

# ANAHITA

Issue: 01 || Volume: 07 || January 2019

*Read Dadashreeji's  
New Year's message on -*

- How to turn one's vision for this year into reality
- The three key points to practice this year



# From the Editor's Desk

**Dear Divine Soul,**

*Warm Greetings of the season!*

A New Year with new beginnings, as time turns another corner. Each of us has the power to mould the ways of the world around us. The New Year is also about hopes, new dreams, and letting go of the past. Accepting and learning from our past mistakes and experiences will help us move in the right direction. May we use each moment constructively and reach new levels of consciousness to make the world a better and spiritually evolved place to live in.

*In His New year's message Divine Friend Dadashreeji shares the three keys to practice that would help us flow with ease in life and also guides us on how to achieve our vision.*

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 being in complete harmony with oneself. The article '*Change – A Universal Phenomenon*' helps us understand this constant variable in our lives. Under the Wellness section, we have an array of holistic remedies to help manage asthma. The section *Reflections*, brings you the articles '*Rising in Love*' and '*A Dream*'. *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 dwell on different perspectives of courage. '*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 of circumstances. '*Catalysts for Transformation*' features inspiring and motivating acts by personalities that have made a difference in the world. *Under @MBP* read about the various sessions, workshops and events that have been organised and executed painstakingly by our sevaks in an endeavour to enrich the lives of fellow beings.

Let us make the most of the opportunities this year as the Divine blesses us to turn our vision to reality!

**Wishing you a Divine New 2019!!  
With Lots of Love,  
Team Anahita**





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**Dear Friends,**

*Wishing a prosperous and Divine New Year to all of you!*

In this era of transformation, one more step towards freedom and joy has been taken. The New Year has been ushered in with many opportunities of growth. The last year taught us important lessons to improve ourselves. Before we welcome the New Year, let us all first thank the last year for giving us the opportunity to know more about ourselves. Many of you might have seen the gap between their false and true Divine self. Gather all those experiences of the last year and apply them in the coming year enhancing your spiritual growth.

Get ready to embrace the coming events planned for you this year! Your Divine has planned more positive and productive experiences in the New Year. With open arms, welcome those defining changes moulding you into a better being. Set a vision for yourself this year and offer it as a prayer to your Divine. You should be able to connect with your vision. It should be realistic and achievable in the coming one year's time. You can wholeheartedly express your love and offer your prayer to your dear Divine. Your Divine will bless you and turn your vision into reality this year.

The New Year will gradually reveal unseen and unknown moments for you to experience. A few of these may be unexpected, painful, encouraging or joyful life-changing experiences. The transformation that commenced in the year 2012 will expand its horizons and intensify its work. The most evident will be the change expected from all of you. Every now and then, change with time will be an unyielding powerful experience that one would find difficult to evade. Hence, to reiterate; the transformation phase continues over the next few years with greater power.



*For you to emerge as a successful student in the New Year, we are sharing three keys to apply in your life. These will ease the struggle and difficulty that you may face in the New Year.*

**Let go of rigidity:** Your unwillingness to participate with the change may aggravate the pain and struggle you encounter. Rigidity is always a part of your self-destructive ego. It will never benefit you in terms of spiritual growth or even sustainable material growth. Saying no to the positive changes will only push you to darkness. You create roadblocks on your path of success due to your stubborn attitude. With awareness, you will realise that you derive good when you let go of rigidity. Then, you simply need to embrace the much-required change in your being wholeheartedly.

**Don't take hasty decisions:** Decisions play a vital role in your life as they directly change the direction of your life. In this New Year, refrain from taking quick decisions especially the major ones. Allow your senses to settle down and thereafter you may take the decision subsequent to consulting your Inner-Divine. If you proactively anticipate the situations, you will get more time to decide what is best for you. Otherwise, work along with the pressure will pile up to an unmanageable level. You just need to change your approach to life. Adopt a positive lifestyle!

**Be truthful:** At all times, one should remain true to one's own self. If you turn a blind eye to your own internal state especially for those not yet stable, no one will be able to help you from the ensuing misery. You may hide or cover your weaknesses from others but should never do so when it comes to your own internal self. Take time out every day for yourself and try to know more about the real you, within!

With these simple keys, you will see an ease in life and a smooth change spiritually. Just learn to flow with the changes and everything will become simple and easy.

