

ANAHITA

Issue: 12 || Volume: 06 || December 2018

Overcome Fear - Rejoice in Life Knowing the Divine Looking Beyond



From the Editor's Desk

Dear Divine Soul,

Warm Greetings of the season!

Another year has gone by. Let us step into 2019 gracefully while we reflect positively on the events of 2018. Life is a learning experience and a journey that we have all embarked upon consciously. Accepting and learning from our past mistakes and experiences will help us move in the right direction. In 2019 let us perform an Act of Love in whichever way we can, by sharing or helping someone in need, by making a stranger smile, or by turning someone's day around for the better. There are a zillion ways of spreading love and positivity by sharing and caring for one and all. May we use each moment constructively and live consciously to build a new future for ourselves and our children as we step into the 'New Age'.

This issue begins with Divine Friend Dadashreeji's answer to a seeker about the need and role of a Master in one's spiritual journey.

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 to experience the magnificence of Divine Love. The article 'Overcome Fear' helps us understand and deal with this emotion. A beautiful story - *The Power of Compassion* is followed by an article on 'Knowing the Divine'. Under the *Wellness* section, enjoy this winter with the recipe of a nutritious soup and a wholesome salad that will help detox the body. The section *Reflections*, brings you the articles 'Looking Beyond' and 'On Gratitude and Grace'. *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 by personalities that have made a difference in the world. Under @MBP read the amazing experiences shared by the participants of Prem Anubhav held in Ludhiana and Delhi.

Join us at ShantiKshetra Premgiri Ashram as we celebrate Kripa Diwas (Grace Day) on the 25th and Anandotsav (Selfless Service Day) on the 27th of this month.

Spread love and cheer!

With Lots of Love,
Team Anahita



CONTENTS

05

PEARLS OF WISDOM

- ▶ Message from Divine Friend Dadashreeji

07

HIS WORDS

- ▶ Expounded quote of Dadashreeji

10

DADALEELA

- ▶ An unforgettable experience
- ▶ A Lasting Impact

13

FOOD FOR THE SOUL

- ▶ Ek Kshan Prarthana - The Magnificence of Divine Love
- ▶ Overcome Fear - Rejoice in Life
- ▶ Apologue
- ▶ Knowing the Divine



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 - December 2018

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



CONTENTS

19

WELLNESS & YOU

- ▶ Delicacy of the season

21

REFLECTIONS

- ▶ Looking Beyond
- ▶ On Gratitude and Grace
- ▶ Maitri Mirth

25

YOUNG IMPRESSIONS

- ▶ Peace Begins with Me – Priya
- ▶ Catalysts for Transformation
- ▶ The Kaleidoscope...Of Hope
- ▶ Treasure Trove

29

@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. Why does Indian philosophy advocate having a Master in one's spiritual journey? Can't we attain the Truth without a Master? If Lord Buddha could attain the state of enlightenment without a Master, why can't we too attain the same? Is it mandatory to associate with the Master when it comes to spiritual upliftment?

Dadashreeji:

Dear Friends,

There is no fixed path or mandatory condition to be followed or fulfilled when it comes to your spiritual journey. The spiritual way of life gives you the freedom to do what you want to do. It will never curb your freedom nor compel you to act in accordance with any spiritual principles.

You come across spirituality through the religion you are born in or through some intriguing rituals. Your initial impression of spirituality was limited to a religion, the rituals you perform or the books you read. Understand this well here that the confusion is in the mind and not in the subject. It is like you arrived late, missed the flight and now you're blaming the pilot for not allowing you in the aircraft. How can we judge anything in life without a proper understanding of the subject? Such judgments will always be biased and prejudiced. Such prefixed half knowledge is not only detrimental to your personal growth but also carries a potential threat for social disharmony.



In today's time, very few genuinely want to know and understand anything as a matter of fact. Everyone is super active to pass their judgements with no knowledge as if they are the experts. That's how the human mind mostly operates nowadays!

When it comes to Indian Philosophy or rather spiritual knowledge of the land, it was all well studied, experimented and experienced by many. The major population of that time was engaged in seeking the secrets of existence. Vedic knowledge and associated contemporary philosophies convey the same profound physical, metaphysical and spiritual knowledge to us. If we don't understand it, it's better to leave it and do something else. If it is triggering curiosity within you, you are free to study and explore it further. Help yourself by not hanging in between!

All spiritual scriptures firmly advocate appointing a Guide in your life. After Lord Buddha attained enlightenment, He played the role of a Guide for others. If there was no need of a Guide for any spiritual seeker, He wouldn't have Guided anyone or even open a spiritual school. If Lord Buddha could experience enlightenment without a Master, definitely you can too. The only prerequisite is; you have to be Buddha-like.

You can still go with the option of not having any Guide for spiritual guidance. You can read books, meditate and chant mantras. Only when you feel the need of having one, convey your need to the universe. Your Guide will appear. With the association of your Guide, your spiritual growth excels and accelerates. You can visibly experience the changes within.

To have a Guide or not, will always be a personal choice. You have the freedom to decide what is best for you. The question is not about having a Guide in one's life but about having the authentic, right Guide in your life. One may struggle to get the right Guide in one's life after many repeated attempts. Your inability to have the right one may compel you to form a false belief that there is no need of a Guide for your spiritual journey. But, is that the truth? Absolutely not!

Many modern influencers and constructive thinkers support the idea of having a Guide for a successful life. It is not about handing over your will to your Guide but about sharing and learning together. This association was always about teamwork, a balanced amalgamation of proper guidance and right action leading to a fulfilled life. For sceptics, it will always be an alien feeling but for someone who has experienced this soothing connection, this feeling itself is life. Hence, connect with your Guide, follow your path, share happiness with everyone!

**Life is simple.
Pray, Open your mind and Embrace the new!**

**Love and Blessings,
Dadashreeji!**



HIS WORDS

“ Unless you give to society,
you cannot receive. ”

-Dadashreeji

The Universe and Mother Nature are always in the mode of giving. The Sun gives its light, the plants give out oxygen, the earth gives all its vitality, while the flowers give their beautiful fragrances. Mother Nature is constantly in the giving mode, only to ensure that mankind enjoys this abode on Earth. But when it comes to humans, the most evolved of all species and the most gifted creation of the Divine, things change. While humans come across as a superior species, we have debased its very existence and misused the grace of the Divine by constantly being in a mode of accumulating.

The law of the universe is that unless one gives back, one cannot receive more! Human beings are the victims of their own mind and desires. Divine Friend Dadashreeji wants us to wake up towards this most urgently needed awareness which one has been trapped in over lifetimes. A person's life will change when he/she functions with the attitude of giving rather than hoarding. In the MaitriBodh Parivaar, 'Selfless Service' is given the utmost importance. The constant thought of being able to help and to be useful to all around with whatsoever that one is capable of, itself will lead to profound acts of serving one and all. This automatically will change one's karmic balances and enable the Divine to shower His Grace, thereby changing one's life.





