukas were to travel to the ashram, I reached a sevak's house to collect them. Once in the cab, I prayed for the cab fare to be low, as we were travelling during peak hours. So a fare of mere Rs. 69 on the return was quite a surprise (I am quite a Scrooge and every penny counts for me). I kept chanting Dada's mantr throughout the journey, and a sense of immense calm dawned. I began to experience the same emotions as I felt about a year ago when the energized Paadukas were with me.

By the 21st of June, I had secured leave from office for myself to travel to the ashram for the Abhishekam process. I had to leave pretty early so as not to miss the flight because of the notorious Bangalore traffic. However, I left a little late and had planned to take the bus. Just then, while checking with my office driver, he mentioned that another office car was on its way to the airport and suggested that I travel with him. I was delighted but not surprised; miracles had started to become a norm with me.

Even so, the traffic in Bangalore was on full display that Thursday evening. I had already done the web check in and felt that catching the flight would be a literal touch and go moment. Just then I got a text message - "Your flight has been delayed due to air traffic congestion in Mumbai." I instantly called another devotee to joyously give an account of this incident.



At the airport too, the screening went through fine. It was quite a rough flight though, due to the weather. I generally get nervous when the aircraft shakes but this time I felt more secure. This had to be the safest aircraft in the world - after all it had Dada's Paadukas in it! I landed in Mumbai and went to another sevaks house. It turned out that he had prayed for the paadukas to be at his house. Dada had answered his wishes too.

The next day was a breeze as I awaited instructions to head to the Ashram. From cab drivers to the intercity travel, with office folks and with old friends, I was having a great time talking to everyone. It was a fantastic experience. I was feeling special as were my companions who had put in quite a lot of effort in the preparation leading up to the Paaduka travel.

The next day was the Abhishekam process. I was glad to be of service. I was the only one from Bangalore and in came a sevak to partner with me in the Abhishekam process. He later told me that he had always wanted to be close to the paadukas and here he was - called by His Master to behold the object of great reverence. It was quite an overwhelming experience for him.

The wonders of His Love were spreading to everyone.

It was the evening of 23rd June and it was time to move forward on the Paaduka journey. My return train ticket had been PQWL 1 (Pooled Quota Waiting List) for a month and a half and everyone mentioned it was unlikely that it

would be confirmed. PQWL's get confirmed only after all other wait listed passengers are confirmed. I wasn't really worried. I was almost sure that Dada would have planned something else for a smooth travel. And I think you would have guessed by now, the train ticket did get confirmed! I easily got a cab from where I was dropped and had another one waiting. Well, I had started to feel like a prince!

The train journey was smooth and I was feeling relaxed while listening to and singing my favourite songs. I prayed for His grace to reach my co-passengers, as they remained in the presence of the most powerful representation of Divinity.

Guess what happened next? At one point, the train was running about an hour late. As it chugged along and entered Yeshwanthpur, we realised that it was actually about half an hour ahead of time. I wasn't amazed - I was getting used to this!

While at Bangalore we have been able to take the Paadukas to the houses of a number of devotees and new seekers. Thanks to His Grace, I feel that in the presence of the Paadukas, people are more expressive which is what Dada's teachings are all about - to express yourself completely. I await more wonders of His Love to unfold before everyone who comes in 'His' presence and am sure there will be many.

**Regards,
Mitr Kunal**





Maitri Light Miracles

The Miracle

Last week I was suffering from dengue fever. My condition was so bad that I couldn't talk nor sit. I had a very bad headache and body pain. I immediately thought of Maitri Light and contacted someone in the MaitriBodh Parivaar for the same. I got a call from one of the members from the Parivaar and after the process was done, within a few seconds my headache, body pain and fever vanished completely. I thank Dada from the bottom of my heart for this miracle.

**Dadasharanam,
Pranali**

The Ultimate Elixir

I had an allergic cough. One day my colleague who had been observing this since a long time asked about it. I told her that I had been taking medicines but there was not much relief. I also suffered pain while coughing. My colleague told me about the MaitriBodh Parivaar and one of their processes called Maitri Light which is a 'Prayling' (prayer + healing) process. She suggested that I spare 10 mins and take Maitri Light for the cough issue. I agreed and it worked. Gradually my cough reduced. I got relief from cough and pain, experiencing a positive change. Thanks a lot to my colleague and Dadashreeji.

**Regards,
Rajashree**



Ek Kshan Prarthana - A Moment in Prayer

A Moment in Prayer is your personal time with the Divine. **Maitreyi Sulata** warmly invites all to join her in the offering of a moment in Prayer as a regular practice to bond with our Divine Friend residing within our hearts!

Beloved Dadashreeji, grant me the virtue of Right Action!

Beloved Friends and Co-travellers,

Love!

I trust that together with me you are all walking The Path with our Divine Friend in the infinite bond of 'Unconditional Love and Joyful Friendship'. Last month I invited you to take part in the initiative of Ek Kshan Prarthana - A Moment in Prayer. Let us now take this initiative forward with the blessings of our Divine Friend. When we begin to experience the Divine presence in every moment of our lives through our moment of prayer and bond with Him, then our life becomes an offering to the Divine - like a pure heartfelt prayer.

I would love to share these precious events from my life- very simple yet profound moments, which taught me the lessons of a lifetime.

