

ANAHITA

Issue: 10 || Volume: 06 || October 2018

The Road to Transformation **Minding the Mind** **The Kaleidoscope**

From the Editor's Desk

Dear Divine Souls,

The month of October ushers in celebrations and back to back opportunities to meet Divine Friend Dadashreeji for 'Dussehra Bhet' and 'Awakening with Dadashreeji' at ShantiKshetra Premgiri Ashram.

Our thoughts make up our mind. At most times, our thoughts are fickle and are ever changing all the time. We are in a constant state of experiencing varied emotions which are nothing short of unguided missiles shooting in all directions. Unable to fathom the energy that we lose in this process we fall prey to them. One negative thought and our day is ruined! We invent ways to suffer in a million ways. We fail to recognize the magnanimity of existence and are lost in our thoughts that constitute our world. This Navratri, let us pray to the feminine aspect of the Divine to help us overcome our negative tendencies so that we may move closer to the reality and experience nothing but the 'Truth'.

This issue begins with Divine Friend Dadashreeji's guidance on how we should be celebrating 'Dussehra'.

In the section *Dadaleela*, read personal experiences of Grace as shared by our devotees. Under the section *Food for the Soul*, read *Ek Kshan Prathana* - a prayer to the Divine Mother to awaken the Shakti within each woman. The article *Road to Transformation* throws light on the MaitriBodh Parivaar's role in helping each one of us take the first step towards connecting with and knowing our Inner Divine. In '*Ang Sang Sahai*' the author urges one to bond, communicate and surrender to the Divine, followed by a beautiful story - *God Provides* highlighting how often we forget that we are mere instruments of the Divine. In the health section, read a nutritious recipe for making wholesome and healthy '*Parathas*'. Under the section *Reflections*, the article '*Minding our Mind*' exposes the lack of knowledge we have about our mind. *Maitri Mirth* brings you subtle humour illustrated in the *Divine Play*, and musings to fill you with laughter.

Welcome another new feature under Young Impressions: 'The Kaleidoscope' –in this we bring to you, a vibrant column of eclectic views and colourful opinions on varied topics. In this issue, join us as we delve into the world of different perspectives on love. '**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 the Spiritual Week conducted in the USA and much more.

**Make each moment count and keep smiling always!
With Lots of Love & Gratitude,
Team Anahita**



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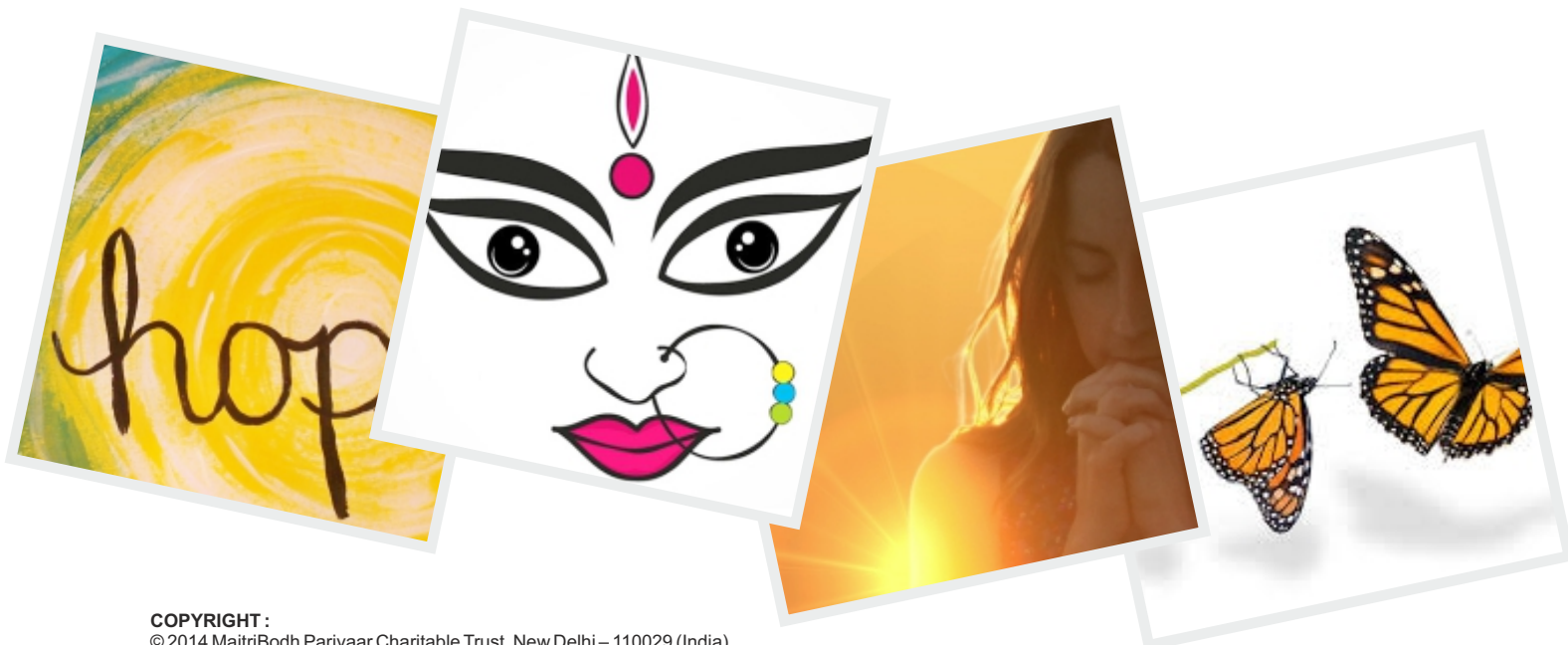
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Send us your articles, stories, poems, spiritual questions to anahita@maitribodh.org
and experiences to experiences@maitribodh.org

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



Dear Friends,

'NEW' ARRIVES! On this day of Dussehra, we welcome 'new', we receive 'new' and we share 'new'. After nine days of remembering and loving the Divine Mother, we celebrate the tenth day as 'good overpowering the bad'. The birth of a new life after nine months of gestation. The magical moment of a caterpillar transforming into a new vibrant butterfly. Let's celebrate 'new'!

Due to ignorance, life becomes meaningless and painful. It seems impossible to come out of a stagnant and dreary life. You may not see a direction or receive guidance during that time. Nevertheless, what one can do in this dark period is to keep chanting the name of your Divine. Regularly chanting the mantr of your Divine will bestow strength, guidance and patience on you.