If you've been wondering how you, one tiny individual, in this mass of humanity can make a difference, can change the world; well here's your chance to prove YOU CAN !

Acts of Love is a campaign to celebrate love, to show you care and to make our world a happier place for our near and dear ones, for those yet unknown to us, for the elderly, the youth, the toddlers and even those yet unborn.

All you have to do is one small act of kindness and love for any living creature be it plant, animal, human, nature or the environment, then video record the act and share it online tagging 5 of your friends so they can continue the chain of love. It could be about you planting a sapling, feeding a stray, spending time with the elderly, playing with a child, tutoring the under privileged or just helping someone cross the street. Acts of Love is about the little ways we bring happiness into another's life. It's about caring and sharing so that more and more people are inspired to do so.

By sharing you will be encouraging others to perform acts of love and also be spreading ideas of how one person can in a small way share love. You may unknowingly motivate someone into an act of goodness. And if nothing else you will be creating an awareness that in our sometimes self-obsessed, selfish world there are still some good people who do actually care.

Acts of Love will change your life in many ways. The joy you get in giving is always doubled - in giving and in seeing the joy of the receiver. You will unknowingly be changing the thoughts and actions of people you may never have met or are even likely to meet. You will also get to know of many other kind and loving people just like you. But best of all, you will be slowly helping to fill our world with a lot more love. All you have to do is to Act, Share and Spread to be a part of Acts Of Love.

ACT

Record a video of you doing an Act of Love

SHARE

Inspire others by sharing the video on Facebook and Instagram.

Tag **@ActsOfLoveOfficial**, use hashtag **#ActsOfLoveOfficial**

SPREAD

Nominate atleast 5 friends / family members to continue the Chain of Love

***"If you are genuinely seeking for the world to change,
the only way is through Love."***



Join us as we celebrate 'Grace Day' on 25th Dec 2018, to commemorate Guru Ma's birthday as 'Kripa Diwas' and 'Selfless Service Day' as 'Anandotsav' on 27th Dec 2018, to commemorate Dadashreeji's birthday at ShantiKshetra Premgiri Ashram.

Kripa Diwas (Grace Day) - 25th Dec'18

Sports Day of Sneh Sanskaar Gurukul at ShantiKshetra Premgiri Ashram (5 pm – 6.30 pm)

Activities are as follows:

- Poetry Reading
- Speeches
- Dance performances by children
- Prize & Certificate distribution ceremony
- It will be followed by dinner for the children and parents as well.

Anandotsav (Selfless Service Day) - 27th Dec'18

- Medical Camp – A specialized eye checkup camp will be organized for the villagers from 10.30 am till 3pm.
- Maha bhandara - Lunch will be served to the villagers

For more information please contact: 9321293599

Team Ashwas gladly announces a new series - 'Svaha'

The Svaha series will feature articles based on the significance, scientific facts, benefits, testimonials related to the Havans. So watch this space!

Request a Prayer

"Your prayers work magic in others' lives. Your prayers give them hope to cope up with this challenging world. When you pray for others, it brings a smile on the face of the Divine and you earn merit and His blessings without asking for them. These blessings would manifest in your life in myriad ways or forms." – Dadashreeji

Heartfelt prayers give Divinity the reason to act or intervene. You may now send in your prayer requests to the following email id: invokedivinegrace@gmail.com

Following details of the person for whom the prayer needs to be offered are required:

- Full name
- Location
- Concern (for which the prayer needs to be offered)

The team will coordinate via email the suitable day, date and time for the same.



An unforgettable experience

Whenever someone asks me to share my experience of Bodh IV, I am left confused. What should I say, I wonder? How should I explain such a personal, profound and unique experience? As our Supreme explains, the journey of every individual is different, so are our experiences and learnings. Although I have been associated with the MaitriBodh Parivaar since 2014 when I met Dadashreeji for the first time, despite his physical presence in front of me, my mind kept thinking of faith and love in terms of logic and reason. This rational part of me dominated over that part which was unconditionally accepting His message. This hesitation is something that many of us living in a scientifically inclined society experience. How can one who has never eaten sugar, comprehend what sweetness is? My dilemma is similar - having tasted the magic of the Divine, having seen Him in His physical being, how can I explain all this to those who haven't had that experience? All those who attended Bodh IV must have been mesmerized by the heightened spiritual processes and the divine gifts that they received. For each and every thing, I express the deepest gratitude to Divine Friend Dadashreeji.

It was difficult for me to attend Bodh IV, as I needed someone to take care of my daughter and pets in my absence. Although my sister-in-law had agreed to come, her exams were rescheduled for the same days as the Bodh IV process was going to take place. I started crying in despair, as I was sure that there could be no way out of this situation. I remember talking on the phone with the mitrs and maitreyis asking them to pray for me. In fact I even said, "I will die if He doesn't call me." This heightened emotion was a result of Bodh III, after which the need to see the Divine again intensified. I even attended the 'Awakening with Dadashreeji' program for the same reason. In my prayers, I was saying, "Please call me, I just want to see You and listen to You in person. You see me every second but I am unable to see You. Don't give me any knowledge but keep me in Your association, it will fulfill me to my core."

Despite all these problems, I kept my faith in Him and didn't cancel the tickets. Just two days prior to the Bodh, my sister in law's exam got postponed. Despite having only a couple of hours to pack her bags, she ran to catch

a train and reached me. I gave her some brief information that would help her manage and left for Mumbai, although, I was still concerned about how she would handle everything. Just as I reached Karjat, I received a message saying that my daughter's school was declaring a holiday for the entire week due to some reason. Thus, the Divine had seamlessly taken care of all my problems!

When the session began, despite our eyes being closed, we could all sense Him in the Mandapam. A strange buzzing filled my ears, almost as if there was water in them, or the sound was coming from a long distance. Although I dismissed it first thinking that there was some problem with my ears, I realised that the buzzing disappeared when I went out of the hall or when other mitrs were speaking.

As I have studied engineering and have worked on waves for several years, my logical mind started analyzing it. All of us speak on a certain frequency and it is different for different species. Listening and speaking both are different as well, though synced in some proportion. The frequency generated by the Divine is of a very high order which goes straight to the core. Though we all may not perceive it, may not comprehend it, but it is true. When I returned home, I conducted a small experiment and listened to Dadashreeji's Youtube videos with the same buzzing sound reverberating in my ears. When the recorded voice has such impact, just imagine how much energy His physical presence radiates. Simply being in His presence is bliss.

Whatever happened during Bodh and after the Bodh was amazing. The person who went to attend the program and the one who came back were both very different. I came back as a person, full of joy and as one synced with the Divine.

