

ANAHITA

Issue: 11 || Volume: 06 || November 2018

**ShaktiPravaah - The Scientifically
Proven Spiritual Process
Peace Begins With Me
Forgiveness**

From the Editor's Desk

Dear Divine Soul,

Warm Greetings of the season, as we welcome another month of celebrations!

The Divine spirit shines within each one of us which gives us the capability of achieving the impossible. Due to past conditioning and layers of ignorance accumulated over the years we have forgotten that we possess the power of manifestation. Let us remind ourselves that we have the potential and the power to rise above the limitations created by the mind. The dimension beyond what the five senses can perceive lie unexplored and await us. Going inwards and connecting with the Self through meditation, prayer, chanting or any other technique will help one experience and connect with the Divine.

This issue begins with Divine Friend Dadashreeji's answer to the question on what humans stand to gain and lose at the end of their lifetime.

In the section *Dadaleela*, read personal experiences of Grace as shared by our devotees. Read an article on **the scientifically proven spiritual process-ShaktiPravaah**. Under the section *Food for the Soul*, read *Ek Kshan Prathana*- a prayer to the Divine to experience the bliss of love. The article '*Forgiveness*' explains the significance and the power of forgiveness in our lives. A beautiful story – *The Power of Devotion* is followed by an article on the importance of the '*ph levels*' under the Wellness section. Under the section *Reflections*, the articles '*Suffering*' and '*Inclusiveness*' help us envisage our actions. *Maitri Mirth* brings you subtle humour illustrated in the *Divine Play*, and musings to fill you with laughter.

Under Young Impressions, in '*The Kaleidoscope*' – 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 have made a difference in the world. Under @MBP read the amazing experiences shared by the participants of the Bodh's conducted in London and Amritsar.

May the Divine Love shine, glow and spread through you!

With Lots of Love,
Team Anahita



CONTENTS

05

PEARLS OF WISDOM

- ▶ Message from Divine Friend Dadashreeji

07

HIS WORDS

- ▶ Expounded quote of Dadashreeji

11

DADALEELA

- ▶ The Gift of a Stress Free Life
- ▶ Havan - Truly an Act of Love

13

FOOD FOR THE SOUL

- ▶ Ek Kshan Prarthana - Experience the bliss of love
- ▶ Forgiveness
- ▶ Apologue



COPYRIGHT :

©2014 MaitriBodh Parivaar Charitable Trust, New Delhi – 110029 (India)

All materials published in this magazine (including but not limited to articles, quotations, extracts or any parts of the article, photographs, images, illustrations also known as the "Content") are protected by copyright and owned by MaitriBodh Parivaar Charitable Trust. All these rights are reserved throughout the world. Reproduction in any manner is prohibited. Opinions expressed in the magazine are the personal opinions of the contributing authors and is not reflective of MaitriBodh Parivaar Charitable Trust's position thereon."

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

03

Anahita - November 2018

info@maitribodh.org || www.maitribodh.org



CONTENTS

18

WELLNESS & YOU

- ▶ pH levels and Health

20

REFLECTIONS

- ▶ Suffering
- ▶ Inclusiveness
- ▶ Poems
- ▶ Maitri Mirth

25

YOUNG IMPRESSIONS

- ▶ Peace Begins With Me
- ▶ Catalysts for Transformation
- ▶ The Kaleidoscope...Of Friendship
- ▶ Treasure Trove

31

@MBP

- ▶ Event Updates

35

UPCOMING EVENTS

- ▶ Information about upcoming events at MBP



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



Q: In Human life, what do we gain and lose at the end? Please enlighten us.

Dadashreeji:

Dear Friends,

Human life provides you with an opportunity to know more about this creation by the Divine and explore it as a visitor on this planet. The human mind by nature tends to set a target and work towards achieving it. Your entire life is used in expressing this nature of the human mind. While being engrossed in this churning exercise of achievements, the quest on the gain and the loss becomes crucial for the human race.

Let us first understand what you gain in life. With every passing moment, the human mind gains an experience of a certain kind. This experience may be of anything. A toddler gaining an experience of how to walk without support. A child in school gains the experience of how to write. During your teenage, you are confused on how to establish your identity within the framework set by society. You start absorbing more knowledge about the world so that you find a place for yourself in the self-created systems of society. You keep learning new lessons in life with the intention that one day you will become the most successful and competent human being who ever lived on this planet. This struggle to gain more at every stage of life is nothing but that of gaining experience. Acquiring knowledge, learning lessons, contemplation, open discussions or dialogues or any kind of expression will eventually culminate into or contribute to a profound impression on your mind known as an experience.

If we gain experience in life, what we lose is time. With every milli-moment of time, we are losing time. Time that will never come back. The time when we started this discussion has



gone. The most valuable element on earth is time. Your happiness and sadness directly depend on how cleverly and productively you use your time. The Moment will come and go but the experience stays within you. You cannot control time but you can definitely control the kinds of experiences you want for your growth. To make it simpler, compare it with your breathing cycle. Consider inhalation as an experience and exhalation as time. You inhale experience to nourish yourself and you exhale time to free you from the past. This cycle continues. You cannot plan to inhale faster to gain more experience as you will have to exhale at the same speed. Hence, do not focus on the quantity of the experience you gain but the quality of the experience in the allotted time. When you know you can not control time, value it. When you know you can not gain more experience in life, focus on the quality of it to enhance your abilities.

One can list many things that one may gain and lose in one's lifetime. Out of all those, experience and time are the ones that directly influence your inner and outer worlds critically and effectively. To elaborate further, can we think of anything else that will cover both gaining and losing? Is there anything that is going away from you and yet you are regaining it? Can losing something cause gaining it back again? It is magical and evident as you witness this phenomenon. It happens through the act of giving. When you give something to someone, it comes back to you. That's the law of Nature. When you give pain to someone, it comes back to you. When you offer help to someone, a random stranger will appear from nowhere to help you out. That is why we teach 'Grow by Giving'. Only those who are rich by heart will give. The poor ones will try to hold things as they are afraid of becoming poorer. Once you understand how you grow by giving, you too become rich enjoying the privileges offered by Nature and The Divine.

What can be the best offering from your side to others? Nothing but simply start giving Love to others! This will be the best thing that one can do in one's life. When you give Love to others, you start valuing your Inner-Divine. You get connected with your Inner-Divine. You start understanding and respecting others. Your act of Love will inspire many to do the same. That's how together we can bring about the much-required transformation in this world. Being alone in a cave, expressing your concern and Love for humanity will not help. The time has come to inspire many for good acts.