The dark clouds of ignorance and suffering will be cleared out by the radiating, sparkling Divine Light. This is where 'new' comes in. Open your mind to uninhibitedly embrace the 'new' moment, the 'new' life. Fearlessly dive into the new but unknown change offered to you by The Divine. You may be required to disconnect yourself from the past painful memories which are doing no good to you. Embrace and explore 'new'!

One can start new things on this auspicious day. You can do anything that excites you, anything that motivates you, anything that helps others. To make the most of this day, we offer and share gifts with everyone. We offer Divine gifts to others and we receive one in return. A perfect day to celebrate and welcome 'new' in one's life.

Radiate happiness with a new beginning in life!

Let's come together and share Love through the offering of gifts!

Let 'New' shine and spread!

**Love and Blessings,
Dadashreeji!**



His Words

" No matter what situation you go through; Hope is the mobilizing factor for the internally handicapped ones. Hope keeps you driving through the critical path of life.

It is Hope that keeps you alive. "

- Dadashreeji

When situations in life are not as per what one wants or hopes for, and when one goes through rough patches in life, then one feels internally handicapped and suffers. At such times it is hope that keeps one going and eventually helps one to come out of the situation. Divine Friend Dadashreeji says that one needs to boldly go through whatever the situation may be. One day it will pass. When one faces and goes through difficult times, one learns and grows, to become a better person. So, one must not lose hope. Hope is like a light, at the end of a dark tunnel and there is always a way that leads to that Light. One must not forget that in this entire journey, the Divine is always with us. One should connect with Divinity, have the faith and seek guidance. It is this hope that makes the mountains move and will bring one out of the darkest and worst of the situations.



hope





The MaitriBodh Parivaar cordially invites you for:



Dussehra Bhet
with
Divine Friend
Dadashreeji

at ShantiKshetra Premgiri Ashram

19th October 2018

Havan: 9:00 am to 10:30 am

Darshan: 11:00 am to 3:00 pm

**You are most welcome to bring non-perishable
and inexpensive gifts for the gift exchange.**

Awakening with
Dadashreeji

Receive direct Guidance, Grace and Love from

Divine Friend Dadashreeji

Himself, followed by a powerful process
at ShantiKshetra Premgiri Ashram

20th October 2018

Time: 10:00 am to 4:00 pm

Details & Registration: +91 9769593971

*** Limited seats available ***



Navratri Sadhana

Every festival has a reason and significance behind its celebration. Festivals are not just celebrated for fun and enjoyment.

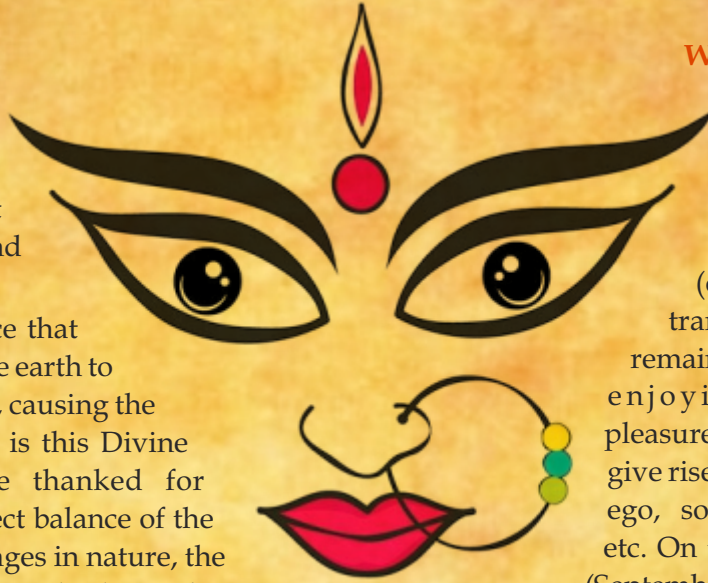
It is the Divine source that provides energy to the earth to move around the sun, causing the changes in nature. It is this Divine Source that must be thanked for maintaining the correct balance of the universe. Due to changes in nature, the bodies and minds of people also undergo considerable changes.

It is also true that because of climate changes and the influence of solar cadence and rhythm, the energy levels of the body go up or down. If the energy level is high, positivity increases. As a result, humans become dynamic, enthusiastic, creative & happier. If the energy level is low, negativity increases. Consequently all types of negativity like greed, jealousy, hatred develop in humans.

One such festival which helps raise energy levels is Navratri. Navratri means nine nights, i.e. Nav - Nine and Ratri - Night.

Why Worship the Mother Goddess?

We believe that this energy is only a form of the Divine Mother - the mother of all. We are all her children. "Why mother; why not father?" one may ask. It is believed that God's glory, His cosmic energy, His grandness and supremacy can best be depicted through the motherhood aspect of the Divine. Just as a child finds all these qualities in his or her mother, similarly, all of us look upon God as mother, the creative and sustaining aspect of the Absolute.



What is the significance of worshipping Adi Shakti Mahakali during the nine days of Navratri?

The word asur (demon) can be loosely translated as 'one who remains engrossed solely in enjoying the mundane pleasures of life'. These actions give rise to real demons such as ego, sorrow, greed, jealousy etc. On the first day of Ashvin (September-October) nine days of worship and prayers are offered to

the Divine Mother 'Adi Shakti Mahakali', the source of all energy. To free ourselves from the trap of demons (negative energies), the simplest solution available to us is to pray to Divine Mother 'Adi Shakti Mahakali', by realising the illusory form of the Demons. Therefore, Shakti should be worshipped during the nine days of Navratri. This victory is celebrated on the day of Dashmi and is called Dussehra.

The First set of three days:

The Mother is adored as a spiritual force called Durga in order to destroy all our impurities.

The Second set of three days:

The Mother is worshipped as a giver of spiritual wealth - Lakshmi, who is considered to have the power of bestowing on her devotees inexhaustible wealth, as she is the Goddess of Wealth.

The Final set of three days:

The Divine Mother is worshipped as the Goddess of Wisdom - Saraswati, over the last set of three days.



To aid us in succeeding in life, one seeks the blessings of all three aspects of Divine femininity, hence the nine nights of worship.

The following are simply suggestions to help the seeker receive the highest of blessings during these nine days.