I have nothing to offer to Him, only gratitude, gratitude and gratitude.

**Eternally in love,
Dr. Rashmi Kaushal
Delhi**



A Lasting Impact

I am happy to share my experiences and learnings after joining the MaitriBodh Parivaar for the benefit of all.

To begin with, I had been on sleeping pills for a considerable amount of time as my life personally and professionally was very stressful. In retrospect, this was probably because I was not enlightened enough to realize that all the pains and sufferings were for my own growth and learning, given to me by the Divine. I always complained and blamed others in problematic situations and internally my mind was always in a "want to control" mode.

I was not getting even 4 hours of peaceful, sound sleep since the past 3 years, This was in spite of trying various medicines, kriyas and self-healing techniques prescribed by many. Introduced to MaitriBodh by a dear friend, I was skeptical initially and doubted and questioned how a human form the so called Guru or a Living Master could be considered Divine! However, my dear friend told me to have faith in Dadashreeji. He said, "You will see results if you are patient and accepting, for His Grace is for everybody."

At that time, these were mere words for me but since I was so disturbed, I agreed to give it a try. Hence with full faith I went ahead to attend Bodh I, Bodh II and Bodh III.



Results over a period of time

- I have been enjoying sound sleep like a normal person or child even though my work circumstances have become more stressful. All medication has stopped. My LFT readings and BP have normalized with no major change in diet.
- I have started accepting beings and situations rather than being arrogant, egotistical or cynical.
- I have shed the false layer of pretense. I used to boast about being good and brandish my benevolence for the world to see, but as Dadashreeji made me realize, the best deeds are those which are of help to others but not advertised.
- My relationships have improved and I have realized that all beings are a part of the Divine and we need to accept both good and bad equally. This has given me a lot of peace.
- On the spiritual front, I feel that I am transforming since I am able to boldly face problematic situations and deal with them positively.
- My nature has changed to understanding and forgiving from being demanding and dominating previously.
- Overall I see a profound change not only in me but also in those around me.
- My longing and greed for material possessions have ceased to bother me and I only look forward to fulfilling my duties.
- In times of stress or in situations that I dread, I just chant the Dadashreeji mantr. I have found multiple times that either the situation changed to favour me

or help was sent in the form of a person or material or as required. This is really a miracle and it was a validation that my inner voice was being heard by some one!

- I truly understood the meaning of prayer and realized that no prayer is left unanswered.
- A major change that has taken place within me is that I have started praying and wishing well for others rather than being selfish, and have started living in gratitude and acceptance for all that I have, be it good or bad.

Yes, the path is long and although I have started walking on it, I realise that I have a lot to improve upon and learn each day, which is contributing to my real internal growth.

Firstly, I wish to thank my dear friend for bringing me to a true Divine Friend 'Dadashreeji' and for connecting me to the wonderful people in The MaitriBodh Parivaar. I am unable to adequately express in words my gratitude towards Dadashreeji and I look forward to meeting Him in person, though I feel that He resides within me already and that I am never alone.

Dadashreeji, My words will limit your divine grace and probably I do not have the capability to say anything more for you than a simple "THANK YOU"! May Your blessings and grace always be showered upon all beings and You continue to guide us on our path in life.

With regards and love for all,

Akshat Tandon, Delhi



Ek Kshan Prarthana - The Magnificence of Divine 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 Friends and Co-travellers,

A wise One once rightly said, "All you need is love." We have all enjoyed the ever so beautiful feeling of love and actually being in love. Poets and songwriters have written about this inexplicable feeling for decades, but somehow, we are still no closer to identifying with what exactly this feeling of love is all about! Surely we all agree that nothing can surpass the feeling of a person caring about you, worrying about your well-being, walking with you and making you smile during the hardest times of your life. Loving someone and having that someone love you back is truly the best feeling in the world.

It is no secret that life can be hard and can throw you a curved ball when you least expect it. However, if you have people in your life who love you, who are there to hold your hand and stand by your side in times of woe, the hardships get easier, and you start seeing the silver lining in the dark clouds, the light at the end of the tunnel. Love is a feeling that surpasses by far all the other emotions for a reason – for it encompasses everything that one can strive to experience. The beauty is that we human beings have the natural ability to love. This love is inherent in our hearts. We were born with it. It's a natural gift from the Universe! How sad that we are now struggling to experience it. We are forever seeking love from others. We are

struggling in myriad ways simply to share this love because we have depleted and forgotten this magnificent inheritance!

Divine Friend Dadashreeji says – "The permanent remedy, the universal solution of all problems is within us - Love."

This love is simply nowhere but in our hearts. The first step to experience love is to know and realize that we have that love within us. Dadashreeji says that "Cause of suffering is lack of love." Because we have disconnected from the love from within our hearts, we have disconnected from our own true nature and are struggling to deal with life.

Dadashreeji is working tirelessly for the transformation of humanity for the past many years with a mission that people are able to awaken to the truth of their existence which is the experience of unconditional love within them. In the company of a dear one, you start to experience the love within you. In reality the immutable fact is that love has always been there within you. People around you simply stimulate or awaken this love. Once you are firmly established in this core nature of love at all times, you will realize the power and magnificence of love.



Love can heal your ailments. Love can heal your relationships. Love can give you the clarity that you seek. Love gives you the courage to face every obstacle in life with peace and conviction. It is love that connects one heart to another. It is love that's the binding force of the entire creation. The moment you experience love, you experience the reality of life – the fact that everything is ONE.

Just being in this state of love will complete your journey of life. Joy, happiness, pain and suffering will come and go, but love is always within you permanently. The moment you

(CEE) Connect, Experience and Express this Divine Love in your heart, Life will flow on its own - simply and naturally.

A seeker with strong determination and blessed with Divine Grace will experience this love in totality. Seek and you shall find. Knock and the door shall be answered. All you need to do is give your consent and then the Divine will come into your life and transform you and your surroundings. For, we are spiritual beings and reaching our rich spiritual heritage of our true nature of Love.

Today's Ek Kshan Prarthana is 'A moment in Prayer' in gratitude for the experience of Love

I began to look for 'me'...
Beyond the known identity,
Is there another entity?
I found **pure serenity**
Beyond the life's known,
Is there anything unknown?
I found **softness sown**
Beyond all the knowledge,

Is there anything Higher?
I found a **passionate fire**
Beyond the mighty Universe ,
Is there anything unexplored?
I found the **Divine abode**
And then the questions ceased
As I found myself within me ,
The experience of Love,O that's me !



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.



Overcome Fear - Rejoice in Life

Fear can immobilize us and create a mental blockage, preventing us from taking the proverbial leap of faith. **Mitr Sut** thus systematically characterizes this emotion and provides several options of negating it



Understanding fear - The basic and scientific perspective

One of the most innate emotions in a human being is 'fear'. In fact fear is seen in all living creatures. Fear plays a very important role that of self-protection and self preservation in a living species. The reason why fear was created as an ingrained trait is simple and obvious – it helps us survive, by reviving memories and awareness, with a neuropsychological and hormonal mechanism, so that we can recognize and avoid danger – although its actual process is complex.