On a lovely Saturday evening I was walking with my little one-year-old daughter in the neighbourhood when we came across a woman beating her 5 year old child with a wooden stick and scolding him. The irony was that this episode was taking place right outside a busy temple. The lady sold fruits outside the temple for people to buy and offer to God. A large number of devotees were entering the temple to offer their prayers, yet seemed indifferent to the cries of the little boy who was being beaten heartlessly. In that moment, I witnessed the reaction of my child who could not resist looking and empathizing with the boy and took me in his direction. It was as if Dadashreeji was telling me to stop - as this was my moment of intervention and of rendering seva!

The next moment I found myself grabbing the stick from the lady and telling her to stop as this was not the way to teach a child. She kept crying



that “he does not study as he wants to become a beggar”. Dadashreeji’s compassionate Grace passed into her: “It’s your love that will give the child the strength and security he is seeking at this tender age.” Within minutes other people gathered and supported my action. The lady stopped beating the child and immediately hugged her crying child.

In that moment I realized that this spontaneous act was a reminder not just for me but all of us towards ‘The Prayer of Right Action’. We cannot just observe the wrongs in society and do nothing. We are required to ‘be the change that we desire to see in the world’.

Thank you Dadashreeji for teaching me in that moment that a Prayer is not something that is to be offered inside a temple, but it can also be done in our action towards the transformation of ourselves and those around us - for the better. Prayer is in our ‘Right Action’ to help someone grow for the better.

Divinity gives us a choice every moment to either walk away abdicating our responsibility or take action and do the right thing as need of the hour.

LOVE changed everything for the mother and child.

Today’s Ek Kshan Prarthana is ‘A moment in Prayer’ for granting us ‘the Right Action’ -

**Dear Divine Friend,
Today, I offer my heartfelt prayer,
For teaching me the value of moments so rare,
With the clarion call of the Divine in my heart,
May there always be the perfect right action by me
That dispels all despair
And creates a world that truly cares
This is my moment of Prayer!**

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.



Lord Krishn – The Fountainhead of Love

On the pious occasion of Krishn Janmashtami (the birth celebration of Lord Krishn),
Mitr Sut expounds on the real essence of Lord Krishn

Lord Krishn was born in a prison, while His uncle was out there waiting to kill Him. He was taken away from His biological parents and brought up as a cowherd. Separated from His love in the early days, He relentlessly fought the negative and dark forces time and again.

Yet, He was the one who seemed to have enjoyed every moment of His life in the most difficult situations, who brought smiles to all around Him, who emanated unfathomable love to one and all. He tilted the universal balance towards positivity and the Universe danced to the melodies emanating from His flute.

The 8th Avataar (incarnation) of Lord Vishnu, an universal supreme being , a divine incarnation, an ideal lover, a prankster, a cowherd – Lord Krishn has the most multifaceted personality.

In the Mahabharat war, though He supported the Pandavs, He did not fight in the war, but remained neutral. He was there to guide the good, the righteous and safeguard the pious and the devout beings.

Lord Krishn depicts the celebration of human life, irrespective of the situations and challenges that may come in one's life. His life was enshrouded with the difficulties that are unimaginable. Many of His actions may seem controversial to the human mind, yet He remained beyond any of His actions. He is always seen as laughing, dancing, singing, mischievous, and so full of colour, vigor and vitality that He inspired generations after generations of devotees, on how to manage life, and his life inspired an ocean of artwork, poetry, music and dance! Lord Krishn's teachings in the Bhagwat Gita are a gift to mankind.

In the Chapter 4 of Bhagwat Gita, He said to Arjun:

यदा यदा हि धर्मस्य ग्लानिर्भवति भारत ।
अभ्युत्थानमधर्मस्य तदात्मानं सृजाम्यहम् ॥४-७॥
परित्राणाय साधूनां विनाशाय च दुष्कृताम् ।
धर्मसंस्थापनार्थाय संभवामि युगे युगे ॥४-८॥

Meaning:

Whenever there is decay of righteousness, O
Bharat,
And there is exaltation of unrighteousness,



then I Myself come forth;
For the protection of the good, for the
destruction of evil-doers,
For the sake of firmly establishing
righteousness, I am born from age to age.

Knowing the real Lord Krishn is beyond the comprehension of human mind. One can discover the real Lord Krishn by going within. He represents the indivisible substratum on which the entire consciousness is based.

He may have physically passed around 5,000 years back, yet He remains in the hearts of each one of us. One may give Him different names and forms. To discover His real essence is a journey of discovering ones own Self. Lord Krishn represents in all-inclusive acceptance of anything and everything that the universe brings forth, with no bindings, no rules, no restrictions, absorbing all, while He Himself is -

नित्य मुक्त - forever Free,
नित्य शुद्ध - forever Pure,
नित्य प्रेम - forever Love!

His expressions are like a fountainhead bursting out in incessant indecipherable Love, the magnanimity of all those truly bonded with Him sway, to the heights of such Divine ecstasy, which no one can fathom nor describe.

Today, that same consciousness has taken another form, as it has been an internal discovery of many mitr/ maitreyis, associated with the MaitriBodh Parivaar, in the form of Divine Friend Dadashreeji, who is here to tilt the imbalance of the positive-negative once again, as has been the situation in the present world. To restore goodness, true values and most important take us back to our true home.

Dadashreeji is Love-incarnate, emanating true unconditional Love, enabling each and every one to experience this Love, by simply bonding with Him or any other Divine form, that one naturally connects to, by being a constant guide within - and all this while living one's life naturally as one is!



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.



Divinity and Prayers

Maitreyi Varsha shares her thoughts on the essence of prayers and explains what exactly it means to 'pray'

As a little child I always wondered if our prayers really reached the Divine. Did Divinity really hear them? Well, in the past few years I have experienced and realized that He does! Each and every prayer reaches Him. Sometimes, the answers that we may receive might not be as per our expectations or might take longer to be answered.