The sadhana's may be practiced on each of the nine days starting from October 10th through the 18th:

1. One may fast on each of the nine days. The fast can be observed from the time you wake up in the morning till the evening 7 pm. During the fast one may consume water (if possible warm water).
2. During these nine days observe maun i.e. silence for at least one day (of your choice).
3. Chant the Adi Shakti Mahakaali mantra 108 times daily.
4. Before breaking your fast, chant and offer even the benefits of the fast to Divine Mother, Adi Shakti Mahakaali.
5. Offer your prayers for the first set of three days to destroy all impurities such as greed, ego, etc.
6. During the second set of three days offer prayers to bestow spiritual wealth such as faith, compassion, etc.
7. During the last set of three days offer prayers to grant wisdom.
8. Try to reach home before 7 pm. so that you may chant the mantr and thereafter break the fast.

9. Homemade meals are recommended during this period.

Note:

If you are suffering from any chronic illnesses or gastric problems, please do not fast.

Those who cannot fast may chant at 7 pm and offer the chants to the Divine Mother.

Adi Shakti Mahakali Mantra

Om Mahakalikaye Vidmahe
Premgiri Vasinye Dhimahi
Tanno Ghore Prachodhayat

॥ ॐ महाकालिकाये विद्महे
प्रेमगिरि वासिन्यै धीमहि
तन्नो घोरे प्रचोदयात् ॥

Meaning

We know that Supreme Mother
We meditate on her who resides at Premgiri
Through this meditation we would attain
enlightenment



A Havan is an ancient and sacred process which helps to eliminate sufferings, protect from miseries, enhance Spiritual Growth. It has a purifying effect on the participants and the environment.

Havans will be performed at ShantiKshetra Premgiri Ashram during all the 9 days of Navratri.

There will be two types of havans performed

Individual havans: Exclusively for one family

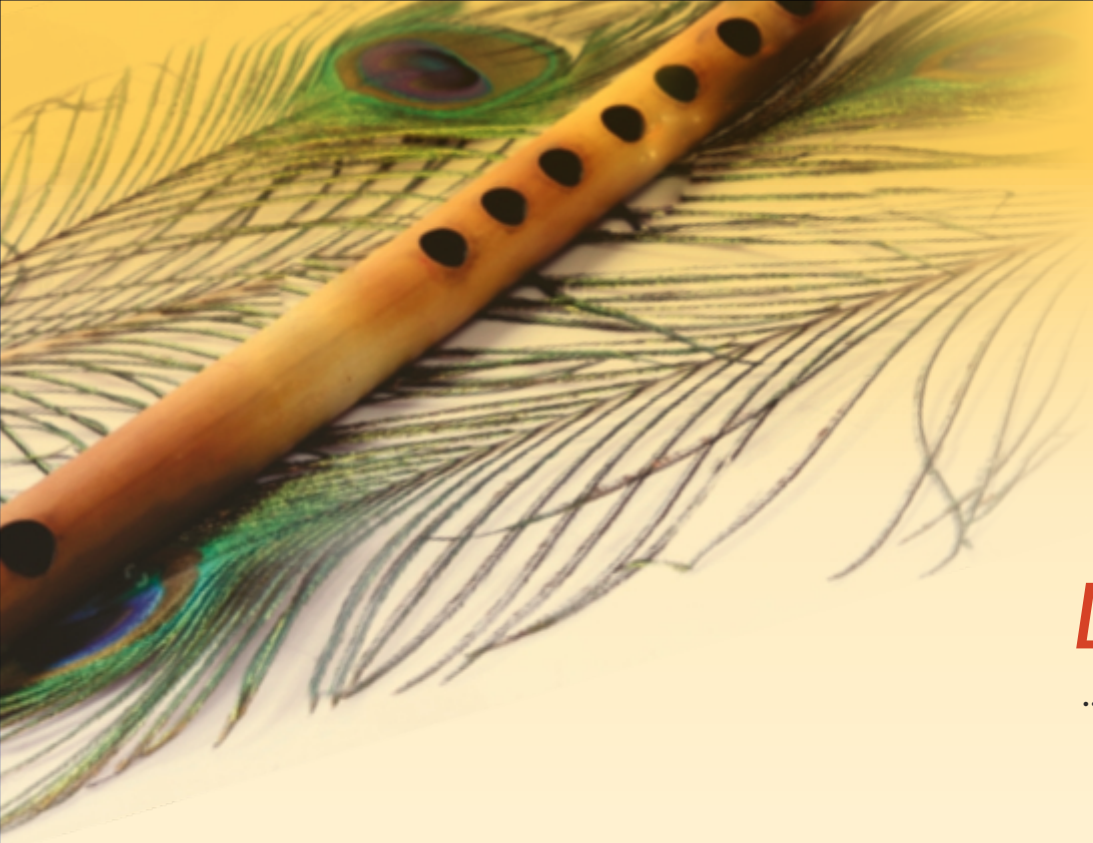
Samuhik havans: For three families together

For any queries or to request for a havan call on 9833809122 / 9320234596



Come, seek blessings and immerse yourself in the Grace of the Divine Mother Mahakaali during the auspicious occasion of Navratri!





Dadaleela

..... Devotees' Experiences

The Invisible Strings of the Divine

My journey with Dadashreeji began on 14th August 2017. During this entire year I felt as if some invisible string was pulling me towards Him. Step by step, events kept occurring without my conscious efforts. I visited the ashram in Sept 2017, attended Bodh I, then had a chance to see Him in the physical form during the Awakening session, hosted His Paadukas at home, had a Havan conducted at home and then attended Bodh I, II and III again in August 2018. Now the whole journey seems like a dream to me, as if He had planned everything for me and I was only acting on that.

Unknowingly a strong bond has developed with Him. After attending the Spiritual Week, I am feeling so relaxed. I feel assured that someone is there to take care of everything, all that have to do is to allow Him to take charge and sit in the driving seat of my life. I too, have completely surrendered myself at His Lotus feet. I always felt that there was something missing in my life, which I had been searching for, a void and Dada you

filled it, something which probably was there since many lives. During the five days at the Spiritual Week, He taught me my first lesson in His own way, which was a bit difficult, but I sailed through. "When you love someone, truly trust someone, then don't test his love, don't ask for validation, just surrender completely."

I was really, deeply touched by the unconditional love, humility and politeness which all the sevaks showered on us during the Spiritual Week. The patience with which the conductors answered all our questions was really appreciable. They truly set an example of Dada's teachings - To be loving, caring, humble, polite and patient and of course, to smile at every moment ! No words for Dada's Grace. I am completely speechless!

Seema Gupta



From Duty to Seva

I still remember that moment when I was given the responsibility of handling music for the MaitriBodh Parivaar session. Time passed and I got the opportunity to attend Bodh II & Bodh III, where I got to see His Grace (Dadashreeji) and be in His physical presence. From that moment on, what I felt was 'responsibility' changed into 'Seva' and I started enjoying it in the form of Maitri Sambodh Dhyaan.