*What is your act of Love?
The world is changing for the good, it would be better that you do too.
Express Love and Welcome Heaven on Earth!
Smiles everywhere!*

**Love and Blessings,
Dadashreeji!**



His Words



“ The worries and queries of life fade away with the
awakening of Love within. Understanding and
logic of the judgmental mind is silenced
when it encounters ‘that truth’ . ”

-Dadashreeji

Dadashreeji talks about awakening the ‘Love’ within, He suggests that we awaken the Divine within ourselves. We all have come from one ‘Source’ and carry its essence within us in our hearts. This Divine within us represents the All-powerful, the Supreme Wisdom, the Highest Love that there is. The Supreme Consciousness is right within us, waiting for us to listen to it, to get in touch with it, to wake up to it.

Once the Divine within is awakened (through the process of ShaktiPravaah in our Bodh programs), all its qualities manifest within us gradually.

Peace, Joy and Love take over our being, gradually erasing the ignorance absorbed from our worldly surroundings. Love overpowers the worries and queries of our material life as it then guides us at each step of our lives, helping us understand the cause of our problems and also how to overcome them in the best way possible. This ‘Love within’, gives clarity by freeing the perpetually prodding mind of its troublesome thoughts. The nature of the mind is like that of a monkey. The more one pokes it, the more it jumps. The mind cannot be silenced by human efforts. Even hours of meditation or rituals cannot help a seeker control the mind. It is only by Divine Grace that one can experience the silence within.

It is only the Love within that overcomes the rationality and logic of the judgmental mind and helps one experience Divine Love and Peace because in the presence of Divine Love, all mental chatter ceases. All that remains is true unconditional Love, freedom and pure joy.



“The cause of suffering is the lack of Love.”
~ Dadashreeji

“Prem Anubhav”

Experience the blissful ‘Love State’.
with

—♦♦ Maitreyi Sulata ♦♦—



Maitreyi Sulata
Disciple of Dadashreeji



Krishna Bharadwaj
TV Artist



25th Nov 2018 | 4 pm to 7 pm

Venue

**Dr. Sarvepalli Radhakrishnan Auditorium
Kendriya Vidyalya No.2, APS Colony, Delhi Cantt., New Delhi**



MaitriBodh Parivaar under the Grace and Guidance of
Divine Friend Dadashreeji

welcomes all for Prem Anubhav – Experience the blissful ‘love state’

- What is my true nature?
- Am I really happy?
- Am I at peace?
- Is something missing in my relationships?
- Do I seek love and acceptance from people?
- Why does material success not give me the joy I seek?
- How do I deal with the challenges that I constantly face in life?
- Is there a permanent solution to erase suffering?

Get your answers in an experiential interactive session as famous
TV Artist - **Krishna Bharadwaj** (presently playing the titular role in
a TV Series Tenali Rama for SAB TV) interacts with

Divine Friend Dadashreeji's

Disciple - **Maitreyi Sulata** providing you with the simple solutions to
erase your limitations and suffering and live a joyful, love-filled life.

Request everyone to be seated by 3:45 pm.
Seating will be on a first come, first serve basis.
Gates will close by 4:30 pm.



MaitriBodh Parivaar joyfully
announces and invites you to

» Heal the Soul «

(Bodh IV)

with

Divine Friend

» Dadashreeji «

12th to 16th December 2018

At ShantiKshetra Premgiri
Ashram, Karjat

To register call:
+91 9011465721/ 9930451905

Participants must have
completed Bodh I, II, III



ShaktiPravaah - The Scientifically Proven Spiritual Process

Spirituality and science are often seen by skeptics as mutually exclusive sets, having no common point. However, as Swami Vivekanand had said, "Spirituality is the science of the soul." This article reiterates the same through the results of a rigorous scientific analysis of the Divine process of ShaktiPravaah.

ShaktiPravaah is a process of Divine energy transfer, unique to the MaitriBodh Parivaar, devised by our founder, visionary Divine Friend Dadashreeji. It is a blessing in the form of divine intervention that brings about spiritual transformation. It helps clear deep rooted blockages within, for one's spiritual growth and enables one to move ahead in life. This Divine intervention is the start of your journey to self discovery, transformation and spiritual growth. It is instrumental in helping one experience one's true nature, so that one may be able to enjoy a truly fulfilled life.

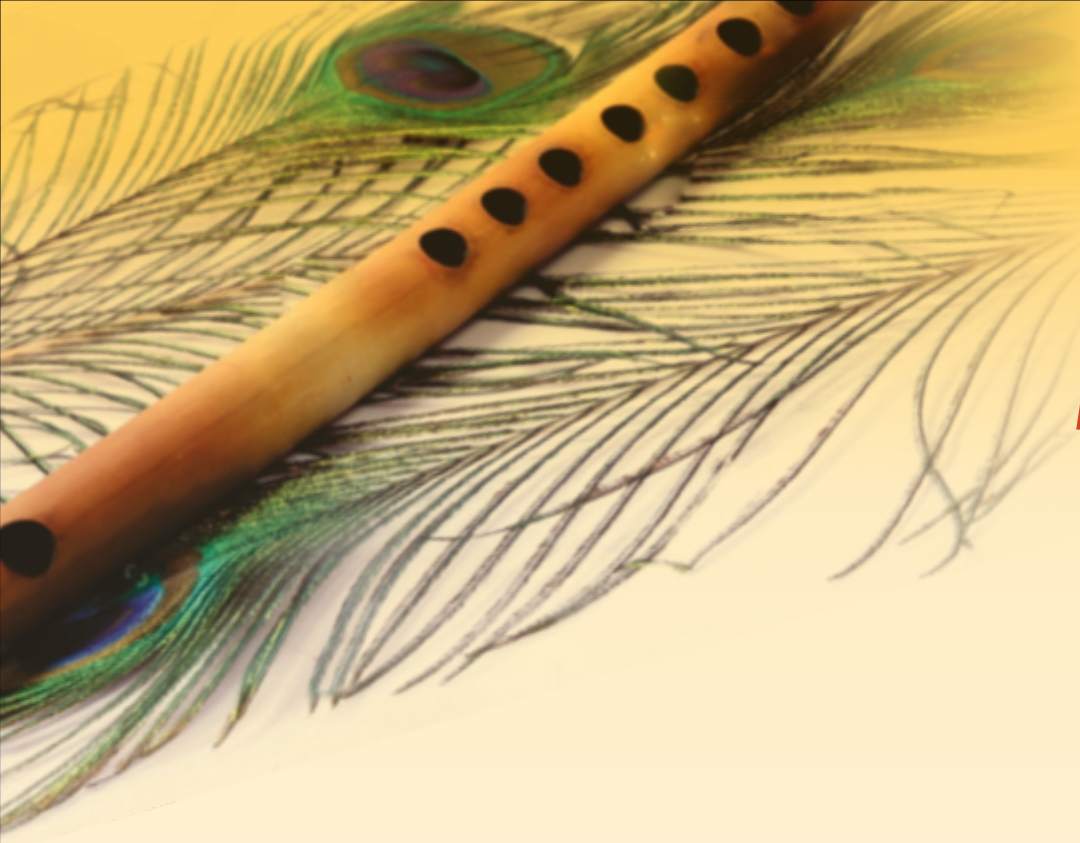
A preliminary scientifically validated research on ShaktiPravaah using MRI brain imaging, SPECT brain perfusion and neuropsychological tests has shown profoundly positive results. Increased connectivity in certain areas of brain (precuneus - which is an emotional integrator,

also called the 'minds eyes'), increased brain perfusion on SPECT, along with improved cognitive processing and a sense of well-being have been observed among the recipients of this process. In other words, ShaktiPravaah helps bring emotional stability, enhances decision making abilities, sharpens mental faculties and brings about a positive, more joyful state of being. This research has been accepted and published in a well-known indexed medical journal called IJMR in its August 2018 issue.