*Let there be many opportunities for you to succeed in the New Year!  
Let this year fill your life, mind and body with divinity!  
Explore your association with your Divine!*

**Love and Blessings,  
Dadashreeji!**





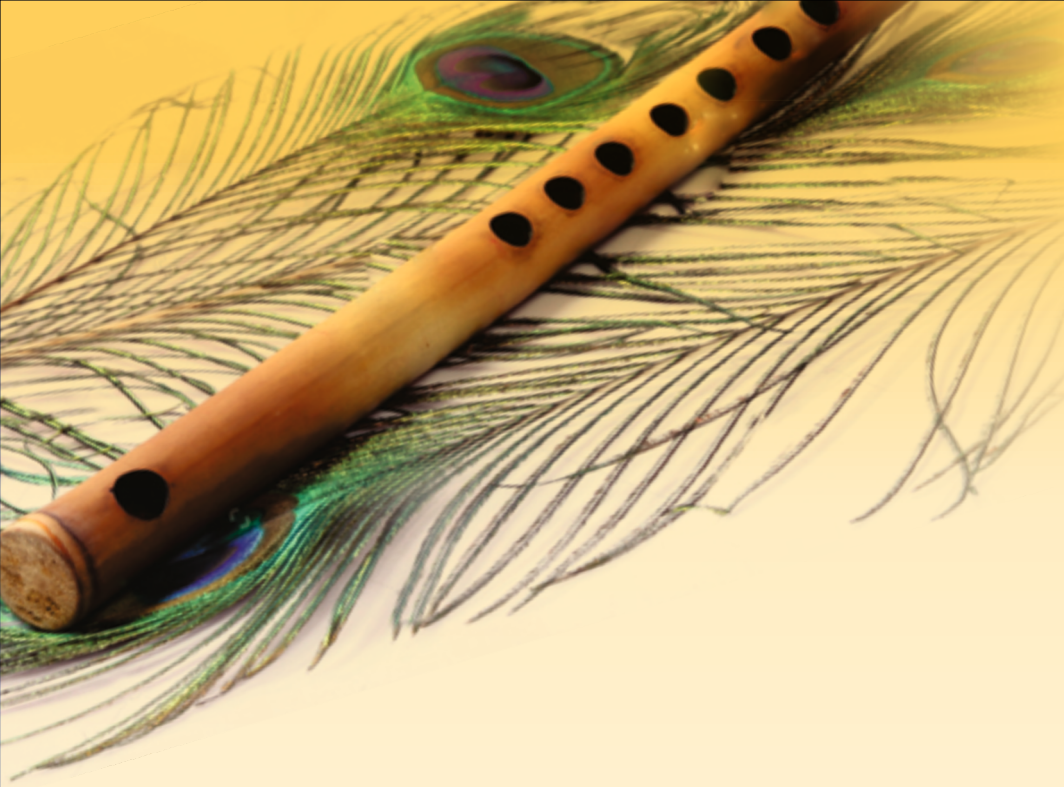
# HIS WORDS

“ Change from your confined, restricted approach towards life to an open one, exclusively directed at your intrinsic growth. This frame of mind will never fail you or cause failure in your life. You grow with it happily whereby you also help others in your journey of happiness and growth. ”

**-Dadashreeji**

This is a profound insight by Divine Friend Dadashreeji, as to how to live one's life with a positive outlook. Most people are caught up in the daily rigmarole of life trying to make ends meet confining themselves to earning their livelihood. The one's who have earned enough wealth are caught up in a web filled with yet more desires and other associated demands. While some of these may be a part of one's duties and are important to go through, one might still get confined due to a myopic vision and this seemingly looks as if it's the beginning and end of life. There is a larger picture, which one needs to first realize and understand, which is what Dadashreeji is directing our attention to. One needs to be receptive and open in life, during all the good and bad times, to realize that all that happens is meant for one's spiritual growth. One needs to focus on growing internally, learning and becoming a better human being, rather than just adding yet another material acquisition and confining one's view of life. With this awareness, openness and a better perspective in life, the mind will be positive, which will lead to overall success. This will not just lead to one's personal growth and happiness, but also help contribute to all those who are associated with us.