Soon, I started serving in the Amritsar Bodh sessions regularly. Dada had assigned me, my seva and my inner soul started enjoying the experience. I felt like a special child of the Divine, as He had given me such a beautiful role to play. I wanted to keep serving the Divine in the form of selfless service - so much so that I started talking to my Inner Divine, my Dada and requested Him to continue granting me such opportunities.

With seva comes great responsibility. This time it was during Bodh III which was being conducted for the first time in Amritsar. I was simply happy to be a part of the event, even if I was unsure of getting the opportunity to offer 'seva'. But this time it didn't affect me as I became aware of the state of my mind and I left it on Dada. Despite Him blessing me the prior

night, I wasn't given an opportunity to serve during the ShaktiPravaah session. I was a bit unhappy because that would have been the time where I would have gotten to experience Dada's astral presence. I told Dada internally that it wasn't fair and slept off.

Next morning, as the first session began, my mind was still stuck on the last night's conversation with Dada. Just after breakfast ended, I was called by the conductors and to my greatest surprise, due to the absence of another sevak, they asked me to step in to his role during the ShaktiPravaah session! The process was so wonderful that it felt like I was back in Bodh III being physically blessed by Dada.

Next day I thanked the sevak who was not present by saying, "It would have not been possible without you to receive the seva." Thank you Dada for making me love seva not as a duty but as a selfless work and for helping me grow. I can feel the transformation within me, with each seva and now when I look at the mirror, I can see a new Hargun everyday.

**Thank you Dada,
Love you Dada,
Hargun Sachdeva (Amritsar)**



Ek Kshan Prarthana to Maa Shakti

Maitreyi Sulata shares - A Moment in Prayer to the Divine Mother
Beloved Maa to awaken the Shakti within

Beloved Friends,

Wishing you a very happy Navratri - the Nine most wonderful and beautiful awakening nights with our Divine Mother. I invite you all to take part in the initiative of Ek Kshan Prarthana to our beloved Divine Mother, Adi Shakti Mahakaali Premgiri Vasinye Maa (Maa Mahakaali who resides in ShantiKshetra Premgiri Ashram)

My first experience of the Divine Mother came in the form of my mother. I remember the days when I was very young, watching my mother holding everyone together with tremendous strength, courage and love. She offered her love, care and support to everyone who was connected to her in every sphere of life unconditionally. She never demanded nor claimed anything in return, she became an inspiration to me. I learnt that life is all about giving love.

A school teacher by profession, she would get up as early as 4 a.m in the morning to complete all the daily household chores to catch a 6 a.m Delhi transport bus to the school she taught in. Each time I visited her in the school, I witnessed an outpouring of love for her from her students who would come up to me and hug me and tell me how fortunate I was to have her in my life. Often, I didn't understand the actual reason behind their sentiments but I would simply feel proud of her. Later I understood that the love she gave to everyone, multiplied and came back to us in the form of goodwill and blessings.

My mother being a science teacher, I remember an accident occurring in one of the chemistry labs which resulted in a fire, because of which some female students were badly burnt by the acid. My mother took care of them for months. She would leave earlier than she used to and return later than ever. I remember her serving



those girls in the hospital with her bare hands. Handling her personal life as well as taking care of these girls took a toll on her physically, but she did not leave the students until they got better. She cared for them with great devotion, to the extent that the students' parents came to our house just to offer their gratitude. She stood by my father rock solid at all times, through all the ups and downs of life. Come what may, she kept the family together at all times. Even today she continues to serve my ailing father, the family and the needy in the community with unwavering devotion.

Thank you, Divine Mother for giving me the first experience of love, courage and strength through my physical mother. My bond of love with the Divine Mother has been growing

ever since in my heart. The Divine Mother nurtures me each day to lead a life with love, courage and Grace. Being a new mother myself, Maa is working through my being each day in my life to pass on the same values to my daughter.

Every woman is blessed with this inherent and powerful being within herself - 'Shakti' - the Divine Mother's energy that holds and energizes this creation. When Shakti is combined with unconditional love, it leads to the whole new you - the awakened woman!

Today's Ek Kshan Prarthana is 'A moment in Prayer' to the Adi Shakti Maa to awaken this Shakti within every woman -

O' Beautiful Mother,

Today, I offer my heartfelt prayer,
To bless me with Your love and care,

O' Sweet loving Mother,

With Your abundant grace showers,
Within me may the courage and love flower,

O' Compassionate Mother,

Your love is like the ocean
Peaceful, deep and serene
An infinite compassion unseen

O' Radiant Mother,

Reside in my heart as luminosity that's rare
At your Lotus Feet our Mother,
We surrender to You forever !

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.





The Road to Transformation

Maitreyi Varsha writes about the MaitriBodh Parivaar's role in helping each one of us take the first step towards connecting with and knowing our Inner Divine

Ever since we have been separated from the Source we feel incomplete and are constantly yearning to be together again. In this longing we end up gathering knowledge and information to an extent that we become huge databanks. We simply forget that we have come to experience life! Considering the worldly gamut and our current state of existence it will be nothing short of a miracle to have an experience of One. To live a fulfilling life one may read many spiritual books or join self-help communities but mere knowledge will not help. The juncture at which humanity stands today needs nothing but 'experience'.

The first question that comes to a seeker's mind when one reads about transformation or an awakening is that, do such things really happen and will it ever happen to me? The fact of the matter is that unless one experiences it,

it cannot become one's truth. With the superficial, insensitive, monotonous, and compulsive lifestyle that majority of the population is leading, it is only with Divine intervention that one can experience 'transformation'.

The MaitriBodh Parivaar offers programs called 'Bodh' that has seven levels. Each level has a different purpose and takes one deeper and deeper within. Awakening to Self Realisation (Bodh I) helps one reconnect with the Inner Divine, Purification (Bodh II) involves cleansing processes specifically for the deep subconscious plane (Chitt) where all our core values, ingrained impressions and unique traits are recorded. The Path Divine (Bodh III) connects one to the Divine through an ancient Yog called 'Maitri Yog', aligns the energy centers as one receives the Divine energy transfer, to walk the path and experience the love of the Divine



within. Heal the Soul (Bodh IV) further deals with the healing of the layer that is closer to the inner core and so forth.

These programs are entirely focused on an individual's inner transformation and journey towards self-realization. These experiential spiritual retreats empower one to maintain the inner peace and awakening even as one interacts with the material world.