Upon encountering a threatening situation, a primitive organ in the brain called the amygdala sends out a distress signal. The human body flushes itself with adrenaline, pauses nonessential functions such as digestion, redirects blood into the muscles for any needed bursts of energy, and gears itself to a highly sensitive fight-or-flight response.

Human beings, the most evolved amongst all species over millennia, are gifted with multiple other intellectual and higher abilities. However

'fear' has become quite deeply and complexly ingrained with multiple other things, forming a deep 'samskar' / impression, which shows up in many unwanted areas, nurturing a constant state of alarm, and running the risk of dulling our own protective senses, thereby creating a new sub-stratum of unwarranted fear.

Understanding fear - A spiritual perspective

In the spiritual realm, understand that fear is stored in our 'chitta', and because of the past influences / samskars, has the power to alter and modify one's pure actions (actions that arise out of one's heart), not allowing one to act with his/ her full potential.

Needless to say, as one evolves spiritually one becomes fearless of the many self created fears, as one purifies the 'chitta', thereby, enabling us to perform dynamic pure and transforming actions. A person with a 'Transformed Self' becomes fearless, because he is ONE WITH ALL and experiencing the 'TRUTH'.



This is so wonderfully exemplified in the following vedic mantras:

ACT

The tranquil one rising from this body and approaching the Supreme, manifests itself in its own essence, immortal, FEARLESS

-Maitrayani Upanishad prapathak II:

He who worships this syllable (AUM) knowing it thus, enters this syllable, the svar, which is immortality and FEARLESSNESS. And having entered it, he becomes immortal by that nectar, by which the gods became immortal.

-Chandogy Upanishad I-iv-5:

(Traditionally a lot of importance was laid on chanting and positive affirmations)

With the Grace of Divine Friend Dadashreeji, the MaitriBodh Parivaar offers an intense process of 'Beej Sanskaar kriya' in Bodh II, which helps in cleansing the chitt, and can help deal with one's fear, if it becomes an impediment in one's growth.

How to deal with fear?

ANALYZE

Types of fear:

- As a self protective mechanism (which as we saw above is helpful to safeguard ones self)
- Due to past experiences and influences, which hinders ones true potential
- Fear of new things / fear of the unknown as to what will happen if I am starting something new, especially if it is out of ones comfort zone.

For General Fears:

- **Face the fear** - Dadashreeji has suggested that the action one should perform to deal with fear is - face the fear. The more you run away from it, the more it will trouble you. There may be a learning associated with facing ones fears.
- **Counselling** - These are especially helpful for some fears which seem to be baseless, such as paranoia, fear of heights, fear of flights, claustrophobia etc. and some may have a past relevance such fear of losing a job, or a person for no reason.

In this take someone else's help or of internal Dadashreeji (its so simple in MBP).

For Deep Rooted Fears: Divine Intervention :

- **Bonding and communication with the Divine** - Maitri Sambodh Dhyaan (with affirmations).
- **Pray** - Prayers are very powerful for getting rid of ones fear (Participants go through a detailed prayer process in alignment with MBP to overcome ones deep fear)
- **Divine Intervention** - Under the Grace and guidance of Divine Friend Dadashreeji, there are powerful processes such as **Chittashuddhi** - part of the program Bodh II and ShaktiPravaah, which will help address the root cause of fear and help annihilate them.

So lets connect with our Divine, rise above our fears and set ourselves free, experiencing our true nature and living our life to the fullest.

A doctor by profession, (currently working as a Consultant Radiologist in P.D. Hinduja Hospital, Mumbai) Mittr Sut - as he is fondly called also teaches and conducts spiritual sessions and shares the insights gained from his Master Dadashreeji.



The Power of Compassion

Once Gautam the Buddha was in an assembly when a man walked in looking furious. He was a restless businessman and he had found that his children were spending hours with the Buddha when they could have engaged themselves in business at that time, making more and more money. He felt that spending four hours of their day seated next to someone whose eyes were always closed was incredulous. This had seriously upset the businessman.

So, full of fury, he walked straight up to the Buddha, looked him in the eye and spat. He was so angry; he could not find the words to express himself. Buddha simply smiled. He showed no anger, although the disciples around Him were angry. They would have liked to react but could not because the Buddha was right there. So, everybody was holding their lips and fists tight.



After the businessman spat at the Buddha and realised that his action was not drawing a reaction, he simply walked away in a huff. As he walked away, he quickly glanced back hoping to see some emotion on the Buddha's face but He was just smiling. That was enough for the angry man. For the first time in his life, the man had met someone who would just smile despite being spat on his face. That man could not sleep all night and his whole body underwent such a transformation that he started to shiver and

shake. He felt as if his whole world had turned upside down. The next day he went and fell at the Buddha's feet and said, "Please forgive me. I did not know what I did." To which the Buddha replied, "I cannot excuse you!"



Everyone including the man and the Buddha's disciples were flabbergasted. The Buddha then explained the reason for His statement. He said, "Why should I forgive you when you have done nothing wrong?" The businessman looked a little more surprised and told the Buddha that it was he who had wronged him by spitting on him. The Buddha simply said, "Oh! That person is not here now. If I ever meet that person whom you spat on, I will tell him to excuse you. To this person who is here, you have done no wrong." That day, everyone learnt a lesson in compassion.

True Compassion arises from love and kindness. When one is compassionate it helps open the heart and mind. It has the power to heal. The need of a person who is angry, hurt or suffering is compassion. Instead of being judgmental and reacting to situations we need to learn to be compassionate and caring in our responses.



A person is shown from the waist up, sitting in a meditative posture. Behind their head is a bright, circular, glowing aura that radiates outwards. The background is a textured, warm-toned wash of yellow and orange, suggesting a sunset or a spiritual atmosphere. The overall effect is one of inner light and tranquility.

Knowing the Divine

Is it possible to understand the Divine in the same way as we understand humans? The author of the article seeks to deepen our knowledge of the way we understand our Divine by deconstructing the abstract and making Him more human

How do we get to know a person? – by his/her characteristics. These would include physical characteristics, habitat, qualities, actions, etc. Further, the more we get associated with the person; our knowledge about the person becomes more detailed. Let us explore if these 'human' criterion be applied to know the Divine?

Physical characteristics

As soon as we contemplate on the physical characteristics of the Divine, we are caught in a fix. Each religion seems to say something different. Some say that the Divine has a form (sagun) and others are vehement that the Divine is formless (nirgun).