# Dadaleela

..... Devotees' Experiences

## Refuge

My name is Lisa and I am 41 years old. Early September, this year, my daughter fell victim to a violent crime. Since then, I've been busy trying to sort it all out, talking to lawyers and the staff from Violence Awareness Centers. I felt so angry inside, but because I had a very strict upbringing in my childhood, I was taught not to scold or yell at anyone. So far in my life, I have always kept my anger and emotions suppressed from the outside world.

The other day, I was at a Maitreyi's transformation evening in Vienna and I felt very bad. I fought back my tears and in the break, I even left the hall to cry alone in the stairwell. I knew I had to handle it somehow, but I did not know where to go.

The Maitreyi had shared the story of the 'red phone', the wire to Dada. I was very sceptical, I admit. In my mind I saw myself sitting there, yelling at a picture. Then I thought to myself again, "Such nonsense! These things certainly don't work with me." After a bad night with little sleep, I woke up the next day and something pulled me towards the computer. Opening it, I downloaded a picture of Dada and what can I tell you, it was such a strange experience to weep in His presence. But as I

shared with the Maitreyi on the phone that day, I was so desperate and looking for something or someone for so long. I went to church, or to my father at the cemetery and talked to the grave, wrote it down on slips of paper, shouted at trees in the forest and always hoped for a sign, or an answer. But it never came!

I was always felt a little relieved afterwards, but it was no comparison to that day. I screamed, cried, begged, even reproached Him! This "Dada", whom I do not even know personally, was yelled at by me. "Why did you not take care of my daughter?", I asked.

As these emotions broke out of me, after such a long time they seemed less ridiculous, more honest and I almost felt human again. I don't know if anyone would believe me when I say this, but as I looked at the picture, the more I cried, the kinder His eyes looked to me. At some point I was calm, I closed my eyes and prayed. Now I can feel the calmness within me. Somehow, it feels very peaceful. Even if that sounds stupid, tomorrow I'll do it all over again!

Lisa  
Europe







# Divine Intervention

I have had quite a lot of interesting dreams all my life. Déjà vu's have been the most frequent.

My journey with my Divine Friend Dadashreeji also began with a dream and many to follow. I would like to share the first one here.

But before that, how did all these wonderful things start and why, I will try and explain.

As I was about to leave a temple after prayers, a beautiful lady with the aura of an angel walked up to me, with a big smile on her face and love in her eyes, she said "Are you interested in doing meditation?"

I was invited by her to attend a weekly meditation session hosted by one of the members of the MaitriBodh Parivaar in Amritsar. I went for the session that Thursday and when I entered the meditation room I saw Divine Friend Dadashreeji's Shrimurti. I felt a little weird calm state of mind, weird in a way that I could comprehend this sudden difference in my state of being. After an introductory talk we were introduced to the meditation (Maitri Sambodh Dhyaan). By the end of the session, I could feel something different within my heart. The long lost LOVE from within my system was beginning to rekindle. It was this feeling of Love that got me hooked and keeps me waiting the

entire week for the next Thursday to arrive. It was as if I am intoxicated, with so much Love!!

The wait for the next Thursday finally got over and there I was again at the same place for the weekly meditation session. But this time I was there to test if the earlier experience was just a co-incidence or a wow feeling of trying something new or the real thing. My mind tried it's best but again failed to comprehend what exactly was happening. However my heart knew exactly what was happening. It could feel more and more Love each time I attended the sessions. Thus session after sessions went past week after week with a booster of Love to leave me yearning for more over the rest of the week.

Then one beautiful week, The Awakening to Self Realisation (Bodh I) was announced. It was Thursday, our usual day of weekly meditation. I was informed that Bodh I would take place on the coming Saturday. Still very new to the system, my mind and heart were tearing me apart. I didn't really know if I was ready to go. I was thinking to myself if I was ready to walk the spiritual path. Will I be able to do it? Am I worth it? My mind put forth all sorts of doubts regarding myself.

However, the next morning, with one day to go for Bodh I, I received the formal invitation which



had the words 'Awakening to Self Realisation' written in bold letters. The entire day of Friday went by thinking whether I was ready for the realisation of who I really am. Was the present version of me ready to welcome a different version of myself? Thinking of all the Love I had experienced within me and countering it with the so called logic of the mind, I went to bed.