The phenomenal processes help one gradually experience a shift within. The processes take place at the physical, astral and mental levels. As one progresses in this journey one is released from ignorance, deep seated mental blocks that hamper our growth, traumas and conditioning. Eventually one experiences true happiness, love and peace – our true nature. One's entire being transforms. The outward journey now becomes inward. The only

requirement is to be open minded and receptive. One can start from no spiritual knowledge at all to a higher state of consciousness.

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

Divinity is here to help humanity, all that we need to do is ask, seek help to experience the transformation. It is with Divine Grace that one will get past all the accumulated baggage and experience transformation as most of us in the MaitriBodh Parivaar continue to do so. May every being be a part of his transformation process to be in harmony with the shifting Universal Consciousness for there is no end to 'Transformation' – it continues forever.

Maitreyi Varsha is a student of life and takes joy in simple things.



Ang Sang Sahai - Dadashreeji



The one, whom we refer to as the Divine, inhabits every aspect of our lives. Building on that, **Maitreyi Sonee** traces our journey from being one with the Source to drifting away from it and our ultimate quest to connect with our true selves

Here, 'Ang' means body parts, 'Sang' refers to the association with Him and His devotees whereas 'Sahai' is another word for support. Thus this quote translates to 'The Supreme Infinite Being with me every moment, vibrating in every cell of my body.'

We are One with the Source, our Creator, and when we experience this reality of Oneness we also experience Divinity in its entirety. The Divine loves us unconditionally, cares for us during hard times, and our best friend in lonely times.

Are we experiencing the reality of Oneness or are we a reflection of another's image of us?

Do we know our self beyond the fearful state, can we see the hidden truth? Let us, for a moment, pause, and become aware of what our life is about and where it is taking us. Let's wipe the layers of accumulated dust from the mirror to see

our true self, the Divine within.

What is it that has made us forget and lose touch with the reality of who we truly are?

When we took birth, we were aware of this truth, but in the rat race of life, cravings and wants of the pleasure filled world, somewhere along the way this truth got lost. The new reality we experienced was that of separation. Surrounded by darkness we became the disillusioned caretakers of our destiny, taking it through a bumpy, rough road. Even while living in the midst of many beautiful relationships, we are at heart, lonely creatures. So many relationships, yet all leave us feeling dissatisfied and incomplete. Our life becomes a bundle of pain and sufferings. We go through cycles of betrayals, disillusionment, depression and disconnection. All this because we have lost touch with our Inner Divine - The Source.



What can we do?

In this journey of experiencing the truth with Divine Friend Dadashreeji, I understood that we need to reconnect to the Source. We must pray and seek help from the Divine Himself and reset the jammed button. It is only after we reconnect that we will see the true reflection in the mirror with clarity. We will experience the most important truth of our life - we have come from Him and are a part of Him, we are His children. He is patiently waiting for us to awaken to this truth and create space for Him in our life and heart. Our very breath is proof of how much He loves and cares for us.

“You are a part of the same creation, one Source. You do not have to do anything additional. If at all, your only sadhana is to free yourself from any false layers that you have added.” - Dadashreeji

Today, together, on this journey let us bond, communicate and surrender to the Divine. With every breath may we experience unconditional Divine love, compassion, truth, awareness and receive His Grace and Love with open arms and open hearts, radiating love and peace everywhere.

He is always with us, Ang Sang Sahai Dadashreeji!

Maitreyi Sonee is a designer who has been working in her studio for the last 15 years with passion and commitment. It is only recently she discovered her inner calling with her Divine Friend Dadashreeji. Through her writing she aims to express the power of having a Living Master in one's life and hopes to motivate readers witness the profound love she has been experiencing since her first encounter with her Inner Divine.





God Provides

A generous king once ruled a Southern Indian province. Each day two beggars came to him for alms and he always gave them food and money.

On receiving the alms the older one from the two used to say: "God provides."

The other beggar, the younger would say: "The king provides."

One day the king gave them more money than usual, whereupon the older man again said: "God provides."

This annoyed the king who thought: "It is I who am feeding him and he keeps saying: 'God provides, God provides.' It is time he learnt who his real benefactor is."

The next day after he had given them alms he asked the beggars to use a little used by lane instead of their usual one.

"I have provided for one of you," he said. "God will provide for the other."

He made sure that the one who always praised him went first.

He had ordered that a purse of gold be kept on the road in the beggar's path so that he would find it.

But as the beggar walked down the road he wondered why the king had sent him that way.



"Perhaps he wants me to enjoy the privacy of this road," he thought. "It is indeed a beautiful road and so broad. One can walk with eyes closed." And he closed his eyes. As a result he missed seeing the purse. It was spotted and picked up by the older beggar who was following him.

The next day the king asked the beggars whether they had found anything as he looked meaningfully at the younger man.

But the young beggar shook his head. "It was a beautiful road," he said. "But I did not find anything on it." "But I did," said the older one. "I found a purse full of gold coins. God provides."

Now the king became even more determined to prove to the old beggar that he was their true benefactor. So while the beggars were going away he called the younger one and gave him a pumpkin. The pumpkin had been hollowed out and filled with silver coins. But the beggar did not know that. On the way he sold it to a merchant for a few coins. The next day the king asked the beggars if anything eventful had

happened the previous day, once again looking meaningfully at the younger beggar.

"Nothing," said the beggar. "Except that I earned a few more coins than usual by selling the pumpkin that you had so generously given me."

The king tried hard not to show his dismay. "And you?" he said to the other beggar. "Did you too earn more than usual?"

"I certainly did," said the beggar. "As I was passing by a merchant's shop he called me and gave me a pumpkin. When I went home and cut it I found that it was full of silver coins. As I always say, God provides!"

We often think that we are the doers and fail to realize that the Creator or the Source is the one watching over us and providing for us. We are merely instruments in His hand.

We often think that we are the doers and fail to realize that the Creator or the Source is the one watching over us and providing for us. We are merely instruments in His hand.



Multigrain Vegetable Paratha with Flavoured Curd



Can something as simple and commonplace as our good, old Indian ‘parathas’ be elevated to the level of a healthy snack? **Dr Sheetal Maniar** gives us a quick, yummy recipe to satisfy those hunger pangs

Pulses and millets are full of vitamins and minerals and have multiple health benefits over wheat alone and wheat can be completely replaced by multigrain flour (atta).