If you follow the sagun path, especially in Hinduism, you realise that the number of gods and goddesses are innumerable. What is the need to have so many different gods and goddesses? The answer seems to lie with the likes and dislikes of an individual person. It is akin to the adage 'All roads lead to Rome'. When we choose a god/guru and meditate on that

god/guru, we automatically exclude all other thoughts. When other thoughts are eliminated and only one remains it is easier to meditate and eventually surrender. What do we surrender? We surrender ourselves (i.e. our ego). This path is nothing but the 'Bhakti Marg'. This path is said to be the easier path, although one is aware that 'complete surrender' is one of the most difficult things to do and is possible only with Divine Grace.

The nirgun path again is multi-fold. The essential aspect is a search for the formless Divine. It is the back-bone of the 'Jyan Marg'. Here, one is eventually led to the ultimate query "Who am I?". By contemplation and elimination, you realise that you are not the body/mind and eventually realise the Divine.

In conclusion what is the physical characteristic of the Divine? The answer depends on one's firm belief and faith. For, it is 'faith' that takes us further. If one thinks of having a form, then the Divine too has a form. When one is aware of the formlessness then the Divine too is formless.



Where does the Divine reside?

Does divinity live in the temples, mosques or churches? For many this is true. However, whichever path one may take, eventually one knows with firm awareness that divinity lives amongst us. The followers of 'Bhakti Marg' can appreciate the Divine in everything they come across. The 'Vishawaroop' shown by Lord Krishna to Arjun epitomises the omnipotence of the Divine. The 'Gyaan Marg' followers take a step further and state that divinity is within oneself. When everything is negated, one ends up becoming one with divinity.

In conclusion wherever we may start, as we progress towards divinity, one realises in no uncertain terms that divinity is everywhere including within oneself. Where inside us is divinity? Again, by Bhakti or contemplation one realises that the Divine is seated in the heart. It is our impure mind that shields us from seeing the divinity in us.

What are the qualities of the Divine?

A look at Mother Nature will help us understand the many qualities of the Divine. Nature is beautiful, magnificent, simple and serene. A closer look uncovers other Divine

qualities like self-less service (ever giving), patience and compassion. It is Divine love for all at the highest level.

The great enlightened sages and masters describe the Divine with the triad of SAT-CHIT-ANAND. 'Sat' is also translated as 'being'. Being is what is perceived by one in the present moment when all thoughts and emotions are put to rest. 'Chit' is consciousness/awareness. This is the screen on which we perceive everything. 'Anand' when loosely translated is bliss. It may also mean 'peace'.

To know the Divine, it is essential that one connects with oneself. The bond thus formed eventually takes one closer to the Divine. This has been experienced by most who are associated with the MaitriBodh Parivaar through their Bodh programs.

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



Delicacy of the season

Let's kick start the winter with a bowl of hot soup and a wholesome salad.

Spinach & Mint Soup

Ingredients:

- Spinach - 1 bunch
- Potato - 1 big
- Mint leaves 15 - 20 leaves
- Garlic 6-7 cloves
- 1 tsp oil for burnt garlic
- Milk - 3 tsp
- Grated cheese (optional)
- Salt and pepper as per taste

Method:

- Blanch spinach in water for 2-3 minutes and strain the water off and keep it aside
- Boil 1 potato
- Add the blanched spinach into the blender, add boiled and mashed potato, milk, mint leaves to it and blend into a smooth paste
- Take a small vessel add some oil and the garlic pieces to it, cook it until it turns brown
- Add the burnt garlic to the blended soup also add salt and pepper as per taste to the soup
- Add grated cheese (optional)
- Serve it hot

As the seasons change, our diet needs a boost to keep up with the increasing energy requirements, says **Dr. Sheetal Maniar**. Enjoy this winter with hot nutritious soup and a wholesome bowl of salad that can replace a meal and detox the body



Shallow fried soyabean chunks can be added (with some salt and pepper) to the soup to make it more healthier and tastier.

Spinach is rich in Vitamin K, A and C, as well as folate, manganese, magnesium, iron, potassium and calcium. It's also a good source of niacin, zinc, protein, fibre, vitamin E, thiamin, vitamin B6, phosphorus and copper.





Wholesome Salad

This wholesome salad has almost all the nutrition required for a complete meal as it is rich in fibre, protein, carbohydrates, fats, vitamins and minerals. Being uncooked it is faster to digest and assimilate into the system.

Ingredients:

- 1 bunch of Lolo lettuce (or any other type of lettuce except iceberg lettuce)
- 15 - 20 cherry tomatoes
- 100 gms cottage cheese
- 50 gms cheddar cheese (optional)
- 100 gms pineapple / sweet lime
- 50 gms pomegranate seeds
- 50 gms soyabean nuggets
- 20 Almonds
- 7 tablespoons of mixed seeds (sunflower, sesame, pumpkin)
- 4 tablespoon of olive oil
- Salt and pepper as per taste

Method:

- Chop the lettuce finely and put it in a bowl
- Add cherry tomatoes, pomegranate and pineapple/sweet lime pieces in the bowl of lettuce
- Cut the cottage cheese into cubes and add it to the above
- Toss some oil in the pan and shallow fry the soyabean nuggets with some salt and pepper and add the soyabean to the mixture
- Add Almonds and seeds to the above mixture
- Add 1 tbsp of olive oil, salt and pepper to the above mixture and mix it well
- Grate some cheddar cheese for garnishing (optional)

An entire meal can be replaced with this nutritious soup and wholesome salad; a healthy way to detox the body.

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.



Looking Beyond

As we seek the rational, the logical in everything we do, we end up building walls around us that make acceptance and faith difficult. However, **Maitreyi Varsha** urges her readers to remove the veil of prejudice for there is more to life than meets the eye

Very recently I had the opportunity of convincing a friend of mine who had a sceptical nature to visit our ShantiKshetra Premgiri Ashram. The concept of revering and venerating a Guru/Master i.e. another human form (as seen by her) and to give it the stature of God did not go down well with her. My friend, being a doctor had a largely analytical and logical mind. To accept anything that did not fit in this spectrum seemed impossible. Reluctantly she agreed to visit the ashram since the Master was also going to be present in His physical form.

When we reached the ashram it was swarming with devotees who were ecstatic, overflowing with love and joy, some were crying in gratitude after getting a glimpse of their beloved

Guru/Guide/Master. A deluge of varied emotions could be witnessed. It was difficult for my friend to accept this since she believed that people with a weak mind broke down easily and were more susceptible to follow someone. Going further she thought it looked like a cult, her sceptical mind kept her judging the devotees, the Guru, His disciples and questioning every little thing until we left the ashram.