In the beginning as I had said, I get quite a few interesting dreams. However this dream I'm about to share with you marks the new beginning of my life, where I am finding myself receiving my Dada's Grace and Love with every breath that I take.

I slept in a very confused state of mind but woke up with a strong sense of what I had to do.

In the dream, my Divine Friend Dadashreeji met me for the very first time. What a bliss that is, is still unexplainable. I was sitting somewhere and He came to me with such supreme presence, held my hand and pulled me towards Him so that I would get up. As I stood up, my entire being began to fill with love. I was awestruck as this was happening and then I realised that there was someone behind Him. He seemed to be a man with a turban. Dadashreeji's supreme presence was so powerful that the person behind him was blurred. Dada immediately pulled me further and held the other person's hand also drawing my hand closer to him. He gave my hand into his hand. Without uttering a word He gave me the assurance that you are in safe hands now. Don't worry my child, I am here to help. With so much Love and compassion suddenly flowing into my system my body could not take it somehow and suddenly my

eyes opened. I immediately realized that it was a dream. The first thought that came to me was "yes I will go tomorrow to attend Bodh I". With this decision, the heavy pounding of the heart settled gently and I fell asleep.

The next day feeling very excited, I reached the venue. Post registration, along with me, a few more participants were requested to make ourselves comfortable in a hall. On the podium was this huge eye catching Shrimurti of Dadashreeji. The entire room seemed to be coloured white as if it was to sync us in and give us the much awaited peace we all had come for.

A very peaceful music played in the background, which later I discovered was the Dadashreeji's mantra. Sitting there excited and nervous at the same time, I could not stop myself from remembering the dream I had last night. Soon, someone came and sat right in front of us on a seat that was a little elevated. I realised that the man sitting right in front was wearing a turban. As he started to talk, suddenly the face of the man with the turban in my dreams was not blur anymore. It was him, right in front of me. With sparkling eyes, full of love, he looked at me. I was now reassured of the assurance Dadashreeji had given in my dream. Since that day, I feel blessed to be a part of the MaitriBodh Parivaar and privileged to be able to walk this path where my Dada fills me with Love with every step that I take.

**Thank you Dadashreeji.  
Love & Gratitude,  
At your Lotus feet forever,  
Rahul Kalia**





"For MaitriBodh, a Havan is an 'act of love'. It is the calling of a devotee, a seeker or a child to its Creator, its 'Source'", says Dadashreeji

## Maitri Havan – An Act of Love

A Havan is a universal sacred process in liaison with nature and its laws, with profound benefits both internally for a spiritual seeker and externally for worldly things, including the environment. A Havan is a plea to the Divine, to fulfill a 'sankalp' /prayer. It has a set 'vidhi-vidhaan' / rules, devised by using various earthly elements and following earthly laws, to establish communion with the Divine.

In simple terms a Havan is used as a medium for communicating, expressing our love and gratitude for our Divine. An Act of Love is an action which helps us to connect to our Inner Divine or to experience Him in our heart.

In the MaitriBodh Parivaar, we have experienced every aspect of a Maitri Havan to be an Act of Love. Let us see how.

### An Act of Love from Sevaks

A typical havan setup includes four positions in a square formation. The havan kund / receptacle is adorned with decorative colourful rangoli /decorations and flowers. All the required samagri is meticulously placed at appropriate positions. Every item is aligned carefully and lovingly placed by the sevaks. The fragrance of incense sticks and flowers, the rhythmic sound of the mantra music fills the air. The serene atmosphere of the entire havan area puts each participant at ease immediately and prepares them in participating in the entire process completely with a relaxed body and a peaceful mind.

### An Act of Love from Karta, Agni & Visualizer

The Havan Karta (conductor) explains the entire havan process and its benefits. The karta guides the receiver so as to enable him/her to participate completely in the process.

The havan karta acts as a medium to help connect the receiver to his Divine so that Grace and Blessings can be received fully. He conducts and manages the entire havan process by directing the energies and prayers swiftly to the feet of the Divine. It is the awakened karta's internal state and strong bond with his Divine that enables him to successfully deliver the results of the havan to the receiver.