Following are the benefits:

- Improves heart health
- Good source of fibre thus good for intestinal health
- Good source of antioxidants
- Helps to lower the bad or LDL cholesterol, manages high blood sugar levels or Diabetes
- Prevents anemia, helps remove toxins from the body and also repairs body tissues

For Multigrain vegetable paratha (unleavened thick flat bread)

Ingredients:

- Multigrain atta or flour 1 cup
- Fenugreek (methi) leaves (1.5 cups - finely

- chopped) or cauliflower or cabbage or spinach or radish or onion and coriander
- 1 small onion (optional)
- 4-5 garlic cloves
- 1 tsp red chilli powder
- 1 tsp turmeric powder
- 2 tsp coriander - cumin powder (dhania - jeera powder)
- Add salt as per taste

Method:

- Add all of the above ingredients in the multigrain flour
- Vegetables that are to be added to the flour should be raw (uncooked)
- Knead the flour to make a dough and roll it with a rolling pin to make a Paratha
- Roast both the sides on the pan with some oil or cow ghee
- Serve hot with curd mix



Multigrain flour

Ingredients:

- Green Gram whole (Green Moong) - 200 gms
- Green Gram (Hara Chana) - 100 gms
- Brown Chickpeas/ Bengal Gram Whole (Kala Chana) - 100 gms
- Chickpeas/Garbanzo Beans (Kabuli Chana) - 100 gms
- Kidney Beans (Rajma) - 100gms
- Cowpeas (Chawli) - 200 gms
- Turkish Gram (Matki) - 100 gms
- Maize (Makai) - 100 gms
- Black Gram lentil (Black Udad) - 100 gms
- Red lentil (Masoor) - 100gms
- Finger millet (Ragi) - 100 gms
- Sorghum (Jowar) - 100 gms
- Pearl millet (Bajra) - 100 gms

Grind all the above ingredients together in a grinding mill to make approximately 1.5 kgs of flour.

Curd Mix

Ingredients:

- Curd ((preferably thick or hung curd) - 200 gms
- Powdered jaggery - 1/2 tsp
- Cilantro (green dhaniya leaves) - 4 stalks
- Black or Himalayan salt, table salt, red chilli powder, jeera or cumin powder, ground black pepper all of the above as per taste

Method:

Mix all the above ingredients to the curd and add the spices/herbs as per taste. Serve it cold along with hot parathas.

This multipurpose flour can be used to make chappati/roti, sweet/ spicy pancakes, pakodas, porridge, upma, onion uttappam, sweet dosa, tomato omelette etc.

Enjoy the health benefits that this delicious recipe brings you!

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.





Minding our Mind

Exposing the lack of knowledge that we have about our mind, **Maitreyi Shraddha** details how Dadashreeji helped her in making sense of it and in giving a proper direction to her mind

In school, we are all taught about our body, its different parts, important internal organs along with how each organ functions in detail. However, nobody teaches us about the most important part of our self which is our Mind. We are taught that we think with our minds. However, what is Mind? What is its nature? How does it operate? The most important questions about the mind are never asked nor taught. Therefore, we continue to function in ignorance and find it challenging to grow internally.

The guidance of my Divine Friend Dadashreeji helped me understand and experience my mind to the fullest. I realized that the mind is indeed a very important part of our self whose main work is to help us intellectually be aware of things around us, get to know this external world and

think so that we move forward in our practical life. However, we do not limit use it for these things only. It operates by believing in the external world, which we are able to experience only through our sense organs, and accept that what our mind is expressing to us is the only truth. The nature of mind is to seek pleasure through our sense organs, which is transient.

When Dadashreeji shared that the mind keeps playing games with us and in fact takes us away from the truth, I earnestly prayed to Him to help me recognize my mind well so that I am able to internally grow, move forward in life positively and experience the truth.

Thereafter, I began a project called 'Comedy of my Mind'. I started observing my mind very closely and realized that the mind is indeed a



very clever entity. I started understanding the stories of the mind; however, I experienced that our conditioning of believing in the stories of our mind is so deep that in spite of complete awareness, I was still experiencing the emotions attached to each story. Dadashreeji has often shared that the origin of doubts, fear, judgements etc is within the mind, I experienced the same. I observed that it was my mind who was judging people, situations, me and even itself. The cleverness of the mind reached its zenith when it realized that it is being exposed and it started making me experience ego. The mind very subtly tried its best to fool me.

My project is ongoing, and it is only because of the Grace of my Divine Friend Dadashreeji that I was/am able to observe my mind. I have realized that I cannot mind my mind and the more I try to mind it, the more it overpowers. Even in our practical lives, to use anything (for eg. machine/ gadget) to its best we need so as to

understand how that thing functions, its nature and characteristics. In the same way, once you start observing and understanding the nature of mind, you are able to use it to the best of its potential.

Along with this, I am working on strengthening my bond with my Inner Divine - Dadashreeji. When our bond with our Inner Divine gets strengthened we start hearing the voice of the Divine. This voice guides us. It is gentle and soft yet gives us the courage. It is filled with love and makes us experience the truth. The voice of our heart becomes as loud and clear as the voice of our mind however only when our bond with our Inner Divine is strong.

Strengthening my bond with my Divine Friend Dadashreeji will make His voice mind my mind so that I am able to experience the truth every moment.

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



Poems

I was waiting for this moment for days now..
Only to realise..
How my soul was longing for You from millions of lives ago..
How my heart was waiting for You from centuries ago..
How my tears were waiting for You from decades ago..
Only to realise..
In this Ocean of tears You are my boat..
I am You; You are me; we are One; We are love!!

Rahul Kalia

Let me be at the beauty of Your feet,
Let me be at the world of Your embrace,
Let me be in the bliss of Your Grace,
Love me and let me Love by Your Grace!

Munish Lal



Spiritual Humour

The children were lined up in the school cafeteria for lunch. At the head of the table was a large pile of apples. A note was posted on the apple tray: "Take only ONE. God is watching."

Moving further along the lunch line, at the other end of the table was a large pile of chocolate chip cookies. A child had written a note, "Take all you want. God is watching the apples."

Divine Play



**"Have you delved into
the 'I' of your Iphone?"**



The Kaleidoscope... of Love

Someone once said that when you look at a field of dandelions, you either see a hundred weeds or a thousand wishes. Two people can look at the exact same thing and see something totally different. There is nothing good or bad about it. It is all about the perspective - which has been shaped by the individual and the collective experiences of people. Each month, 'The Kaleidoscope', will bring to you, a vibrant column of eclectic views and colorful opinions on varied topics. In this issue, join us as we delve into the world of different perspectives on love.