"The power of a heartfelt and positive prayer is such that Divinity immediately harnesses the energy and that which is our highest good is given to us. We cannot immediately comprehend what is for our highest good. Divinity does", says Dadashreeji.

Prayers are answered when the time is right. We need to have patience and faith that whatsoever the situation, the Almighty does what is best for each one of us. This faith and trust can come only when one has a strong bond with the Divine. One can actually know if the prayer has reached and has been heard by the Divine when the connection is strong. To experience this, the relationship with the Divine has to be two-way. Right now for most, it is a need based association. We forget that the Divine is the Source of all creation who patiently waits to hear from us like a loving parent waits to hear His child's words. One has to work towards nurturing this relationship by giving it time. Communicate with the Divine like one does with a friend. Dance, sing, talk, pray; communication could be in any form, just pour your heart out. In fact, there is no specific time or place; one can be in

conversation with the Divine all the time. All that one needs to do is to make an effort initially which gradually becomes effortless.

It is important that we have clarity as to what we are asking or praying for, but at the same time one must always pray for His will, for Divinity knows what is best for each one in a particular circumstance. So the keys to an effective prayer are: A strong bond with the Divine, Praying with His will, being grateful and to pray regularly. Our prayers give Divinity a reason to intervene. Hence we must pray regularly with a pure heart, a good intention/motive, trusting that whatever the outcome; it is the best for us.

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



Story

The Thief

A long time ago, a thief who was hiding from the King's soldiers, seeks shelter in the ruins of a temple. To his surprise he finds a Master for company. The Master's silence, peace and bliss was overwhelming for the thief. It was radiating from his entire being. The thief said, "I have never come across a man like you. I also want to be in your state - peaceful and blissful all the time. Can you please help me?" The Master said, "Why not? It is possible. It is everybody's potential."

The thief said, "Wait! Let me tell you one thing. I have been to many saints many times and they all have told me that to grow spiritually I have to first stop stealing. So please don't make me do something that I cannot do. It is impossible. I have tried and I have failed miserably."

The Master calmly said, "Probably you have never seen a true saint, otherwise they would not have been worried about your habit of stealing. Continue with whatever you do."

The thief was shocked even more: "What kind of a man is this?" he thought and asked: "What do you suggest? What is right, what is wrong?"

The Master replied, "I don't say this is right or that is wrong. You may follow one thing: if you want to steal, then steal — but steal consciously. Whenever you break into a house - be very alert, open the doors, break the locks, but do it very



consciously. Then if you can steal, steal, but remain conscious. Come to me after seven days." After seven days the thief came, bowed down, touched the Master's feet and said, "Please initiate me as your disciple." The Master asked, "Why? What about your stealing habit?"

He said, "I tried my best, whenever I was conscious, I could not steal. The act seemed so stupid, so meaningless. What was I doing and for what? It looked so futile that I would stop immediately. For seven days I have entered into houses and come out empty-handed. To be conscious and aware is so beautiful. I have experienced it for the first time, now I can perceive your peaceful and blissful state!"

The thief was then initiated by the Master as His disciple.

Most of us sleepwalk through our lives; we are not present in the moment. Very often we are unaware about the things we do and say. Living consciously will certainly help us live more mindful and meaningful moments full of love and care.



Posture - A growing concern for joint disabilities

Dr. Maniar talks about the physical dangers that a poor posture causes to the body, including affecting one's spiritual growth and shares with us some helpful yogasanas that would help in maintaining a proper position

Today, the majority of joint related diseases are due to an incorrect lifestyle which includes poor posture. As one ages the shoulder starts rounding up because of muscle wasting or atrophy of the upper paraspinal muscles leading to bad spinal posture.

All fixed positions for prolonged periods of time are bad for all major joints and leads to faster degenerative changes in the joints.

You may have heard the poem: "The foot bone follows the knee bone and the knee bone follows the hip bone". For eg. Wearing heels for years may cause the heel bone to take a different

contour or shape altogether. This change will happen right upto the cervical joint. Similarly, for anyone working for long hours on the computer - the muscles, joints and ligaments take on a new shape according to the posture in which one sits or stands leading to arthritis and degeneration of the ligaments and joints. Due to poor posture, the lungs also get compressed which leads to poor lung capacity and breathing problems, and poor digestion because the stomach and intestine are compressed again due to incorrect posture.

Sitting crossed leg for prolonged periods of time (more than two hours) is bad because the



lopsided position of the hip and spinal joint and can give rise to the following:

- Nerve compression leading to numbness, leg pain and deep vein thrombosis
- High blood pressure
- Arthritis of the hip joint and lumbar spine
- Poor posture

The physical spinal posture also affects the astral spine, which in turn affects the state of the mind. When the physical (and thus astral) spine is 'bent', the flow of the life-force to the brain may be diminished, dulling one's consciousness, and may also bring about negativity. A straight spine, on the other hand, leads to a more energetic and positive attitude. 'A bent spine may cause hindrance to Self Realization!' The posture also contributes to the way one feels in general and about one's self - it's a happiness quotient.

Posture corrections are curative as well as preventive. Let's see how. The most important posture related muscles are the core muscles of the abdomen, because they are parallel to the spine & hold the spine erect and give it additional support.

The following methods help improve the posture:

- 1) Engaging the spine by sucking the abdominal core muscles towards the spine - Retract the solar plexus towards the spine with the chin tucked slightly down. Resultantly, one may feel that one's spine is absolutely straight; hold on to this position as long as comfortable. Remind yourself to practice every time you feel you are slouching.
- 2) The following are a few yoga asans which help to improve the posture:

- Salabhasan
- Tadasan
- Paschimotasan
- Bhujangasan

These are posture correction yoga asans which if practiced everyday are corrective as well as preventive for a healthy posture.