Scientific research has explored the effects of spiritual practices on autonomic, electrophysiological, hormonal, immunological systems and on various illnesses. The findings of the aforementioned study are promising, and could pave the way for further research in understanding the role of spiritual practices (for example, ShaktiPravaah) in enhancing human potential and holistic health.

The process of ShaktiPravaah is a part of the Bodh programs organised regularly in various parts of India as well as abroad. You can avail of this most wonderful opportunity to enhance your own growth and experience Divine bliss.





Dadaleela

..... Devotees' Experiences

The Gift of a Stress Free Life

Dadasharanam to all!

I participated in Bodh 1 in July 2017, and the first time I visited the ashram was for a havan conducted in October 2017. Then in November 2017, although I had registered for both Bodh II and III, I could not finish the latter and came back home having only attended Bodh II. My real journey with Dada, then, began from March 2018. One day in March, a Mitr asked me to come to the ashram for an event. I thought about it and went since I was going through a very very tough time during that period. I was not able to sleep properly since the last one and half years due to some stress in my life. I was taking sleeping tablets to be able to sleep which made my life miserable. So I travelled from Mumbai to the ashram.

At the ashram four of us went to the Dhyaan Manthan Kshetra and after taking darshan we all lay down to rest. After a few minutes all the others fell asleep. So I asked Dada, “see Dada how these guys are sleeping. Why I can’t sleep like them?”

Then suddenly my mind directed me to lie down in Shavasan (Corpse pose). After that moment, I did not know where I was, I was not conscious of my body nor my mind. I went completely blank. Then after 35 mins. I heard a low sounding knock and slowly I came back from the deep sleep state. When I woke up I felt very warm inside my body. It was so hot that I felt like I was suffering from a high fever. I then took darshan of the Shrimurti and came out from the Dhyaan Manthan Kshetra.

After that day my sleep pattern improved. I was able to sleep without a pill. Gradually I stopped taking the sleeping pills. This resulted in changes in my day to day lifestyle as well. My heart gets filled with confidence. Now there is progress in my life, I was filled with renewed confidence to fulfill my dream without stress. I started loving myself and understood the meaning of ‘I am Love’.

Maya Giri, Pune





Havan - Truly an Act of Love

Introduced to this by my parents, I have been involved in organizing havans since a long time. These rituals are done usually during the Ganesh Utsav festival at our GSB Temple, where the entire place swarms with sevaks running back and forth. The heat due to 30 to 40 havans being conducted at the same time and the noise from the Aarti being offered in the background made us feel very restless and impatient.

My maitreyi friends from the MaitriBodh Parivaar had been telling me a couple of times to perform a havan with a specific sankalp in mind. So one day I registered spontaneously, and was all set to experience the Havan on the 14th of October, during the Navratri festival.

As always and to my great joy, the environment at the ashram was calm, serene and peaceful. It was a very intimate experience right from the start - with the Dadashreeji Mantra being chanted. The mitr explained the entire process of the Ganesh Pooja, Laxmi Pooja, Purna Ahuti,

etc in detail. This helped me gain more knowledge about the entire Vidhi (process).

I was just flowing with the entire experience unfolding before me and enjoying the entire process. I felt blessed during the chanting of Maa Mahakaali Mantra and Dadashreeji Mantra, with goose bumps all over my body and strong vibrations reverberating through me. During the Purna Ahuti, I could feel all negativities like hatred vanishing and being replaced with the feelings of kindness and compassion.

Overall, it was wonderful, Divine experience of Love that I had never witnessed before. Thank You Dadashreeji for the Grace and opportunity.

**Dada Sharnam!!
Vidya Kulkarni**



EK Kshan Prarthana - Experience the bliss of love

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, let me experience the bliss of love!

Beloved Friends and Co-travellers,

All of us want or need to be loved. The need for love is one of the most basic of human impulses. We may submerge this basic need with imposed patterns of self-preservation or fabricated images of self-containment. Some might not even openly acknowledge this need to ourselves or to others. But the inherent need is always present, whether hidden or visible. Usually, we seek love in human relationships; project our need onto parents, children, spouses, partners, friends or lovers. Our lack or denial of love often causes hurts that we carry with us. This unfulfilled need haunts us, often driving us into unfulfilled relationships, lack of harmony with people or even addictions or other self-destructive patterns. Conversely, if our need for love is met, we feel nourished to the very depths of our being.

Love calls out to us in many different ways. Life

is a beautiful gift that gives us an opportunity to explore and experience this love - our own true essence within us. Yet most of the times, we get lost in finding ourselves and our own happiness outside of our existence.

We do a lot to be loved, accepted, adored and achieve happiness and peace. Yet do we always make it there? Challenges leave us dissatisfied and unhappy. This lack may also leave us in pain and suffering.

Sadly, we live in a culture where so much is distorted, caught in the misery of ego, greed, conflicts, confusion and chaos. We are fed with endless desires, manipulated by our minds, no longer knowing what or whom to trust. We have almost forgotten the love in our hearts and in the relationships all around us. At such a time it is especially important to return to what is essential and true, what cannot be bought or sold. Love is simply the greatest treasure within



us. We, in reality are simply lovers nay love itself. Life is not about economic prosperity or getting more material possessions, instead life is a love affair waiting to be fulfilled. This fulfillment will complete the reason why we are here on Earth.

Today, we all have that opportunity to realize that one truth that can liberate us from our pain and suffering. Since our true nature is love, the disconnect from this love has caused the pain and suffering that Humanity faces today. The movement away from one's own true nature, viz love has made lose our own true identity. When we face the myriad challenges of life, we operate from the conditioned self and hence are unable to live

freely, joyfully and most importantly naturally in every situation. As soon as we connect to this love, we invite all positivity, all good in the world.

Dadashreeji says: "Carry one thought, one emotion within you that I want to experience Love." And see how your life undergoes positive changes.