The Oxford Dictionary defines love as : (a noun) An intense feeling of romantic attachment based on an attraction felt by one person for another; intense liking and concern for another person.

"Love is like the wind – you can't see it, but you can feel it." – Nicholas Sparks (Author)

*"Love cures people, both the ones who give it and the ones who receive it." - Dr. Karl Menninger
(Prominent American Psychiatrist)*

"Love is an endless mystery, for it has nothing else to explain it." – Rabindranath Tagore

"Love is that one thing which transcends time and space." – Interstellar (Movie)

"Love is mom and dad for me. It is acceptance- you accept people for who they are and what they are and you don't try to change them. Love is not circumstantial; you may choose to love someone irrespective of what phase a person may be going through. There are no terms and conditions in love"- Devki Sejpal (17yrs)

"Love is being selfless. It is something that feels like home." – Avanti Dalvi (16yrs)

"Love is when your furry friend welcomes you home with so much enthusiasm, even after you left him alone for the entire day!" – Bhavika Daulatani (16yrs)

"Love is in that sadness which your sibling feels when you have been away from home for a long time"- Tanvi Deshpande (16yrs)

"Love is friendship which gives you total freedom to be yourself. Its loyalty through good times and bad times. It is appreciating the unique talents around, but love is not perfection. Rather it is accepting and loving yourself and others with all their flaws" – Payal Daulatani (21yrs)



And so on... For the 7 billion people on this earth, there could be 7 billion unique definitions of love. A parent - child kind of love, the husband - wife kind, the one between siblings or the love shared between best friends. Not to talk about the ones between pets and their owners or even between the favourite food and its lovers (the foodies)! There is falling in love with fictional characters, with cities, with words and life. Then there is falling in love with yourself.

In the words of Dadashreeji, "Real life is about emotions. Real life is about caring. Real life is about love - love between each and every one. You'll be remembered for what you give to the world and only one thing that is worth giving is LOVE. Give this Love. Pass this Love."

As you go through life, don't let anyone define the word 'love' for you. It is yours to find, experience and determine. Go live, laugh and love.





PEACE BEGINS WITH ME

Dadashreeji teaches us, 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.

Neela Akka has shared this month's story - from the time she was a teacher in Sahyadri School, which is a boarding school near Pune. This story is about a young girl called Revati, who belonged to the Falguni House that Neela Akka was in charge of.

This event occurred several years ago, in 2006. The time of the year was probably January and the school was hosting its annual sports day. I was so excited – my House was doing well and we were all looking forward to the Grand Relay race. One of my favourite little girls, Revati from Class 7, was running the relay for our House.

The race began amidst great anticipation! A few laps and it became clear that our House stood a very good chance of winning. Other girls had been left far behind and now it was only Revati and another girl, Aarushi from Class 8, who were left in the competition.

Revati was small built and a very good athlete, she ran like a squirrel. She gave it her best shot, and to my pleasure she was gaining an edge. Slowly, she gained a huge margin and was quite far ahead of Aarushi and it seemed like the race was almost over. The onlookers, all the children of the school, were cheering, "Revati-Revati!" with great excitement.

As the last lap began, Revati suddenly lost speed, it seemed like she was slowing down. The crowd was stunned, not able to understand. What was going on? Was she injured? Was she tired? Did she lose her confidence? We became so silent you could hear our tension and confusion!

Aarushi began to gain ground, and came ahead. She was getting closer to Revati, and in a few minutes she was going to overtake her. As she came side by side, Revati smiled a big smile and held out her hand to Aarushi. Aarushi seemed surprised, but she too reached her hand out and then, in the next second she understood! Revati was inviting her, to finish together!

The entire school was on its feet with disbelief as these two girls crossed the finish line hand-in-hand! And then, it went mad with joy and wonder! So many of us had tears running down our cheeks. This little squirrel of a girl had given a new meaning to the joy of sports!

Revati was a unique child. She had challenges as a learner, and was given the unfair term 'slow learner'. But, she was an angel with a very different understanding of the world. Even at that age, she wrote poetry and was always doing something to make everyone smile and laugh. Many of the girls in her class used to fight and bicker, but Revati used to contribute by sacrificing or looking at life with a different lens. She believed in oneness and her actions underlined that. I will never forget her and what she taught me that day. I was proud to be her Akka!

"Love connects one heart to another. It connects the entire world and makes us one family" - 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.



"A journey of a thousand miles must begin with a small step" - Lao Tzu

In the year 1978, a young teenage boy, Jadav Payeng, returns to his birthplace of Aruna Sapori, a river island on the Brahmaputra. The sight that greeted him on his return broke his heart and devastated him. A hundred snakes lay lifeless on the bank, having been unable to find shelter on trees on the barren island.

The boy went to the local village to seek counsel. The village elders asked him to plant trees and even gave him seeds and saplings to do so. Jadav set out to plant a few trees, a habit that has lasted a lifetime. Now after 36 years, Jadav can now claim to have grown his own forest, over 360 acres of lush green forest now known as the Molai Forest named after the man who lovingly planted it.

The 'Forest Man of India' as he is known popularly now, had a simple goal, to build a home for the animals who came to the river for shelter. A man from a humble background his parents were cattle rears who sold milk for a living. Even now Jadav rears his cattle for a

living while raising a family. Each day he gets up early in the morning to tend to his work and then plant more trees.

The Molai forest is home to a wide variety of trees like gulmohar, mango, plum, tamarind, mulberry, jackfruit. Not only flora but a wide variety of fauna like deer, wild boars, elephants and even Royal Bengal tigers now know this forest as their home. All through the efforts of a single man.

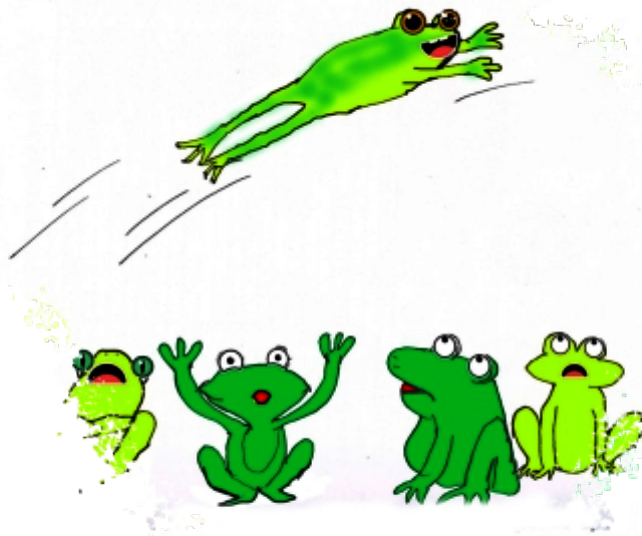
Like any great personality, this green warrior is unaware of his magnificent feat. His dedication to make the earth greener is what led him to take on this humongous task. He works tirelessly, unaided by the government, protecting his forest and the wildlife within. His advice is that we as humanity should build community reserves to help preserve the rapidly depleting natural flora and fauna of our country.