Stay healthy, take care of your body as this is a vehicle to Self Realization.



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.



Out of the millions of memories and emotions that we have stored in our minds, those tiny specks of negativity are like shards of glass - small enough to be unnoticeable, but sharp enough to make us bleed. **Mitr Prawesh** echoes the same sentiments in this article

The journey of life is made up of small journeys of our everyday lives. Some of these journeys are short, while others a bit longer. With MaitriBodh Parivaar there's much opportunity to travel for various sessions. On one such occasion I was at an airport awaiting to board the return flight to Delhi.

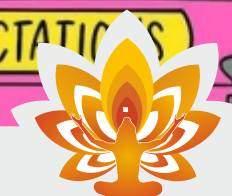
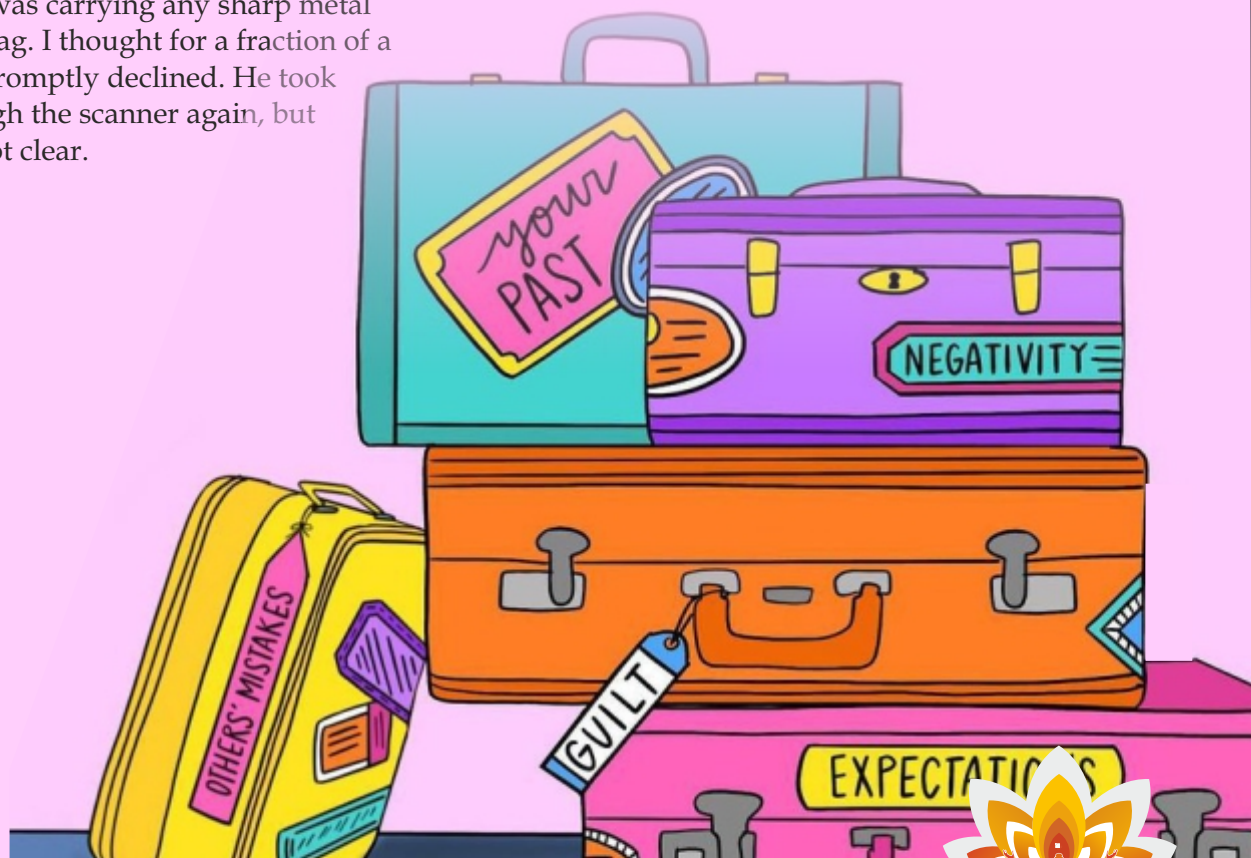
After collecting my boarding pass, I headed for the security check. I took out the customary laptop and camera out of the bag on to the tray and put the bag on the conveyor for scanning, whilst I walked through the metal-detector frame towards the security guard. I got my boarding pass stamped, but when I went to collect my back pack, I realised that the bag was not given clearance.

The officer-in-charge stopped my bag and asked me if I was carrying any sharp metal object in my bag. I thought for a fraction of a second, and promptly declined. He took my bag through the scanner again, but again it did not clear.

After scrunching his eyes at the scanning screen for a moment, he asked - Do you have a nail-cutter in your bag?

As hard as I tried to think, I had absolutely no recollection of putting a nail-cutter in the bag. So, I curtly denied again, a little irritated now. The officer-in-charge wasn't convinced though. I had to disembowel my bag - books, clothes, toiletries - cluttering the entire tray table with the contents.

The bag went through the scanner again, and yet again for the third time, it was denied clearance. The officer then sternly asked me to check the inner pocket of the bag. Glaring at the officer, I



put my hand inside to rummage through the inner pocket, and my fingers touch a metallic object. Feeling temperature rise in my face, I pulled out the nail-cutter.