I warmly invite all my beloved friends to experience the bliss of Love-Life's greatest gift!

Today's Ek Kshan Prarthana is 'A moment in Prayer' to Divine Friend Dadashreeji to experience the unconditional Love within us.

In my heart resides love,
That feels like a beautiful dove,
Peaceful, deep and serene,
Love feels beauty unseen,
Love feels like a light's glow,
Love feels like a river's flow,
Love whisper's in my ear-I am your friend, I am your guide,
Love says, with me life is a joyride.
Love says – remember my love, we are all ONE!

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.



Forgiveness - क्षमा

'To err is Human, to forgive, Divine!' Drawing on his experiences with Dadashreeji's Grace, **Mitr Sut** explains the significance and the power of forgiveness in our lives

As I walked the corridors of the Massachusetts General Hospital, on an official US trip, I bumped into Seetha a long lost friend from college. What a serendipitous experience it was! Seetha was the most vibrant and intelligent topper from our class. She had suddenly disappeared, apparently got engaged to a US citizen and beyond that we lost touch. She invited me over for dinner, and my eyes went wide to see her lavish lifestyle and designer house. As she started telling her story, I began to feel and see a different Seetha full of agony, restlessness and hurt within. Years had passed and the most positive, helpful, dynamic, bubbly Seetha had turned into a negative, mellowed, lethargic person, with loss of hope in life and this worried me to the core. I needed to get to the bottom of this. She untold her story of broken relationship the wrong things that were done to her as she started staying in the US with her husband that eventually lead to their divorce. She kept blaming her ex-husband for all the wrong doing and in every minute of her conversation, there was his remembrance and of how she had been ill-treated.

She was aware about her downfall and wanted to get out of it, but did not know what was wrong. Though she was doing well professionally she had lost her peace of mind. I shared the two things that I had learnt with Divine Friend Dadashreeji's Grace - FORGIVE and MOVE AHEAD. She said she knew these, but had no ability to forgive someone who had done so much wrong.

As we spoke, she realized, how much she had held on to the past, to that one person who did not exist in her life anymore; yet had been with her each moment but in a negative way! The negative thoughts that one holds about a certain person can ruin one's entire existence. Let us try and understand more on this!

Forgiveness - the most profound and seemingly simple act can change one's life, but is one of the most difficult acts to practice in one's life.

Every individual has one's journey of life and every one goes through ups and downs. We cannot expect each and every thing and especially the people we are connected to, to behave in the way we want them to, isn't it? And yet internally, we have this expectation all the while!

Divine Friend Dadashreeji says that the circumstances and people connected in one's life, are for a reason, for one to experience and learn from them. The learnings need to be completed for one to grow and any challenging situation or person you come across gives you an opportunity to learn and grow. If one does not learn then, similar scenarios/challenges will keep coming until one learns - this is one of the basic laws of life.

How is it that forgiveness is going to help you? One needs to keep in mind that one's thoughts have immense power. As you ruminate on these thoughts, they start affecting each and every cell



in the body, which then vibrate at that same frequency, and one's entire being reverberates with the same, be it positive or negative! The person we hold a grudge against might have moved ahead in life, but if one holds on to him/her in one's thoughts with negativity, sooner or later it will affect one's being adversely. It is like slow poison, a corrosion that unknowingly eats up one's self and makes one a bundle of negativity that eventually affects one's physical health too!

In these moments, forgiveness leads to letting go of that negativity, which had engulfed the entire being and helps one move ahead in life and grow.

Today, let us take a pause and retrospect our life until now. Let us take the first corrective step towards making the positive shift – Forgive and forget!

How can one forgive the one, who has done so much harm to you?

Yes it is not easy! That is where connection with the Divine helps; your internal BOND with the Divine will give you the guidance to learn faster from the situations in life and also help you forgive.

The MaitriBodh Parivaar offers transformative programs called Bodh. In the fourth level of Bodh, there is a process that guides one to forgive. With the Grace of the Divine it has helped innumerable seekers to move on and grow in their life. Sit back, close your eyes, and take a minute to see who all we have been clinging onto negatively all this while. Connect to the Divine and seek help to be able to forgive! Forgiveness heals! It helps one move on and grow to re-align and walk the path divine. It takes us closer to our true nature - LOVE.

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.

FORGIVE





The Power of Devotion

Saint Tukaram Maharaj was an ardent devotee of Lord Pandurang. He was always engrossed in chanting Lord Pandurang's name. Once, on his father's death anniversary two priests were invited to conduct the rituals. After the rituals the priests were to be offered some fruits and dakshina. The family members could partake their food only after the rituals were completed and the priests had had their food.

To prepare for the rituals, Jijai (Tukaram's wife) gave Tukaram a list of things to be bought and told him to return as soon as possible. On reaching the outskirts of his village, he observed that a farmer was harvesting his crops. The farmer beckoned Tukaram and offered him money as well as some grains, if he would assist in reaping the crop. Tukaram readily agreed and got down to the task. He was engrossed in chanting while doing the work. He forgot that Jijai had asked him to buy things for the rituals. Soon it was noon time. The priests were about to arrive. Jijai was panic stricken and didn't know what to do. Shortly, Tukaram arrived with all the material needed. Jijai immediately started the preparation. Tukaram went to the riverside and bathed. By then, the priests had also arrived and they started the rituals. On completion of the

rituals, Tukaram offered them bananas, guava and some milk. The priests blessed him and left. After that everybody had their food. Tukaram told Jijai that he would now go the temple and take some rest.

When Jijai finished her food and came out, she saw Tukaram coming towards the house. He looked very tired and was covered with dirt. She was surprised to see him in that condition. She ran towards the temple. But there was nobody there. She came home and told Tukaram all that had happened. Tukaram closed his eyes, joined his hands and thanked Lord Pandurang for he had understood what actually had happened. Tears of gratitude started flowing from his eyes. With happiness he told Jijai, "You are fortunate. Today Lord Pandurang took my form and saved me! It was He who brought all the things that you had asked for and managed today's rituals. A farmer on the outskirts of our village asked me to help him harvest his crops. I went there and completely forgot about the rituals. Today, the Lord saved my honour!"

The connection with the Divine is the key to receive all the gifts of consciousness!

The connection with the Divine is the key to receive all the gifts of consciousness!





pH levels and Health

Dr. Sheetal Maniar helps us classify some common acidic and alkaline food items consumed by all and briefs us about its importance

As kids, all of us remember studying about the litmus paper test and pH levels in chemistry. A pH (power of Hydrogen) level measures how acidic or basic (alkaline) a substance is. A pH of 0 is totally acidic, while a pH of 14 is completely basic or, and pH of 7 is neutral. These pH levels vary throughout our body. Our blood is slightly alkaline, with a pH between 7.35 and 7.45. The stomach is very acidic, with a pH of 3.5 or below, so that it can break down food to digest it efficiently.