Jadav Payeng's life is testament that a simple single action taken now and continued everyday can lead to the transformation that can last a lifetime.

"What you do NOW, keeps changing your TOMORROW" - Dadashreeji



The Frog Race

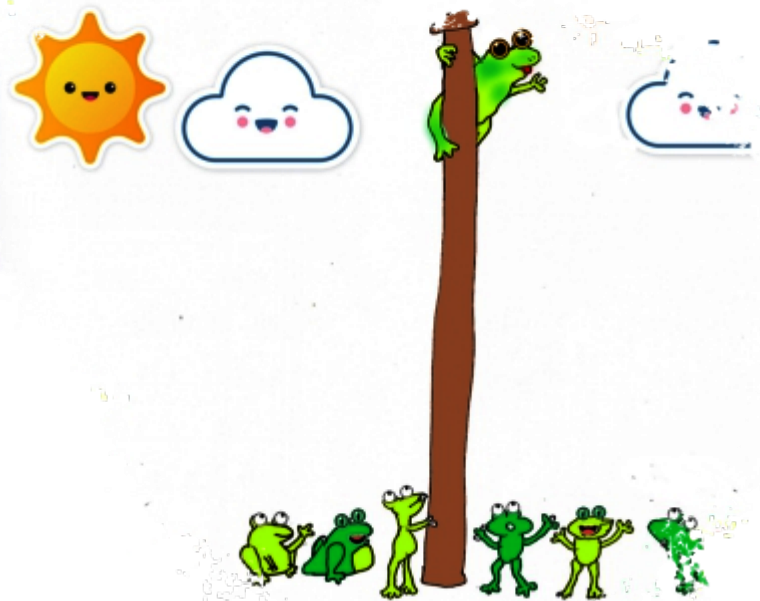


A group of frogs once decided to race and jump to the top of a high tower.

A lot of other frogs came to see them and give them their support. The race had just begun and everybody was already saying that the frogs would not get there. "It doesn't make any sense going on! They'll never reach the top of the tower!" said one of them.

The frogs were trying their best. But, repeatedly listening to the negative words led the frogs to abandon the race. By now, except for one all the other frogs had given up. This lone frog reached the bottom of the high tower and continued jumping higher each time in order to reach the top of it. Everybody cried out, "Give up! Give up! You'll never get to the top!" Despite of what people were saying, the frog continued attempting and in one jump finally succeeded reached the top. Deeply astonished, the other frogs wanted to know how the frog had managed to do it. They came and asked for the secret.

And it was then that they found out that... the frog who won was deaf!



Always be positive and follow your heart. Do not pay heed to people who discourage and have negative intentions.

Contributors to the section Young Impressions : Nishtha Basu, Vaidehi Maheshwari, Maitreyi Cecilia, Maitreyi Sanaya and Maitreyi Jagruti.



Spiritual Week 11th - 16th Sept, USA

This September, the MaitriBodh Parivaar in the United States, came together to a landmark event, the first Spiritual Week at Camp Milan, Illinois commenced on September 11th through September 16th, 2018.

Many beautiful souls travelled from across the US including California, New Jersey, Montana, North Carolina, Illinois and Iowa to embark on their journey of reuniting with their Divine Friend. Camp Milan, a quiet retreat center near Davenport, Iowa was glowing in Divine light as participants, sevaks, mitrs and maitreys were showered with Dadashreeji's Grace and Love. The spiritual week marked an auspicious new beginning for the United States.

Each participant felt the Love of Divine Friend Dadashreeji deeply and strongly forming a bond with their Internal Divine. Participants shared profound life changing experiences during this retreat, some described how they felt like.



Below are a few beautiful experiences that some of the seekers shared:

"I have been waiting for this experience now for 50 years."

"I experienced the Divine for the first time and understand the nature of Divinity. My understanding of the Creator has been recreated."

"For the first time I realized I need to thank all the wonderful people through whom Dadashreeji has blessed me from childhood."

"Jesus came and handed me over to Dadashreeji sharing the message that from hereon I am giving you to Love Incarnate Dadashreeji."

"Thank you for recreating the experience of the Dhyaan Mandir of Premgiri Ashram."

"During one of the spiritual processes as I looked up in the sky chanting the Dadashreeji Mantra, I slowly became aware and actually experienced our Divine Friend smiling in His full glory. As a part of me watched my inner being, my consciousness expanded and became One with the entire universe. In that moment, I became ONE with HIS Creation. I suddenly realised that it is actually true. We are truly ALL One."

The Spiritual Week concluded with a havan with the special intention to establish Divine Love in every single heart in the USA, and uniting one and all globally in positive stride as One Family, One World, One Community.

The transformational journey in the United States culminated in a beautiful session on 'Transform the Self' at the MaitriBodh Soul Nourishing Centre in Davenport, Iowa. All seekers flowed beautifully with Dadashreeji and the heart and the intellect clearly understood the need of the hour which is to bond with their Inner Divine.

Thank you Dadashreeji for your infinite blessings, reuniting your beautiful children with their Divine Friend in their hearts. Our heartfelt gratitude to the mitrs and maitreyis in the US who worked hard and incessantly to make this a beautiful journey for everyone.



Medical Camp

Karjat: 7th Sept

A Medical camp was organised by the MaitriBodh Parivaar in association with Hinduja Hospital in the village of Dhamni, Karjat. 84 villagers were given treatment at the camp including the young and the elderly. Free medicines were distributed and physiotherapy exercises were taught to all the villagers. Inspite of the rains, the medical camp was a huge success as the villagers expressed their gratitude to the organizers for taking the initiative to set up the first ever medical camp in their village.



Upcoming Events

Navratri (Ghatasthapana) & Havans For Navratri details contact: 9821411769, 9910379456 For Havan details contact: 9320234596, 9833809122	10th - 18th Oct	ShantiKshetra Premgiri Ashram, Karjat
Spiritual Week For registration contact: 98197 66372, 9011465721	14th - 18th Nov	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

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.



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