I was feeling embarrassed as well as irritated at the officer and at entire fiasco. It was even more embarrassing to stuff all the contents back into the bag while many onlookers smirked and giggled. If only I had been aware of that nail-cutter in my bag, I would have been saved from going through this entire ordeal!

However, as I walked away from the security counter, out of that moment, Dadashreeji gave a realisation. In our daily lives too, there are different baggages that we carry, thinking that everything within is going to help us during the journey. But most of the time, we are not completely aware of the contents of the baggage that we are carrying. And, in my case, even a tiny object like the nail-cutter is enough to give a lot of grief.

What I went through was suffering – the same experience of scanning being

repeated again and again and again, till I finally learnt from it. Had I been aware of the baggage, then I would have taken my learning and moved on; it wouldn't have become a suffering.

So, what is it that we can do? One way of going about it is to be aware of the baggage that we are carrying. In this case, we will experience everything in our baggage, but it will not become suffering.

The second option is to offer your baggage at His Divine Feet. When you allow Him to take care of your baggage, He will completely take care of you. And what you will have then, is the experience of being truly free.

Allow your Divine Friend to take your baggage. Live a life of Love, joy and freedom!

Think Dada! Thank Dada! Love Dada!

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.



The Missing Ingredient

Everything seemed so complete in life;
But still felt like something was missing.
Everything is so simple in life;
But still felt its essence missing.
The day I met you, my Dada;
You standing and watching;
Your children going back to their materialistic world from the ashram;
I saw you smiling;
A smile full of Grace;
Full of Love;
Love so pure;
Love for your children.
Your smile Dada,
Is what clicked in me;
I felt complete;
I felt connected;
I now know the missing essence of my life;
The missing ingredient is your Love and Grace!!
Thank you Dada!!

Tania Kumar



Request to my Divine Friend Dadashreeji

Years have passed by
Have gone through
Lot of churning, learning and growing
Still resting in the cocoon
Dada I pray to you
Please break open that shell
Bless my wings with the strength
So I can fly higher and higher
Under that Divine guidance
Filling lives with happiness, love and bliss
And one lovely day merge with the Divine.

Seema Gupta

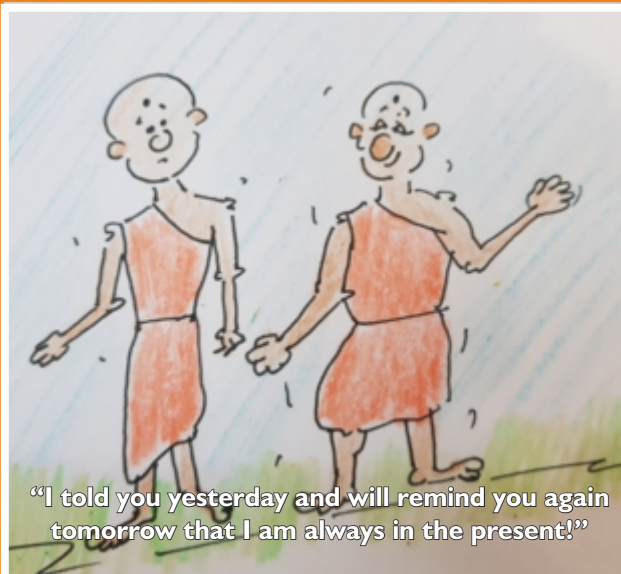


Spiritual Humour

How do you make God laugh?
Speak of your plans.

Dear God,
So far today, I've done all right. I haven't gossiped, and I haven't lost my temper. I haven't been grumpy, nasty or selfish, and I'm really glad about that. But in a few minutes, God, I'm going to get out of bed, and from then on, I'm probably going to need a lot of help.
Thank you!
Amen.

Divine Play



PEACE BEGINS WITH ME

Dadashreeji says that if we work on our inner peace there will be more Peace and Love in the world.

In this new feature, we will present real life stories of children and young adults, who were understanding, empathic and compassionate towards others, even when circumstances were challenging.

Sharan Gala, a 22-year old young man, who lives in Baroda, India, has shared this month's story. He constantly explores how to be a better human being and contribute as well to others.

This incident takes place at 9:30 pm, in the Civic Center - a famously infamous part of San Francisco (USA). I am on vacation and need to meet someone at a pick-up point near the Civic Center. I am alone.

I get off the BART (subway/metro) at the Civic Center, and am hit with some funny vibes. I'm on my phone trying to make sense of Google Maps, an African-American man appears next to me and asks me directions to some place. While I am engrossed in helping him, five other guys have appeared behind him.

Eventually I tell him I'm not too sure where the place is, and apologize for being unable to help. He says something like, "Oh no worries man..." and as he's saying that to me, the largest guy of the group that is now behind him approaches me, walking with a swagger. In a deep voice he asks, "Do you know what a San Francisco beating is? Cause you about to get one!" Not yet understanding just what is happening in my life right now, I innocently respond "No".

"Well then let me show you how it's done!!" he said in a louder, army-general voice, "TURN AROUND AND GET AGAINST THE WALL!" They hold me against the wall, dig a gun into my back and check my pockets for my wallet/phone etc. They find both and take them. Throughout the ordeal the man keeps threatening me, saying things like, "If you look at me one more time, I'll blow your brains out!" and, "If you say another goddamn word, I'll slit your throat!" and warns me to stop moving or else he'll pull trigger of the gun.

I agree to stay perfectly silent, and still. I calmly communicate that I'm only a student, and that they are free to do whatever they need to, but it would be great if they did not do this to me because I'm so young and don't have much to my name anyways.