On the other hand, the same day I happened to meet one of the mitrs in the ashram who also had brought along a friend and his wife for the first time. We exchanged greetings and engaged in casual talk while they were waiting for their cab to arrive. They were receptive and open minded



and had come because their friend had insisted. This openness and receptivity made them experience the positive energies of the ashram. They spoke about how peaceful they were feeling, the experience of silence in the Dhyaan Manthan Kshetra and the profound positive energies of the Shaktipeetham. Above all, though they had not spent time with the Master they felt that there was something different, they just felt very light.

It is said that pilgrimages, other forms of worship, etc. are not as effective as 'one look of a 'realized Being' might be'! "The look has a purifying effect. Purification cannot be visualized. Just as a piece of coal takes a long time to be ignited, and a mass of gunpowder is instantaneously ignited, so it is with grades of men coming in contact with Mahatmas", says Maharishi Ramana (a renowned Master).

I implore all my fellow travellers to drop their guard for once and let yourselves free. For, the experience that one receives depends entirely on

one's current state of being. One must not forget that it is we who have got disconnected from the Divine who resides within us. Hence our entire focus needs to be on ourselves instead of the other. Since ages, all the Avataars, Divine Masters and Gurus have appeared on this planet to guide us in our journey back home (to the Source). Give the mind some rest and allow yourself the opportunity to experience your true nature and the ultimate truth, for this cannot be achieved by reading books. It is under the guidance and with the Grace of a true Guru/Guide that one can connect with and experience oneself.

"One can know me easily only when one's heart is pure and awakened. For others, ask for the experience to know me. You may forget your questions; I will not forget to answer them", says Dadashreeji

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



On Gratitude and Grace

Maitreyi Cecilia shares a heartfelt story on the miracles of Divine Grace and urges the readers to acknowledge them in their everyday lives

How many of us appreciate the role of Grace in our lives every single day?

Jean was a young pregnant lady, who was bearing her first child. As she went on through her pregnancy, she took great care of her health and so did her family. During one of her periodic visits to the doctor, it was revealed that the baby's brain was not developing as expected. He said he could not guarantee a healthy baby and the parents had a choice that they could make at that juncture. Jean and her husband were sad, confused, scared and disappointed as they walked back home. They pondered. Jean prayed deeply to her Inner Divine for Grace, and prayed for Divine intervention so that her baby could be born normal and healthy. She then made a decision to continue with the pregnancy and conveyed the same to all.

At nine months, Jean delivered a healthy baby girl with a completely normal brain. Jean was overjoyed and so was her family. She attributed this completely to Divine Grace that had intervened; she named her baby 'Grace' as an everyday reminder of the Divine's Blessing.

Grace is 'Divinity in action' in our day to day lives. Each of us, knowingly or unknowingly have experienced Divine intervention in our lives. We call it a miracle, coincidence, unexpected help or luck! Many of us have experienced darkness such as financial crisis,

losing a job, bad health conditions, near death accidents but the light of Grace completely fills our lives in those moments and we have experienced the warmth of our Loving Divine. For those of us who are aware of this Divine intervention and practice gratitude and praise the Divine, such manifestations fill our hearts with immense gratitude, for it is a reminder that the Divine is always in a state of giving, always intervening through Grace!

"Divinity will open the doors of success, prosperity, truth, knowledge and love for you.

Keep yourself ready to accept and utilize the Grace offered to you. Keep your mind open to receive the Divine Grace thus releasing yourselves from all binding mental blockages", says Dadashreeji

We celebrate 'Grace Day' on the 25th December. Let us take a few moments on this day, to offer our Gratitude and Love to the Divine for guiding and showering on us Divine Grace and unconditional Love.

I offer heartfelt gratitude to our Beloved Divine Friend Dadashreeji, who is always in the state of pouring His Loving unfailing Grace.

Maitreyi Cecilia is a Pediatrician, currently training in Pediatric Neurology at Duke University, USA. Her greatest passions are child health and their spiritual growth. She envisions to aid care givers and parents in the holistic physical, mental and spiritual development of children.



Dear God,

*Are you really invisible or is that a
trick?*

*Your's
Ananya*

Divine Play



"Lord Ram is not available today. Kindly see
Lord Krishna who is doing Lord Ram's work today."





PEACE BEGINS WITH ME – Priya

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.

Priya has shared this month's story. Priya is 14 years old and a student of Grade 9, in a lovely school in a small town in India. She shared this story with her teacher and it is presented here in her own words.

I was in Class 8. At this age, there are many 'pairings' of boys with girls and teasing around that. I was okay about that as it is part of our life. I don't pay much attention to it. One of the boys in my class wrote a nasty message about me and passed that around. It did not have his name on it, but our teacher found it. I was absent on the day this happened. The next day, when I arrived at school, my friend told me about it.

I met my teacher in the school corridor and walked with her and she asked me what was going on. We spoke for a while and she shared that something very nasty was written about me on that piece of paper. I wanted to see it and after I asked her several times, she finally showed me. What was written was untrue and very mean. It made me sad and also very angry. I felt unsafe. However, I decided to not pay attention to it and to continue with my focus on studies.

Later, the same boy (we knew who he was) got into another incident with me and called me very foul names. I was very angry. I lost my temper and for the next few days I really gave it back to him. I challenged him, whether he would say the same names to his mother. He cried, from fear and from seeing my pain. It

became a big thing in the school. In a day or so, I calmed down and decided to forgive him in my heart. I reflected on why I was so angry – and I can understand, that it was more because I was suffering from my father's misbehaviour at home for many years. I don't want to get into fights, I want to be joyful and so I released my anger.

My father has an issue with his anger, and he can't control himself. He gets angrier at small things than other parents might. I feel so sad, disappointed and hurt about this. I cannot talk to anyone about it and I cannot sort it out with my father. That suppressed emotion gets fired up into huge anger when others hurt me, which is what happened in school. I don't like my father's attitude, but I also feel compassion towards him. I pray that God gives me the inner strength to be positive, to focus on my passion, which is dance, and to go beyond all this. I want to do something good for my country when I grow up.

"I want you to learn to balance both sides of life; where you are free within, speak compassionately and yet take all actions necessary in achieving your life's dreams. When you decide to achieve something in life, you start working for that specific end. You work hard and take every step required in achieving it." - Dadashreeji



Catalysts for Transformation



Louis Braille

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 column will feature inspiring and motivating acts of personalities that made a difference in the world.

[W]e, the blind, are as indebted to Louis Braille as mankind is to Gutenberg — Helen Keller, The Sorbonne, Paris, France, June 21, 1952

Born in the village of Coupvray, France, January 4th 1809, Louis Braille was a curious child fond of playing with equipment's that his father used to make harnesses. At the age of 3 while playing with a long sharp tool, Braille slipped and punctured his right eye. A few months later his left eye became inflamed and by the age of 5 Braille was totally blind.

For such a tragedy to occur to such a young boy during the most turbulent times in the history of France one would not expect great things out of a simple village boy. His parents were insistent that Braille receive a normal education so his father helped to read by making raised letterings on wooden blocks. Braille was the top student at his local school and the age of 10 was enrolled at the Royal Institute for Blind Youth in Paris.