The sevak in the Brahma position maintains the Agni (fire) throughout the havan so as to enable the receiver's prayers to be directed to their Divine. The sevak in the Vishnu position visualizes the fulfillment of the Sankalp of the receiver. The 3 positions, viz. Karta, Agni and Visualizer are directly involved in the havan process in assisting the receiver get the complete benefit of the havan being performed.

### An Act of Love from the Receiver for their Divine

The receiver connects to his own Divine and conveys his prayers effectively with the help of the karta. Every offering is made into the havan kund with Love and care, in complete awareness that Agni (Lord of Fire) is taking it directly to our Divine. Every action itself conveys our Love for our Divine. In the last step



of the process when the receiver offers one of his good qualities into the havan kund. The Divine blesses the receiver by giving the same quality back manifold. It is an exchange of Love between the receiver and his Divine. The Love and Gratitude expressed by the receiver enables him to fully receive the immense Grace showered on him by the Divine.

*Many of us in the MaitriBodh Parivaar have experienced Maitri Havan as an Act of Love. The following are a few testimonials:*

It was Sep 29th, 2017 (Navratri) - my special day. Dadashreeji somehow arranged for me to be at the Ashram, along with four other loved ones, although I had no plans of being in India during that time. As I entered the Havan Sthal, I was bathed in energy. The Mantr chants created a surreal ambience. I clearly remember how, one after the other my close & extended family members, friends started popping up in my consciousness to be virtually present there and participated in the Havan remotely. It was as if each one of us was blessed with the Divine presence. All through the process tears simply trickled down, as if cleansing me completely.

I had been asking my sister and a close friend to attend Bodh for over two years. They finally ended up being there for the Havan and Dussehra Bhet and were blessed by Dada.

**Swasti Handa**

I had heard that the havan agni returns back the good quality we offer to it, a thousand times more. I experienced this on Dussehra Bhet of 2016. During the Mitri Maitreyi Havan done on the morning of Dussehra Bhet, I had offered 'Love' as a good quality.

The seva given to me was to assist the devotees coming out of the Dhyaan Manthan Kshetr after taking Dadashreeji's Darshan. The look on the faces of all the devotees and our Parivaar members was indescribable. Each one had experienced Divine Love and their entire being was reflecting it. They wanted to express but none were unable to express their emotions. It just felt so natural to hug them. The moment I held them in my arms many just broke down. I cried along with them feeling their emotions with them. I felt connected to each and every one. I felt One with All. The quite realization came that I had just experienced "Unconditional Love".

Our havan process is so powerful that within an hour of offering love as a good quality, I was able to experience Immense Love within Me and I Experienced that "I am Love". Havan is indeed an Act of Love. Thank you Dadashreeji for showering Unconditional Love on me.

**Maitreyi Swapna**

*An Akhand Havan is performed every day at ShantiKshetra Premgiri Ashram at 7.30 am for establishing Love & Peace in the world. During Chaitra Navratri and other auspicious occasions havans are performed for devotees at the ashram. Havans are also performed on different occasions such as birthdays, anniversaries, home warmings, offices or community places. A havan can even be gifted to your loved ones.*

**To book a havan, call 9833809122 / 9320234596 or register on  
<http://maitribodh.org/involve/havans/>**





## CHANGE- *A Universal phenomenon*

**Mitr Sut** shares this thoughts on the only constant variable in our life - i.e change

Change is the law of life. Everything in the universe goes through change, rather is continuously changing at this very moment!. Without change, a static universe will not be able to sustain itself! This change occurs right from the microcosm to the macrocosm.

If one is to study the human body, the changes that the physical body goes through are itself a miracle! It is said that roughly every day about 70 billion cells die in our body. To understand this practically a new intestinal tract appears every 3-4 days; red blood cells die every 3 months; the kidney cells renew themselves over a year, within a decade, our body undergoes an almost complete regeneration\*. Similar changes happen in all species on the earth, the earth itself, the solar system, the galaxy, and in the Universe beyond.

### **So why is change important?**

Change facilitates a way for the new, fresh beginnings! But what happens when any one of us is asked to change! Let's accept that most of us

will resist change and it is not easily acceptable. Why is it that a human resists change? Most of us like to, or rather get habituated with our current situations and environment. It is like a state of inertia... we like to be as we are! It is easy to be that way, because most things happen easily where a person does not need to put in extra efforts or go through any kind of unknowing situations, which are usually associated with fear, anxiety and may be stressful! Of course, if one is going through very painful situations of any kind, he/she will want to change those (although some hold on these situations too).