Once they've taken all they want (which is my beloved DSLR camera) he then instructs me to start walking in the opposite direction and to never look back. As we approach the road



crossing, I feel this urge inside me to connect with him. I am compelled because I feel sad about the ways of our world and what happens to people with less privilege. I want to let him know I understand. I feel responsible.

So, feeling these emotions, I turn around, and look him straight in the eye. I say, "Hey man, before I leave, I just want you to know that I'm so sorry that this is what you have to do in order to live. Be sure to fetch at least a \$1000 for that camera."

And as I'm saying this, I extend my arms... and he mirrors me. Next thing I know we're hugging each other. He tells me, "Look, you're a good person. I'm like your brother, but I'm an uneducated black man in America. This is how I get to pay rent." I respond, "Yeah, I hate to lose my favorite thing. But I guess you've got to do what you got to do. Could I at least have the memory card? It's got all my life's photos in it." He pauses for a moment, then obliges. I undo the zip on my camera bag and eject the SD card and place it in my pocket.

By now another man on a wheelchair makes his way towards us, and says to me "Here, let me zip up your bag for you." which he does with care. And that is the end of it. I am on my way back home, without my camera, but with a most beautiful and crazy human experience that I will remember for life.

When asked what made him respond the way he did, Sharan said: "While being manhandled, I could tell that they weren't at all evil/cruel, but truly acting out only of an unfortunate helplessness. They had no intention to hurt me, only to take something of mine so as to sell it. They could have done an infinite number of things with me, they had a gun after-all... but they chose to only and only take my camera and immediately let me go after that. I wasn't even unnecessarily hit once as some sort of a punching-bag for their inner trauma, so I knew that what was going on was nothing but the result of someone who is trying to do their best to keep themselves alive in the dire conditions they didn't ask to be in, but find themselves in. I wish of course that they did not rob me, or anyone for that matter. But I also wish that we as a society did more to address the problems in the way we run our world so that such situations don't need to arise."

"You have to decide for yourself, no one else can. If it was entirely to be done by the Divine or by God, then things and experiences all over the world would have been blissful, peaceful, all-loving. That means even you have a role to play. If you play a positive role, experiences all over the world would be like that. If you play a not-so-positive role, or a negative role, it would have a similar impact" - Dadashreeji



Catalysts for Transformation

A life well lived is one that leaves a positive impact. We may leave an impression of our presence in the souls of the lives nearest and dearest to us, but there are a few individuals who leave their mark on humanity, these are the individuals who have changed the world with their vision, their dreams and their hopes for a better tomorrow for humanity. This new column will feature inspiring and motivating acts of personalities that made a difference in the world.



“Let us remember: one book, one pen, one child and one teacher can change the world” – **Malala Yousafzai**

21-year-old Malala Yousafzai is not just an activist for peace and education, she is the voice of the suppressed. Such is the power of this young girl that she was attacked by the Taliban for her efforts to make education a right for the girls in Pakistan.

Malala Yousafzai was born in the city of Mingora, Swat Valley in Pakistan. Her father Ziauddin Yousafzai is an educator and established the Khushal Girls High School and college which Malala attended. At a young age Malala was encouraged by her father to have political discussions with him. Her father was instrumental in inculcating the qualities of courage and outspokenness in her.

In 2007, the extremist Taliban group took over the Swat Valley, banning education for girls, music and implementing strict Islamic laws. They shut down many schools in the region and destroyed many more. The British Broadcasting Company wanted to cover the lives of the people living under the terrifying regime of the Taliban. At the risk of becoming a target of the Taliban, and the behest of Malala's father, 11-year-old Malala wrote blogs to the BBC about her life. At a local press club meeting she gave a speech “How dare the Taliban take away my basic right to education?” This speech was published in many newspapers and televised nationally. Malala's outspoken nature and strong sense of justice had made her a voice of the many silent girls in the Taliban controlled region. She continued to make television appearances advocating the

rights of girls in her country and had now become a well known activist.

Unfortunately, on the 9th of October 2012, young Malala was shot by the Taliban for her work against the rules of the Taliban regime. She was rushed to Peshawar from where she was flown to Birmingham in England. Miraculously Malala survived the attack, proving without a doubt that the strong willed girl could not be stopped even by a bullet. Her family now lives in Birmingham where she continues her education and her fight for education for children. She has received much recognition and many awards for peace for her efforts. She won the Nobel peace prize in 2014 and became the youngest person in history to do so. She also founded the Malala Fund for girl education.

What makes Malala Yousafzai an inspiration for all is that even after all the obstacles she has been through she continues to struggle to achieve her goal. For her, education is power and her vision is to have every child educated. At the age of 16, she gave a speech at the United Nations on this very subject. An awe-inspiring person Malala is forgiving at heart. She has been quoted as saying that she has no feeling of revenge on the men who attacked her, rather she hopes that the children of the Taliban are educated. Malala truly brings light into the dark minds of the uneducated and this is perhaps what makes her a person who has truly made a difference in the world.

Malala's life story inspires and teaches us that even in the face of adversity having courage and faith can help us achieve our goals.





Heal the Soul (Bodh IV): Europe, 1st - 5th August '18



The first Heal the Soul (BODH IV) took place in central Switzerland from 01st - 05th August 2018. A total of 103 participants from all over Europe (Switzerland, Austria, Denmark, Germany, Great Britain, Italy, Latvia) and one from the USA joined their inner call by travelling during this exceptionally hot summer in Europe to attend the event in the Divine presence of Dadashreeji.