The conditions at the school were deplorable as the government even then did not care much for the blind. In such harsh conditions Braille had to master reading using a rudimentary system of roman alphabets that were cumbersome to learn. An army captain later introduced a system of "night reading" that was used by the army which he thought might be useful to the blind. This idea planted the seed in Braille's mind. He perfected the raised lettering reducing

it to a few simple dots that could be read by a brief touch by the fingertip.

The new system was a great hit by the students who wanted it to be standardized. Braille fought for his system to be recognized by the government, sadly he did not live to see his efforts come to fruition as soon afterwards he died of tuberculosis at the age of 43.

Even in his short lifetime Braille revolutionized this system of education for the blind. In 1854, two years after Braille's death the French government finally recognized his system and simply named it Braille. By 1858, at the World Congress Braille was recognized as the standard system of reading and writing for the blind.

Louis Braille is an extraordinary example of how a simple idea can be transformed to serve the greater good, one does not have to make a fantastic invention to change the world. A love for learning can help us overcome any difficulties.

"Life is a dream in the passing- phase by phase. You are there to witness it and play your part. Each one of us has a special part to play. A special purpose. Like a player in a football team, every human being has a special role to play towards winning the game." - Dadashreeji



The Kaleidoscope...Of Hope

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 'Hope' as a "feeling of expectation and desire for a particular thing to happen. It includes a person or thing that may help or save someone or grounds for believing that something good may happen."

The last thing that remains yours, when everything else has been stolen, is hope - *Mukta Pradhan*

Hope is the only thing stronger than fear - *Hunger Games*

Believing in the future even though it seems so unknown, far away and so unsure of - *Aneesha Chandra*

Hope is that one power on the basis of which the world operates and progresses - *Shashi Maheshwari*

Hopes are just best case scenarios for the worst possible situations - *Anonymous*

Getting out of bed in the morning, under the presumption that it will be a good day, is hope to me - *Anonymous*

"Hope is a dangerous thing, my friend. Hope can drive a man insane." "Hope can be a good thing. Maybe the best of things, and no good thing ever dies." - *Shawshank Redemption*

Wherever there is life, there is hope - *Theory of Everything (movie)*

The Greek mythology tells us the tale of Pandora, the first female on earth, who was gifted a box and warned not to open it. However, curiosity gets the best of her and as she lifts the lid, sickness, death and all other kinds of evils plagued the world. Cursing herself over her foolish deeds, as Pandora sits in grief, a small fairy emerges from the box. And that's the story of how Hope was gifted to mankind. Some think of hope as a curse - why give the tantalizing option of a better day only to extend the misery of today? On the other hand, some believe that hope was a gift to the world- the rainbow at the end of a rainy day, the light at the end of the dark tunnel. However, one cannot deny its power for sometimes it is only this that makes all the difference between life and death.

So dare to hope. To believe in possibilities. To believe in all things good and pure. Today it might seem naïve and foolish, but tomorrow it might just save your life.

"No matter what situation you go through, Hope is the mobilizing factor for internally handicapped ones. Hope keeps you driving through the critical path of life. It is Hope that keeps you alive." - Dadashreeji





One bright Sunday afternoon, in the month of December, Peter a 12 year old and his 10 year old younger brother Paul went to play with their friend John. They spent hours playing with puzzles and legos.

Upon returning home, Peter shared an idea for the upcoming season of Christmas and festivity with his brother. He said "I have a brilliant idea for our winter holidays!

"Let's use the money saved in our piggy banks this Christmas and get toys for the children who live down the street." Paul added, "Let's also clean up our room and surprise mom. We have plenty of legos and puzzles, fire trucks and stuffed animals, books and toys in real good condition that can be reused. Let us pack them neatly in boxes and donate them." Both the brothers loved each other's ideas and agreed to do so.



The next morning, they set out to a nearby shop bought gifts for the little children and picked up empty boxes to pack the toys and games that they wished to donate. They returned home and over the next two weeks started to

Act of Love

organize their toys, books, stuffed animals into boxes and also gift wrapped the toys that they had bought for the other children who lived down the street.

On Christmas eve, the boys wore a Santa hat and set out to share Love in their neighborhood.



They visited ten homes with young children, and dropped a gift box outside each home, with a beautiful message stating "Please accept our small token of Love. Enjoy the festive season!"

Peter and Paul's parents were beaming with pride and happiness and applauded them for their remarkable sharing and caring gesture that was heartfelt, bringing smiles to the entire neighborhood. Their mom was over the moon to see an organised, clean and clutter free room.

Festivals are more fun when love is shared. Let us all perform small Acts of Love to share and spread cheer, joy and love with one and all!

Our contributors to the section Young Impressions:

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



Prem Anubhav:

15th Nov (Ludhiana), 25th Nov (Delhi)



Prem Anubhav was not just an event but an expression and culmination of the love of each sevak towards each other, mankind and Dadashreeji. This program brought a wave of freshness with learnings and new connections. Participants from various walks of life attended the sessions and experienced the blissful state of love for the first time. Some shared having attended innumerable sessions over a period of 20 years but never felt connected or received answers to their questions, while 'Prem Anubhav' not only gave them satisfactory answers but also showed them the way forward.

During the course of the program many pertinent and profound questions about love, life, relationships, suffering, expectations, Divine Love, human love, unconditional love and more were answered. The participants came to an understanding that Love, which is our true nature resides in our heart, is the highest and it is only Love that can erase all human suffering. As the process of Prem Pravaah, the flow of Divine Love began, the entire auditorium was awash with Divine Grace and Divine Love of Divine Friend Dadashreeji. The participants were transported to a different realm, a realm where only Love and bliss exists. They were experiencing love the 'Prem Anubhav'.

As the participants opened their eyes, they embraced one another sharing and expressing the Love they had just experienced. The minds were silenced, the hearts flowed. There was peace within. A high state of love experienced by everyone. The state of pure existence without any further attribute!

All were in a zone where all that mattered was love. Dadashreeji had given each one a taste of the nectar that resides within: Love.

The event was conceived with one single sankalp that of LOVE and the sankalp was granted by Divine Friend Dadashreeji as what prevailed that day in every thought, word, deed and experience was LOVE.





Below are some of the beautiful experiences shared by our participants:

The experience was truly blissful. It was really nice to see so many people working selflessly towards a beautiful cause. May the bond of love which ties every MaitriBodh Parivaar member encompass everybody in the universe.