Any kind of alteration of the situation from what we are currently used to, will demand an extra effort that could be in the form of dropping one's rigidity, stepping out of the comfort zone and/or breaking old habits that makes us resist change. Generally, most of us also feel that we are perfect and it is the other who needs to change. However, these extra efforts are the ones that contribute to one's growth, which



keeps one agile and on the move. It brings along acceptance, open mindedness, more positivity, receptivity, adaptability, empathy and an overall change in the perspective that makes one move in the right direction. Change calls for facing challenges. There is a likely learning associated with change, which if one resists, will delay the learning.

**As Divine Friend Dadashreeji says, "Every moment of unhappiness in our life is asking us to change. Allow that change to happen. When we change, we grow".**

A true spiritual seeker will always be ready to accept and willingly go through changes. A truly evolved one, lives in the moment and therefore does not have any fear of anything, going with the flow!

When change occurs with the Grace of the Divine, it brings in a 'transformation', within you. Transformation of one's current situations, of one's own self to be a better person and to grow spiritually. Change is for the new, for the better and for one's growth. Therefore embrace the change!

**"Remember, the only worthwhile challenge in your life is, TO CHANGE YOURSELF. The rest is baseless and a waste of time." - Dadashreeji**

\*Reference taken from -  
<https://brightside.me/wonder-curiosities/11-absolutely-incredible-things-our-body-does-every-day-342310/>

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.





# Ek Kshan Prarthana: Embrace Thyself!

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,

*Wishing everyone a Happy and Joyous New Year!*

Thank you for your love in accepting the initiative of Ek Kshan Prarthana-A Moment in Prayer.

I take this as a blessed opportunity to share the Love and Grace of the Divine in my own experience of life with all of you as my friends and co-travellers on the Path Divine.

The year 2019 brings with it more passion and zeal to take this journey ahead. The last quarter of 2018 was all about Love. Let the new year begin with Acceptance - more specifically Self-Acceptance for the journey truly begins with oneself.

As spiritual seekers we have heard this term so many times. Self-help books, spiritual books, Masters and nearly everyone who has travelled the inward journey has spoken about Self-Acceptance.

I have contemplated deeply for years on this and tried to experience what Self-Acceptance truly means? What does it mean to accept oneself in totality? Is it humanly possible or is this a higher state of Saints and Divine Beings alone? As one with a human mind, in utter chaos and duality, facing the struggles and living with the dichotomy of the external reality of the world, can I accept myself in totality - with all my not so loveable aspects? My misdirected thoughts, my imperfections...how do I accept all this as a blessing?

For years I asked these and many more questions.

- To love someone, do you really need to love yourself first?
- What does self-acceptance really mean? Can this be understood intellectually or requires a deeper understanding and experience?
- Is there a secret recipe for starting to feel better about oneself?
- Is it a step-by-step process or does it happen in one go?
- What does one do when faced with the intense emotions of anger, jealousy or may be even strong dislike? Can one really love oneself whilst experiencing in this emotion?

It seemed to be a really tough journey to begin with. However with Dadashreeji's immense blessings and constant guidance as my Divine Friend within my heart, the answers began to unfold. Today, I take this opportunity to share my experience about Acceptance and especially Self-Acceptance.

**Acceptance** - The experience of being in complete harmony with oneself comes from the state of love, and more importantly self-love, hence acceptance thus starts with Self-Acceptance.

Self-Love and Self-Acceptance can hence be used synonymously because the latter derives from the former and flows into the other.



Self-Love and Self-Acceptance is something far deeper than what we do with ourselves. It's not condition based that any act from our side that will lead to this state. It simply is! A state of Being!

We might find a temporary respite within ourselves by doing something that enhances the so called self-worth or self-esteem. However Self-Acceptance is beyond this feel good factor. It's a constant nourishing of yourself with compassion, understanding and experiencing love in all the myriad facets that life is. In the state of self- acceptance you are truly creating and cultivating and indeed savouring yourself in each moment of life for in this state there is an inherent wisdom, an amazing peace within.

Being Self-aware is being non judgmentally kind, present and aware of every experience in our life. There is no positive or negative. It just is like an observer detached and accepting of the happenings and events we find ourselves in. Being aware and focused on what each experience brings to your life while it shapes who we are!