Here, we are not concerned with the pH of food in the mouth, or pH before digestion. The pH after digestion is what matters, when your meal

has been ground to wet paste in the stomach and is ready to pass through the intestines. As already mentioned above, the stomach has a pH of 3.5 to breakdown the food to digest it efficiently. If the intake of acidic foods (sour foods) is more, the body is unable to balance out the acids and alkalinity giving rise to acidity. It takes about 7 odd days for the body to flush out or wash out the acid and restore a state of balance. So for 7 days your organs and joints are susceptible to wear and tear and faster degenerative changes.

An alkaline environment is very important as recent researches have indicated that the



moment the blood pH becomes acidic, one tends to develop a disease. Thus, it is very crucial to ensure that the blood pH levels remain alkaline or neutral. In fact if one studies Ayurved deeply, it has been clearly mentioned that people with joint issues should abstain from eating sour foods including lime.

As to the other health claims, there's some early evidence that a diet which abstains from acid-producing foods such as fruits and veggies could help prevent kidney stones, keep bones and muscles strong, reduce the degeneration of all the joints, improve heart health and brain function, reduce lower back pain, lower risk for type 2 diabetes and prevent the progression of cancer.

Hence, it becomes important to identify the common acidic and alkaline food items in our everyday diet. Let us see the acidic and alkaline food groups.

Acidic foods:

Lime, tamarind, kokum, dry mango powder (amchur), pickles, sour curds, aerated drinks, vinegar, Indian gooseberry (amla), citrus fruits,

cooked tomatoes and tomato ketchup (basically all sour foods).

Alkaline foods:

Raw vegetables or salads, fruits and sprouts. Dudhi (bottle gourd) and karela (bitter gourd) head the list in alkaline foods with a pH level of 7.32 and 9 respectively.

Note: Some claim that lime is alkaline but it is not so as lime has a pH value of 2. However, if lime or lemon is eaten with the peel and seeds, it then becomes neutral.

The relationship between food and the one who consumes it is vital. Raw vegetables are actually alive or 'amrut' foods. We need to respect and celebrate what we eat. By using complicated cooking methods, the goodness of food is destroyed even before consuming it. The relationship between food and the one who consumes it is spiritual, much like 'Shiv' and 'Jeev', where the consumer and the food consumed become one.

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.



Suffering

Maitreyi Shraddha shares her take on finding the path to peace, love and happiness

We may be at any stage in life, playing any role – a mother, daughter, doctor, teacher or a seeker. What is it that we want most in life?

The most common answers would be- Happiness, Peace and Love.

Do we experience happiness, peace and love every moment? No! We surely have experienced happiness; love too but it is momentary. We go on a holiday and feel happy, but the happiness soon vanishes once we are back home. We receive a lot of affection from our friends making us feel loved, but one misunderstanding between friends and we feel miserable for a long time.

Have we ever thought of the cause of our misery?

We all have experienced sadness at some point in time in our life. Would there be anyone who has not experienced sadness? Divine Friend Dadashreeji says that happiness and sadness are a part of our life, however life is not sad. We perceive life to be sad. Whenever a situation comes in our life where we feel sad, there is a learning in it for us which helps us grow so that we move forward in life. However, when we prolong the sadness, it becomes suffering which is more painful and affects our entire being.

If we reflect more on this, we will realize that the origin of our misery/ suffering is our mind. We experience suffering when things don't go our



way, when we have expectations from situations, people or even ourselves and also when we experience doubt, fear, worry, judgements, anxiety etc. While we continue to experience suffering created by our own mind we do not fail to blame the situations, others, ourselves and sometimes the Divine too for our suffering.

The mind's game

Our mind and ego makes us believe that what we think is right, what we do is right and say is right and is the truth. Believing in this story made up by the mind makes us suffer. We keep analysing the situations and people in our lives through our mind- thoughts and perceptions. We want to know why something happened to us? How come it happened to us only? It should not have happened in this way and the questions from the mind continue. The root cause of the problem is that we accept our thoughts and perceptions of the mind as the ultimate truth. This suffering brings in sadness which becomes a part of our life. However, in reality we ourselves are instrumental in making suffering our very close and constant companion.

Our Divine Friend Dadashreeji says, "It is the mind that creates stress, fear, pain and suffering. Be open, flexible and positive to be free of the mind games."

The way around

Today, we mostly operate from our mind and therefore experience suffering. When we connect with our Higher Self or Divinity we will receive Divine Guidance from our heart. We will become empathetic towards situations, people and ourselves. We will be driven by the qualities of the heart which are patience, compassion, faith, understanding, giving and love.

The situations in life will come as per our plan of learnings. We need to be aware of our emotions, experience them fully and move on in life. This comes easily if we are connected with the Divine.

We need to pray and work on our connection with the Divine so that we experience happiness, peace and love.

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



Inclusiveness

Maitreyi Varsha speaks about how we could create an inclusive attitude to experience a beautiful life of oneness

Have you ever wondered why one feels happy when one is amidst nature?

The flora and fauna present the perfect picture, nothing seems to be amiss. There is space for all - the birds, animals, insects, from the tiniest to the largest of them all. Mother Nature accepts and embraces one and all. Each aspect of existence lives in harmony with the other. It is this aspect of all-inclusiveness that gives us joy.

Where we stand today

As the human race evolved, we have created spaces for ourselves and focused more on exclusivity. Having labeled almost everything under the sun we have estranged ourselves from our own kind making us self-centric and rigid. This has ultimately resulted in a disintegrated society where each is thinking only about oneself. Our selfish motives have not spared Mother Nature too. Having endangered a large species and variety of flora and fauna we need to respect and give space to this aspect of existence too. We forget that we are interconnected and part of the same Source.

Bringing about the change

Taking a cue from nature, we need to be more tolerant by accepting one another the way we are, by respecting each other's belief systems, also by giving each other the space to grow thereby transcending the boundaries of

differences. This would eventually help us create a compassionate, understanding, and loving world to live in. In today's world we need each other's support all the more. Inclusiveness can be inspired and inculcated by looking at life itself. It requires sensitivity and awareness to accept, respect, support and honor all the aspects of existence. The transition from the mind to the heart will bring about the transformation which will lead to an inclusive consciousness.

Help is available

The program 'Awakening to Self Realisation' (Bodh I), helps bring about this much needed transformation. It is an experiential session to harmonize body, mind and consciousness which helps the seeker awaken and commence the path towards self realisation by bridging the gap between the self and the inner higher sacred self or the Divine within. As the heart awakens, the interconnectedness and oneness sets in, thus paving the way to a more inclusive existence. Connecting with the inner world will reflect in the external world in the most beautiful, loving and compassionate way! It is about time that we became aware and practiced this transformational and harmonious, way of living.