Mitali

The question answer round was very interesting. Sulata ji provided answers to all the questions in a simple language which even I could understand. The most compelling question was when someone from the audience quoted something from Ram Chritr Manas and then asked Sulata ji that according to that quote Tulsidas ji said that unconditional love can only be shown by The Divine and none other. Sulata ji softly and wonderfully answered that according to the need of this hour, the time is coming when humanity will experience oneness with Divinity and then the virtues of the Divine which is unconditional love will be experienced as well as expressed by humanity. It will be so wonderful to experience and express the unconditional Divine love and I wait eagerly for that time.

Angel also says that while she didn't understand much about the steps of meditation and the Prem Pravaah process, but during the process she saw herself swimming in a deep sea and she saw many small small marine animals there and at the sea bed there was sparkling sand which she took in her hands and when she saw at the sand 'Love' was written over it. It seemed that instead of salt, love was dissolved in the sea.

Angel (12 yrs.)

Dadashreeji's words helped me realise that Dada is within each one of us. Dada is within me. It seems Dadashreeji has simplified the mystery of God.

It was very simply explained in most relatable terms what it means to have the Divine within. It was conveyed unequivocally that everything is within. The entire event was an embodiment of LOVE. While I had been tired due to work since the last few days but today I was feeling a happiness and lightness within. I feel enlightened.

Vikrant Narang

How can anyone put in words what we received; it is to be experienced. I feel drunk on love.

I have realised that each one of Dadashreeji's teachings has to be implemented and your life will change. I am implementing the what Sulata ji told us and am doing small acts of Love constantly with whoever I encounter starting with my domestic help. Real Love Experienced.

Mrs. Lalit Kishore

It was a wonderful session, my father hugged my brother after so many years and told him that he never liked all the activities that he did but what he did today (attending this session) was marvellous! He had tears in his eyes as he said it.

My mom was also very moved. She felt something happen within her as the process began. She felt very good vibrations. She said that after attending this program nobody can ever be negative in their life!

She had actually experienced 'Love' - Prem Anubhav!

Mohit Durra



I feel fortunate to witness the awesome session by Maitreyi Sulata Ji and Krishna Bhardwaj ji. I had some questions in the beginning, but at the end of the session I was content. Now I am feeling very relaxed that I don't have to worry about Love. I got the Gurumantra for Love:

1. Connect 2. Experience 3. Express

I also got the definition of love that love is unconditional.

I am looking forward to assist the Divine Mission of Dadashreeji.

Dhirender Kumar

I had attended the event PREM ANUBHAV @ Delhi on 25th Nov 2018 with my parents and happy to share our experience:

- The incessant chattering of mind was halted in the serene and pure environment . As we entered the auditorium and the Dadashreeji mantra chant started a short while after, our mind slowly moved into a steady state of calmness and security . The feeling was the same as a small child feels when in arms of his parents 'Secure and Happy' .
- The interactive session with Sulata ji had a profound impact where many questions which we wanted to ask have either been answered by Sulata ji in her discussion with host Krishna ji directly in her sharing or asked by someone else. It seems Dadashreeji wanted us to go back with no question left unanswered even if we didn't ask Him !
- I am happy to share that my both parents are extremely religious and very well read on various scriptures like Geeta , Ramayana , Ved etc and various versions of it by various saints and authors , however my parents said " The manner in which Sulata ji explained without any pride and lots of patience has impressed them and they said her explanation was contemporary, relevant in today's context and was very practical unlike a usual one sided sermon which they have attended in many forums before". It was a never before experience for both my parents and of course myself.
- The simplicity of Sulata ji of explaining complex life issues was a profound learning for all of us and my parents really appreciated the way all sewaks were steadfast ensuring personal attention to each attendee .
- My mother was extremely happy to receive clarity for the difference between pain and suffering and how to avoid suffering, the difference between heart and mind was clarified and its implications and how we have to imbibe the teachings of great saints in our daily lives with a simple mantra 'I am love' .
- My parents were happy to know about the mission and its various activity and send their blessings .
- I was happy to see my parents recite 'Dadashreeji mantra' in spite of their strong staunch HINDU beliefs and I am sure this can happen only if it comes from Heart. Dadashreeji, your magic works!
- Finally the meditation session of PREM ANUBHAV left us speechless and we went into a different astral orbit and yet able to relate to many things in our life at same time.



- Post the session my parents said “ We all know what is being said here, there is nothing new but somehow the way its explained and conducted is more adaptable to our daily lives and such experience they had never before.”
- Just to share my mother recently had undergone both knee replacement and was in lot of pain and even said NO to attend this program. But its only Divine Grace of Dadashreeji which brought us to this venue in spite of all difficulty and helped her to attend this program till the end with full concentration .
- Overall my parents were also happy as they are now sure that I am following a right Guru and on the right path with a family of friends; the ‘MAITRIBODH PARIVAAR’.

I am not writing anything about Dadashreeji as words will fall short and I do not have the capability to describe His Divinity and Grace .

All I can say is “THANK YOU DADA “

May Divine Grace be bestowed on all beings as we move in our journeys of life under the Divine guidance of Dadashreeji with new learnings each day and spread the message of LOVE, PEACE and HARMONY to all beings .

Akshat

Prem Anubhav – Wow! The word gave me joy the first time I heard it, I could experience how it would feel within. The Prem Anubhav session has given me the power to know my inner self, the power of love. There is always a tug of war between my mind and heart. Love brings joy and smile on every face and all smiling faces together form a happy society full of only love, love and love; minus the ego.

Usha

Thank you very much for making us understand the profound meaning of love and friendship through the teachings in Prem Anubhav. Every word that Sulataji spoke felt like the soft balm of the Divine caressing my soul and saying I am there for you my child.

Poonam

The experience was awesome. There was so much positive and energetic atmosphere, I can't express it in words. For the first time I understood the meaning of unconditional love because it was explained in a very simple way and with examples that one can relate to from life. I will be extremely happy to attend more such sessions.

Viraj



Spiritual Week: ShantiKshetra Premgiri Ashram



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.



Upcoming Events

Heal the Soul (Bodh IV) For registration contact: 9819600086, 901165721, 9930451905	12th Dec- 16th Dec'18	ShantiKshetra Premgiri Ashram, Karjat
Transform the Self For registration contact: 9870350450	13th Dec'18	Malabar Hill Club, Mumbai
Path Divine (Bodh III) For registration contact: 9781108880	22nd-23rd Dec'18	Amritsar
Kripa Diwas (Grace Day) For registration contact: 9321293599	25th Dec'18	ShantiKshetra Premgiri Ashram, Karjat
Anandotsav (Selfless Service Day) For registration contact: 9321293599	27th Dec'18	ShantiKshetra Premgiri Ashram, Karjat
Transform the Self For registration contact: 9826232227	5th Jan'19	Raipur
Awakening to Self Realisation (Bodh I) For registration contact: 9691271110, 7999952172	6th Jan'19	Raipur
Heal the Soul (Bodh IV) For registration contact: 901165721, 9930451905	9th - 13th Jan'19	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