Often this may sound too simple to be true as judgmental voices from our past may have left hidden residues of toxic pain, guilt, shame, anger, hurt or even hatred which blocks us from accepting and honouring- what we truly feel within us. Accept oneself in these circumstances, just go through them 'as is' with acceptance and without judgements as juxtaposed to struggling, battling or avoiding these experiences and feelings. Accept that this is just another experience, another happening, another event that life is offering at this moment in time. Allow your experience to be 'as it is'. Embrace and experience in totality rather

than pushing away the unpleasant events and clinging to the pleasant ones.

Our society values and accepts perfection, clarity and decisiveness. But often we are unclear about what we are really experiencing. Most often, we spend our lives in meeting the demands of the society, so as to be accepted as per the existing norms. This may continue for years until one fine day we reject this idea and seek the truth of our existence. Moving away from the act or role - play to being natural and true to yourself. This inner yearning is the first step towards Self-Acceptance.

Human feelings and experiences are gifts to be embraced. All that is required is to allow ourselves to pause and make room for all the ambiguity and patiently welcoming and exploring our blurry, vague understandings about life, for sooner than later they will gradually come into clearer focus.

If we cultivate a warm and kind attitude towards ourselves, we will soon be able to decipher what life's experiences are trying to unfold for us or in other words self-acceptance can change the entire game of our life moving forward in a clear, positive way with new insights to explore and experience of our own selves. Have faith in yourself and in the Divine. Be patient and flow with the moment for the truth will soon be revealed.

We can love and accept others only once we begin to experience 'that state' within us!

Self-love and Self-acceptance will change our relationship with ourselves- and the rest of the world.



Today's Ek Kshan Prarthana is a Moment in Prayer to the Divine to awaken the state of Self-Acceptance within us. Let's pray to the Divine to shower the blessing that we embrace ourselves in totality.

Beloved Divine Friend,  
Before I even knew,  
Whew! Life seemed to be askew,  
I was clinging, thinking and choking!  
Is this how life experiences accrue?  
Then a gentle voice within said-hold onto my love  
As there is more than you know,  
Let me help you explore,  
In My love you will glow and grow  
As I love my Divine-Friend,  
We went on a journey to ascend  
I then realized, life that seemed so unkempt  
Was simply a matter of deep acceptance!  
And may be a simple remembrance!  
Of my true essence-Love's presence  
Love shall embrace what seemed unpleasant  
For Life is not a mad chase or pointless race,  
Life is simply to embrace!



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.





## Managing Asthma

**Bhairavi Mehta**, explains how asthma can be easily managed and eradicated from one's system with the help of several yogic practises and techniques

Earlier Asthma was considered to be an incurable disease. However from the yogic perspective, Asthma can be easily managed and eradicated from one's system.

The following are a few yogic postures, pranayaam techniques, kriyas, mudras to enable one counter asthma more effectively. Various postures and pranayaam give benefits like expand lungs, improves the supply of oxygen to lungs, massages abdominal organs, relieve gas and constipation, relieves anxiety, tension, improves the function of respiratory, nervous and circulatory system and much more. Kriyas help in detoxing internal systems. The daily practice of these suggested exercises is for 45/50 minutes under the supervision of a trained yoga teacher which will help one experience life in totality.

### Asanas:

- Tadasan
- Parvatasan (both Standing / Sitting)
- Matsyasan
- Bhujangasan
- Ardhchakrasan
- Pristhanasan
- Makarasan
- Ustrasan
- Pawanmuktasan
- Vipritkarni

**Surya Namaskar** - as per patients capacity and flexibility along with Surya Mantr Chanting

### Pranayaam & various Breathing Techniques

- Sectional breathing
- Rhythmic Breathing with various hand movements
- Bhastrika
- Nadishodhan
- Kapalbhathi
- Anulom - Vilom
- Ujjayi
- Brahmari

Chanting of Surya Mantr, Gayatri Mantr, Aum are also beneficial.

### Kriyas:

Neti - Sutra / Jalneti

Dhauti / Kunjal Kriya

Kapaalbhati

### Herbs:

Various herbs like Adulsa leaves, Tulsi leaves, Ginger (both), Turmeric (both), Shilajit are very helpful in curing asthma





## Mudras:

Mudras means gesture or attitude, it connects one body part to another. A mudra might involve the entire body or hand. Yog mudras balance the five basic elements- fire, water, wind, sky and earth in our body.