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



Poems

ॐ नमः शिवाय

यह शब्द जीवन की हर मुश्किल हराए
आज मेरे साथ है हर पल एक ऐसा दैविक मित्र
जिसने मुझे एहसास कराया
“हर हार में भी मेरी जीत है,
जागृत हो इसमें भी तुम्हारे लिए सीख है” ।
आज से पूर्व खोजता था दुसरोँ में दोष,
नहीं मिला, तो अपने में दोष, मन में भरा था आक्रोष,
मगर आज है पूर्ण संतोष
कोटि कोटि प्रणाम दादाश्रीजी, यूँ हँव सेट मी फ्री !
अब तो ईश्वर स्वयं मेरे मीत हैं, मैं अब दुःख में भी
गाता सुखद गीत हूँ
दुनिया के इस मेले में अब नहीं मैं अकेला,
दादाश्रीजी मेरा हाथ थामे रहना सदा
कमजोर है, भ्रमित हो तो बता देना, संभाल लेना
कोटि कोटि प्रणाम एवं सादर चरण स्पर्श !
॥ ॐ ज्योतिरूपाय परमसखाय
परमानंदाय दादाश्रीजी नमो नमः ॥

Meaning

Today, I have a Divine Friend with me,
who has made me realize that there is a
learning in every situation.
Being in this awareness has brought me
total peace.
Until today, I blamed others with
resentment, but now I am totally content
and at peace.
My gratitude to Dadashreeji for setting
me free. Now that the Divine is my
friend, in trying times too; I sing a happy
song. I am not alone anymore.
Dadashreeji please hold my hand and
guide me forever.

Akshat Tandon

दादा,
अंतर में अपनी खुशबू
इस तरह भर दो
जिधर से गुजरूँ
जर्जर जर्जर महकने लगे
हवाएँ भी मुझे छूकर
प्यार का गीत गाने लगे
बाहें थाम मेरी भी
चैन किसी को आने लगे
बातों से मेरी भी
किसी का दिल मुस्कुराने लगे
नजर भर देखे कोई मुझे गर
तो छवि आपकी
उसे मुझमें नजर आने लगे ।

Meaning

Dada, fill me with your fragrant
presence, so that wherever I go I
carry and spread to each one the
Divine Love within me.
May my words heal them, may their
heart flower again,
May I be able to bring a smile on
their face.
May they experience and see You
through me.

Seema Gupta





The Heartfelt Prayer

Dear God,
Please take care of my daddy, mommy, sister and my brother,
also my dog and me. Oh, and please take care of yourself. God.
If anything happens to you, we're gonna be in a big mess.

Thank you.

Divine Play



"I can't help you Mr. Ravan if you can't
tell me which head is aching!"



Peace Begins With Me – Mrinalini

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 showed understanding, and were empathic and compassionate towards others, even when the circumstances were challenging.

Mrinalini is the protagonist of this month's story. She is now a 23 year-old, accomplished young woman. She studied Architecture at one of the premier universities in the world – Pratt Institute in New York and she was on the Dean's list for her excellent work as a student. This story is about her time in New York and what she learnt.

From the time I was a young girl, I was conditioned to consider getting an education in a good University abroad. My father had worked hard and made all arrangements so that my brother and I could study abroad with ease and so that any other way never occurred to me. I just knew it was the thing to do and went for it. I did not know what it would mean to live away from the family, to live in a city - a city like New York! I just did not think about all this and I wasn't prepared.

It took a huge emotional toll on me and today I really wonder how I survived that first year! I was crying and breaking down every day. I was missing family, missing the safety of life at home, felt so far away and alone. Through my time there, I pressed the 'give-up' button three times. Once my mother had even arranged for an admission to an architecture school in India. However, I just could not take that final step and

return. In my heart of heart's I knew that I would never be happy with myself or be at peace if I gave up.

So, I persisted and carried on. My way of coming to peace was to prove to myself that I could make it, could see something through. My way of coming to peace was to take my parent's support and continuously express myself, and become empty so I could keep going. I knew that if I did not get it out of my system I would make life miserable for myself. My parents were often on the phone with me three times a day to keep listening, guiding and holding me through my fears. Ultimately we sailed through and I grew so much internally.

What I learnt was that being peaceful or holding peace means being true to yourself, not giving up, not giving in to fears. I learnt that support is important and that help is always available, all that one needs to do is 'ask'. That knowing yourself is important – if you are a kind of person who needs to 'talk it all out' you should – because only that will bring you to inner equilibrium. I am eternally grateful to my parents for being there for me!

"Express yourself. Rejoice in life!"
- 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 those 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 column will feature inspiring and motivating acts of personalities that made a difference in the world.



As national level volleyball and football player, perhaps the most remarkable thing about Arunima Sinha's life was that she was an exceptional sports person. That is, until she was pushed from a running train and had her leg amputated because of the resulting injuries.

While travelling on the Padmavati Express to give the examination for the Central Industrial Security Force on the 12th of April 2011, Arunima was pushed off the train by a gang of thieves who were trying to rob her of her bags and gold chain. During the struggle Arunima was pushed off the running train and onto the tracks. Thereafter a train running on the parallel track ran over her left leg crushing it below the knee. As she lay on the track, Arunima's life flashed before her eyes but she kept conscious and was discovered by local villagers who took her to a nearby hospital. There her serious injuries forced doctors to amputate her leg. She was then transferred to the All India Institute of Medical Sciences where she spent four months undergoing treatment.

During this time she went through many personal struggles. Not only had she to deal

with the traumatic loss of her limb but the world around her was criticizing her for attempting suicide instead of believing she was pushed off by robbers. However with the support of her family and especially her brother Om Prakash, Arunima recovered. As she underwent treatment, she was inspired by the story of Yuvraj Singh who had fought the battle against cancer and personally resolved to climb Mount Everest.

With steely determination Arunima threw herself into a grueling course, working with Bachendri Pal (the first Indian woman to climb Mount Everest), and completing a basic mountaineering course in which she excelled. She began walking with her prosthetic leg in just four months and completed her training in just over two years.

During her ascent of Mount Everest Arunima struggled greatly with her prosthetic leg and was in perilous positions many times, slipping off the slope on multiple occasions and being forced to jump across multiple rifts. However she never gave up even when her guide and other men left her behind. In fact she carried on



relentlessly finally over taking them. After 52 days of climbing, she reached the peak of Mount Everest on 21 May 2013 at 10.55AM. On reaching the apex, she wrote a note of thanks to God on a cloth and placed it in the snow. She became the first female amputee in the world to conquer Mount Everest.