The beautiful and peaceful location with stunning views over the Swiss mountains made it the ideal retreat venue for seekers to attend the sessions in serenity and contemplation.

Time flew by and each and every participant departed back to their various countries with a deep feeling of inner peace, joy and gratitude for the divine experiences enjoyed.



Tatiana Sevcuic - Denmark

At a crucial point in my life, I got to be part of 'Heal the Soul' (Bodh IV) in Switzerland. Divine Friend Dadashreeji granted us the most precious gift and that liberated us from our karmic ties. What a gift! I still hold my breath in a gasp, afraid to blow the luck away or accumulate troubles with a single wrong thought.

Enjoying the lightness of 'Zero Karma' am wondering if I am still alive, still here among the same people, same dimension! I can definitely feel the difference. It is so exciting. I am experiencing profound peace even in the most annoying circumstances. With full trust in the Source and zero worries, I know that the best is flowing my way.

There are no frustrations or any disturbing relationships; people and circumstances visibly changed. Now, there is only Love that flows, without obstacles or criticism. There is only acceptance, be it good or bad. The acceptance not only of my reflection in their eyes, but acceptance of their own weaknesses or their present state with ease and a smile.

Life is so beautiful. I feel like I am in a fairytale, feeling completely different!
Ah! I still hold my breath in wonder ...like Alice in the Wonder-world.

Thank you Dadashreeji,
Love!

Herbert Mikisch - Austria

'Heal the Soul' (Bodh IV) in Switzerland brought me immense happiness and peace. Divine Friend Dadashreeji spoke a lot about the human mind and its various tricks. The next day we were to receive the Shaktipravaah (divine energy transfer). In the morning my mind went crazy, bad feelings hounded me the whole day. I sat in a carousel of destructive thoughts. It was impossible to stop it or come out of it. Nothing helped, I was depressed and thought that I would not receive the Shaktipravaah in this kind of state. My mind locked me up in its cage with no chance to escape. I never had such a weird experience in my life before.

In the afternoon this state changed and I felt love and peace again, but this happened not out of my will or action. The Shaktipravaah was a great experience for me.

The next morning my mind was uninteresting. I perceived it like a little parrot, sitting on my left shoulder babbling stories and nonsense. But I rested in peace. Sometimes when the parrot was too loud I said to him: "Shut up baby" and suddenly it stopped for a while or it grumbled and murmured. This did not disturb the flowing feelings of love and peace in any way. It was funny to hear the little parrot in the background speaking with itself. Sometimes, when it spoke crazy things again, I always looked at it and it stopped immediately and I felt peace again. We had changed our roles, I was the creator and it was my good parrot-friend. Since then I can watch my breath flow easily and I enjoy it more than before.



Claude Leeb - Austria

In 2016, a friend of mine posted information about a spiritual event (Darshan) to be held in Switzerland. As a spiritual seeker (and a quite curious person) I booked a ticket to Zürich, not knowing what a Darshan was and clueless about the person who was coming and what he did? Nevertheless, I went there and what happened had quite a significant impact on my life. Here's why: The Darshan was of none other than His Divine Friend Dadashreeji, also called the Love Incarnate. At the end of the evening each one of us was allowed to step in front of Him and look into His divine eyes. Honestly, in the beginning I felt quite awkward to meet the eyes of a stranger and not utter a single word, but after a moment my mask dropped and I could tell by the way His face changed that He really looked deep down into the core of my heart. And what did He see there? Well, back then a devastated and exhausted dead-end fighter. The instant He saw me, I actually realized, that the ruins inside me also represented the condition of most of humanity. After returning home I continued practising the meditation we did at the Darshan and I started following His messages on Facebook with great interest. I am just back from Switzerland after attending Heal the Soul (Bodh IV) organised by MaitriBodh Parivaar and I feel really thrilled to have had the opportunity to not just be in the presence of this living master again, but also to be able to ask questions - and get answers which are simply amazing! Divine Friend Dadashreeji is not just the kindest, sweetest and most loving 'being' I've ever met, but also one with a sense of humour that just cracked us all. If you need love and laughs in your life, find out more on www.maitribodh.org

Cornelia Desch - Germany

I feel very blessed to be able to attend Heal the Soul (Bodh IV). In a session Dadashreeji spoke about the mind. It was a very interesting session and I was trying to absorb and focus on all that He was sharing. My mind was able to comprehend but the experience was missing for my Heart.

Later during the break, as I sat outside in silence in the sun, I closed my eyes and watched my breath. While my eyes were closed, I heard a buzzing sound. As I sat completely relaxed the mind thought: Oh, it is summer, there are so many flies. Thereafter, I continued watching my breath. I could feel them sitting on my skin and then I would shake my arm or leg to make them fly off.

After a while when I opened my eyes to get back to the session I realized that they were not flies but wasps!

In the first moment I was shocked, and was fearful. But in the same moment I understood, I knew, and I felt (I have no correct words to explain all that happened in this moment) - I understood that only the mind has this emotion. And at the same time I experienced a deep silence within me, no fear, no insecurity. I felt only Love for this wonderful being and saw her beauty.

It was such a great experience! I am Love and fear only comes from the mind.

Thank you Dadashreeji for this wonderful experience, for your Love and your guidance.

With deep love and gratitude!



My Journey from Awakening to Self Realisation (Bodh I) to Heal the Soul (Bodh IV)

Ever since I attended the Awakening to Self Realisation (Bodh I) in 2014 at Winterthur, I noticed a steady change. Not just in me, even in my environment. The change in the patterns, topics, beliefs, influences, assumptions and expectations was evident. With the knowledge, also came the experience.