Arunima has since been awarded the Padma Shri and Tenzing Norgay Highest Mountaineering award, a cheque for 25 lakhs and many more awards. She has used all this money to open a free sports academy for the poor and differently abled people. She has also adopted 120 differently abled children in Lucknow and supports them in every way possible. She has also climbed many other peaks such as Mount Kilimanjaro (Africa), Mount Kosciuszko (Australia), Mount Aconcagua (South America), Carstensz Pyramid (Indonesia) and Mount Elbrus (Europe).

Arunima has inspired women and differently abled people all over the world to overcome their hardships. She overcame the traumatic experience of losing her limb and being doubted by the people of the world. Instead of focusing on her loss she focused on her recovering and achieving what many people consider impossible. She now works towards social noble causes to help those just like her. Her inner strength and dedication is what makes Arunima Sinha a person who changed the world.

“There are many such incidents of your life where you could have chosen only positivity, yet did not! It is not about ‘that person’ or ‘that situation’ but about ‘you’ and what you receive from your surroundings.” - Dadashreeji



The Kaleidoscope...Of Friendship

Someone once said that when you look at a field of dandelions, you could either see a hundred weeds or a thousand wishes. Two people can look at the same thing and yet see totally different things. 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 colourful opinions on varied topics. In this issue, join us as we delve into the world of different perspectives on friendship.

The Oxford Dictionary defines friendship as: (a noun) the emotions or conduct of friends; the state of being friends.

Friendship is born at that moment one person says to another, 'What you too? I thought I was the only one' - C.S.Lewis (author)

When two or more people can connect 10 years later with the same beautiful bond as they had before, pick up from where they left and develop their relationship further, that's friendship
- Vinita Maheshwari

Best friends: People who make the bad times good, and the good times unforgettable!
- Anonymous

In my friends, I find a loving reflection of everything that I am and all that I am yet to become! Different friends uplift me, support me and complete me in various ways. Friendship is a relationship of complete understanding, truth, acceptance and joy. It is an eternal song in my heart, a smile in my soul - Jagruti Gala

When two people are friends, they don't have to pretend to be someone else; because in all probability that person has already seen you at your worst, best and most genuine self
- Samriddhi Maheshwari

Friendship to me is the relationship between two or more people, where they care, love and support each other. It only becomes stronger with respect and time. To understand and be understood without fear of being judged is true friendship - Nandini Mundada

Aristotle's man is a social animal' could not have been truer! Imagine what life would be like without friends! And not just best friends or good friends, but friends that fulfil different roles in our lives. The train travel buddy, the office friends, friends in your building, school friends, college friends, friends to shop with, friends to party with and friends to share Maggi (noodles) with! Oh, and not to mention our four-legged friends and other animal buddies. As the popular advertisement goes, 'Har ek friend zaroori hota hai!' (Each and every type of friend is important). Similarly, one also needs a friend with whom one can share one's fears, inhibitions and deepest thoughts. Someone who will accept you the way you are, with whom you can have

profound cathartic revelations without feeling awkward or judged. A friend who is always there for you in time of need.

For many of us in the MaitriBodh Parivaar, we have found that friend in Dadashreeji. As He says, "Somehow I appear to be a Master, a spiritual guide. But internally I see myself as a true friend of yours." A friend who always watches over you, accepts you without being judgmental, the one who guides all the time and Loves unconditionally. And we can all testify to the fact that life with well-meaning friends by our side, is the closest one could get to paradise!



Zina's Little Miracle



Zina was a little blue sparrow who sat with her young siblings in a nest that their mother had recently built for them, high up in a sycamore tree. Her siblings were sharing interesting stories of their recent flights across the village. They described stories of bravery as they hunted for worms in the nearby grassland. Zina was timid and shy. She didn't have any great stories to tell, for she didn't fly as far. The farthest she ever got was to the neighboring tree, a few feet away.

She heard her brother, Nathan, talk about the large bird like aeroplane that man had created. He said "Wow! It's so large and its wings were so shiny!" he exclaimed "It flies up high but it was guided into the sky by shining lights on the ground called the "runway"!" Zina would listen with rapt attention, and a little envy, for she too wanted a grand adventure to regale her siblings with!

Zina waved goodbye to all her siblings as they flew away after their story sharing session. She

then noticed her friend, the woodpecker 'Woodie' nearby. He was busy pecking away at the bark of the tree. "Hi Woodie!, how's your day doing?" enquired Zina. Woodie paid no heed and continued his rhythmic intense pecking. When he took a break, he said "Hi Zina, I'm sorry to have not replied earlier, I was busy completing my tasks. But I'm done for the day now. How are you dear?" Zina replied "Woodie I wish I could fly high like my siblings!" To which Woodie quickly replied, "What is stopping you?" Zina explained how she was afraid of getting lost in the vast skies above.



Woodie shared his own story of how focusing on what he wants to achieve, has helped him build his courage. But he said "The most important of all things is that I remember to thank the Creator for this special beak which allows me to find my own food and create my own home. Each one of us is special Zina!" Saying so, he bid adieu to her and flew away.



Having thought over Woodie's words, Zina made a request to the Creator. She said, "Creator, can you please create a runway for me? Just like those big man made birds in the sky, I too want to fly high but I also want to reach home safely." With this thought, she went back to helping her mother in the nest.

At night while Zina lay asleep, she was suddenly awoken by a strange noise. Below the tree she saw a line of twinkles. She was amazed. She woke up Nathan and said "Hey look at that, don't they look like those runways you talked about?" Nathan quickly said, "Those are just fireflies Zina! Unlike them, most birds do not fly at night. What if we get lost in the dark?"

Zina remembered Woodie's words, and then recalled the One who created this wonderful runway for her. Taking a leap of faith, she flew out of the nest, over the line of fireflies that lit her path. She was not afraid anymore, rather the beautiful the night sky amazed her. Her sibling watched her in awe, for she wasn't flying to impress, she was simply enjoying her Creator's gift.

When one rises above circumstances by the power of courage, all situations change. It is for us to believe in ourselves and have faith in Divinity, for He guides us all. Instead of getting discouraged when confronted with challenges, we must thank the Divine for the opportunity to learn, and pray for the strength and wisdom to meet the challenge.

When one rises above circumstances by the power of courage, all situations change. It is for us to believe in ourselves and have faith in Divinity, for He guides us all. Instead of getting discouraged when confronted with challenges, we must thank the Divine for the opportunity to learn, and pray for the strength and wisdom to meet the challenge.

Our contributors to the section Young Impressions:

Nishtha Basu, Vaidehi Maheshwari,
Maitreyi Cecilia, Maitreyi Sanaya and
Maitreyi Jagruti.



Awakening to Self Realisation (Bodh I): London



With Dadashreeji's Grace this program was conducted in London for the first time. 21 participants received the Divine energy transfer (ShaktiPravaah) and all could sense the change in their energy levels. Having had an enriching and fulfilling experience, the participants went back with a feeling of well-being, having formed their own personal connection with Dadashreeji.

Below are some beautiful experiences shared by some participants:

Experienced a natural high and an intense feeling of well-being!"

"I have experienced more calmness at work- in the face of significantly increased pressure - I have been able to find solutions to the problems."

"I felt at peace straight away. Felt the energy over my head, felt heavy. Neck felt hot. I am glad that I am on this journey. Always wanted to know how to meditate. Also need Dadashreeji's guidance."

"When I was receiving Shaktipravaah I was feeling the warmth and tingling effect which was so soothing."

I had shoulder pains since couple of months which completely disappeared. I have never experienced anything so wonderful in my life. Thank you for this."

"I need to thank for the wonderful time we had today. I feel so light headed that it is otherwise difficult to experience and describe the after effects. I am sincere when I say that the feeling I am experiencing at the moment, is something I have not experienced ever before and I just want to continue having this feeling for ever."

"Hi, I am feeling great, best night's sleep I have had after a long time, and could still sleep. Very positive and will keep me thinking."



Purification (Bodh II): Amritsar, 22nd Sept'18

It is a divinely guided process to clear the mind, body and soul of all its negativity and clutter. Participants came from different regions, including one from Raipur and felt connected by a shared feeling of peace and resolution.



Below are some beautiful experiences shared by some participants:

After Bodh I, I would have never thought that I would be able to attend Bodh II, as leaving my 3 year old son home overnight would have been next to impossible. But as this wish grew, I felt that everything was starting to fall into place. Everyone contributed towards my desire to connect me with my Divine friend. He understood my earnest desire and made the path easy for me, almost as if he had held my hand and brought me to the place where I needed to be most. It made my bond deeper with my Divine Friend and connected me with the 'Supreme Power'. When in our busy lives, we forget how to connect with each other, the Bodh experience teaches us how to connect with our 'Supreme Power - The Divine energy'. The One with whom, if we can truly connect, then everything will fall in place. When I was looking for answers, Bodh 2 gave me my true friend with whom I can have a real conversation and communicate about all and everything, which was never possible with anyone. Thank you Dadashreeji, for being my true Divine Friend, for holding my hand and taking me up and beyond.

Saumya Kalia

In this journey of life, only love will prevail. Thank you Dadashreeji for making us experience that love everyday.

Dadashreeji Sharanam
Rahul Kalia



Navratri Havans: ShantiKshetra Premgiri Ashram

The MaitriBodh Parivaar conducted havans during the nine auspicious days of Navratri at ShantiKshetra Premgiri Ashram in Karjat. Many devotees actively participated in person and were completely involved during the entire process. The systematic procedures, significance and benefits of performing a havan which were duly explained by the Havan Karta(conductor), helped each participant connect with the process.

At MaitriBodh we believe that a havan is an Act of Love towards our Divine. Each participant who attended the havan experienced Love and Peace through this sacred vedic process. Each devotee felt that the havan helped them forge a stronger connection with their Divine Friend Dadashreeji. A few devotees had multiple havans conducted with different sankalps. Some devotees even gifted a havan to their loved ones. Friends and relatives of participants who observed the havan process expressed a keen interest in participating in one themselves.

Heartfelt gratitude to all the sevaks who meticulously, painstakingly and lovingly made preparations over all the nine days. The Loving seva offered by each sevak helped each participant to completely enjoy their havan experience.



Havans are performed on various occasions throughout the year at homes, offices or in the midst of nature with the intent of fulfilling a heartfelt sankalp (prayer). To know more or book a havan, call 983380912 / 9320234596.

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



Dussehra Bhet *19th October'18*



Awakening with Dadashreeji *20th October'18*



Upcoming Events

Spiritual Week For registration contact: 9820628551	14th -18th Nov	ShantiKshetra Premgiri Ashram, Karjat
Prem Anubhav For registration contact: 9781108880	15th Nov	Ludhiana, Punjab
Prem Anubhav For registration contact: 9814099773	25th Nov	Delhi
Transform the Self For registration contact: 9322290211	30th Nov	Vidyavihar, Mumbai
Heal the Soul (Bodh IV) - International For registration contact: 8355840124	3rd - 7th Dec	ShantiKshetra Premgiri Ashram, Karjat
Heal the Soul (Bodh IV) For registration contact: 901165721, 9930451905	12th - 16th Dec	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.



Our Spiritual Centres

INDIA

AMRITSAR, PUNJAB

Mitr Shivam
+91 92168 22222
mitra.sukhamrit@gmail.com

Mitr Mehra Dixit
+91 95699 99945

BANGALORE, KARNATAKA

Mitr Manikandan
+91 95914 27000
manikandan.neverland@gmail.com

INDORE, MADHYA PRADESH

Maitreyi Ranjana
+91 90099 90945
ranjanasodhani@gmail.com

Mitr Arun
+91 97525 31945
arunsodhani58@gmail.com

DELHI NCR

Maitreyi Sonee
+91 98110 61282
maitreyi.sonee@gmail.com

BHUBANESHWAR, ORISSA

Mitr Das
+91 97179 24324
das_ins@yahoo.co.in

PUNE, MAHARASHTRA

Mitr Gaurav
+91 95605 73908
mitra.gaurav@maitribodh.org

MUMBAI, MAHARASHTRA

Maitreyi Delphie
+91 87793 21632
+91 98703 50450
maitreyi.delphie@maitribodh.org

COIMBATORE, TAMIL NADU

Maitreyi Rooparani
+91 97916 13099
rroopa_11@yahoo.com

EUROPE

AUSTRIA

info.at@maitribodh.eu
• **Vienna:**
info.at@maitribodh.eu
• **Styria:**
info.at.grz@maitribodh.eu

DENMARK

info.dk@maitribodh.eu

GERMANY

info.de@maitribodh.eu

HUNGARY

info.hu@maitribodh.eu

RUSSIA

info.ru@maitribodh.eu

SWITZERLAND

info.ch@maitribodh.eu

ITALY

info.it@maitribodh.eu

UNITED KINGDOM

info.uk@maitribodh.eu
• **London:**
info.uk.lon@maitribodh.eu

UNITED STATES OF AMERICA

DAVENPORT

Maitreyi Lori
+1 (563) 508 5745
maitribodhqc@gmail.com

LOS ANGELES

Maitreyi Priti
+1 (909) 217 6866
maitreyi.pritip@gmail.com

NEW YORK

Maitreyi Cecilia Fernandes
+1 (347) 603 4290
maitreyi.cecilia@maitribodh.org

MIDDLE EAST

info.uae@maitribodh.org