None of the previously tried practices could make it a sustainable change. For years, I felt like a churn, unable to change things from reason. All the time, I got into the same situations and asked myself, "why does this happen to me?" I doubted myself, and I couldn't stand myself. I was exhausted with all this. Everyone else around me seemed happy and secretly ashamed of my 'failure', of being unable to change my life and myself.

I didn't know what I was missing, let alone that I was looking for!

What I found was the truth of unconditional love which was shown to me by Dadashreeji through the series of programs called by Bodh offered by the MaitriBodh Parivaar.

Later, I became aware of my blockages and patterns. Just why wasn't I able to change certain things? Why did I ask for the same situations again? Did I do something wrong? I received the answers to these questions in 'Heal the Soul' (Bodh IV). Influences from the past, karma, which did not dissolve, showed itself. Every day, it became clear what was going on within me, it was almost like I was watching my own movie.

After Bodh IV, for the first time, deep inside me, I felt like I was fine with all that made me.

What do others think of me? What do my friends think of my way? What if you find that weird? Such thoughts are finally history. I don't care what's said or thought about me. I found my way, and it was the desired rest in me.

Ever since, my desire is to make every person on this planet feel and experience this liberation. Whatever prevents us from feeling free and having faith in life, there are answers to all the questions and they are within us. It's all about listening to your intuition instead of doing what you think is expected of you.

Is this way easy? Not necessarily, being honest with yourself requires courage.

Do you have to be afraid of what's coming to you? No! All that comes out is you. And you're just as it should be for this life and be assured that whatever you need to master in this life, you'll get it. The most beautiful thing about this way? I'm not dependent on anything and nobody! Whatever I need for my life is in me, I just have to take the time to be silent and listen.

Visit: www.maitribodh.eu to find more information about the schedule of the Bodh programs to be held in Europe.

Andrea Mikisch - Austria

Something in me has fundamentally changed after the profound days with Dadashreeji during 'Heal the Soul' (Bodh IV). Not only do I feel lighter, but what I experience in everyday life is the deepest inner peace, no matter what happens in the world out there or right in front of me.

After Bodh (IV) I have become peaceful in situations where I previously would have completely thrown off my nerves or had reacted emotionally. The sea (read: mind) is clear and without waves (read: thoughts) and if they come anyway, they subside again. I observe my thoughts which are full of wonder because there is no drama. My mind supports whatever I have to do.

I am in paradise. In the middle of paradise and it is in me!

for showing the way and for the best guidance in all lifetimes, Dadashreeji.



New Chapter: Raipur (Chhattisgarh)

The MaitriBodh Parivaar's Raipur chapter was set in motion on the 18th August'2018.

The day started with a havan and prayers for establishing Love and Peace in the region and to awaken the Divine in the hearts of the people of Chhattisgarh.

This was followed by a beautiful session of Self Metamorphosis held for 50 Govt. DBPG College Raipur, students which culminated with a prayer for Mother Earth.

The Awakening to Self Realization (Bodh I) session was attended by 15 Divine souls. The participants felt a positive shift within them and want to walk further on this journey with the Parivaar.

Need of the Hour: Thane, 15th August

A session on 'Need of the Hour' in association with Shubhalaxmi Pragati Mandal, Thane was attended by 90 participants. The Mitrs shared the importance of bonding with the Divine in this era and concluded it with Maitri SambodhDhyaan. The participants experienced peace and bliss after the meditation and clapped with sheer joy.



Sneh Sanskaar Gurukul:

Jambrung (Karjat), 15th August

The Independence Day celebrations at our Gurukul in Jambrung village were moments of joy and celebration for the students. The event started with the flag hoisting ceremony where the importance of our Tricolor and significance of its colours was explained to the students. All the students had come dressed up as historical figures like Jhansi ki Rani, Nehruji etc. Every one sang the National Anthem and various patriotic songs with great enthusiasm. The celebration concluded by distributing sweets which the children relished and gifts which brought smiles to their faces.



MaitriBodh Parivaar at Shoor Veer Awards:



Eminent actor Krishna Bharadwaj shared his transformational journey with Divine Friend Dadashreeji at this awards function organized by Ample Mission at Bombay Stock Exchange. Information about the various social projects carried out by the Parivaar was also shared with the large audience. The MaitriBodh Parivaar thanks the Ample Mission for providing a platform and the opportunity to share its endeavors.

Regular Awakening to Self Realisation (Bodh I), Maitri Sambodh Dhyaan and Maitri Light sessions are being conducted all over India and abroad.

Dear Friends,

We bring you an opportunity to get answers to your questions from Divine Friend Dadashreeji.

Send in your questions to anahita@maitribodh.org

Please note that the questions asked should be for the benefit of all and not personal questions. The answers to the selected questions will be published in Anahita.



Upcoming Events

Awakening to Self Realisation (Bodh I) For more details contact: 7276099308	9th Sept	Pune
Spirituality in Daily Life For registration contact: 9987153920, 9320339991	6th Oct	Mumbai, Dadar (East)
Navratri (Ghatasthapana) & Havans For Navratri details contact: 9821411769, 9910379456 For Havan details contact: 9320234596, 9833809122	10th - 18th Oct	ShantiKshetra Premgiri Ashram, Karjat
Dussehra Bhet For registration contact: 9821038020	19th Oct	ShantiKshetra Premgiri Ashram, Karjat
Awakening with Dadashreeji For registration contact: 9769593971	20th Oct	ShantiKshetra Premgiri Ashram, Karjat



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In case you wish to organize any of the events in your region, kindly contact the REPS first. They shall guide you through the process.



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