### 1) Asthma Mudra:

This mudra relieves & prevents asthma attacks. Bring the palms together; bend the middle fingers of both hands in such a way that the upper halves of both the fingers are lowered and the nails of the bent middle fingers are pressed against each other. Other fingers are at distance from each other. This can be practiced for 10/15 minutes daily.



### 2) Soory mudra:

This mudra enhances heat in the body. The tip of the ring finger is to be placed at the base of the thumb and the thumb is to be gently placed on the back of the ring finger. This mudra can be combined with ling mudra 5 minutes each in succession.



### 3) Ling mudra:

This mudra also increases the fire element in the body. It is formed by interlocking the palm but keeping the thumb erects pointing upwards. To get better results along with Surya and Ling Mudras, Praan Mudras should also be practiced.



### 4) Praan Mudra:

The tip of the little finger and ring finger are joined with the tip of thumbs. Ideally it should be performed 10/15 minutes, twice a day.



### 5) Ganapa Mudra:

This mudra strengthens shoulders, activates heart lungs opens the Anahat chakra. It can be practiced for 15 min. twice a day.

Hold the left palm facing outward in front of the chest with bent fingers. Hook the right hand fingers with the fingers of the left hand. Exhale and pull both hands in opposite directions without releasing your grip. Then while inhaling let go of the tension. Repeat this for six times then place both the hands on the sternum. Now change the hand position and repeat 6 times.



Various relaxation techniques used like Yog Nidra, Nishpand bhav, Pranayaam (The yog institute) also become important tool in reducing the intensity of an asthmatic attack.

#### A Few Guidelines:

- It is advisable that the Asans, Pranayaam, Kriyas, etc. mentioned above are practiced under the supervision of a qualified yog teacher.
- To get desired results regular and consistent practice of yog are recommended.
- The intake of milk and milk products should be reduced.
- A light and easily digestive diet would be beneficial.
- One must prevent constipation.
- Drinking luke warm water helps. Dry ginger powder can also be added to the water.
- Avoid soft drinks, cold drinks and sudden exposure to cold weather.
- Express yourself; do not suppress your emotions.
- A good night sleep is a must.
- All yogic practices should be gradually increased to avail the best results.
- Take appropriate medication when necessary.

Ref: Mudras and health perspectives. An Indian approach by Smt. Suman Chiplunkar

Yoga Therapy for selected diseases by Dr. M. M. Gore , Dr. S. A. Kulkarni

Various books by Bihar School of Yoga



Bhairavi Mehta has been working as a yog therapist for more than 10 years in Mumbai. Presently she is pursuing a Phd. in Yog (from the University of Mumbai). She works as an examiner for assessing teachers of yog by (QCI exams, Ministry of Ayush), and also is a lecturer, graphologer & tarot reader.



As **Maitreyi Sonee** writes, love transcends all needs and emotions. However, love as we understand it today, comes with multiple meanings and feelings attached to it. Love of the Divine is the most unadulterated form of this emotion

**Sach kaho sun leh sabhe, jin prem kiyo tin hee Prabh payo - Guru Gobind Singh**  
**Meaning -I tell the truth, only those who have loved shall experience the Lord Divine.**

If there is one thing we are always seeking, it is love. It may be from a parent, spouse, friend, sibling and so on. Today, love has just become a four letter word that we use to our convenience. Today love brings with it emotions like attachments, expectations, I love and care for you, so you also have to love and care for me, love has been reduced to a give and take. The purity of this emotion called 'love' has gotten dissolved in so many other emotions like insecurity, jealousy, need, greed, doubt, fear, sorrow, hatred. These emotions surround us and disillusion us.

Whether we accept it or not, as humans we have a tendency to 'FALL IN LOVE'. Fall deep into a well of pain and suffering that eventually makes us lose our self-worth and identity. We imbibe the qualities of others and slowly become their version of who we are. Whereas love when experienced in its purest and truest form, is actually the most powerful of emotions. The experience of unconditional love will only make one rise; it can never make one fall.

Dadashreeji says, any love experienced unconditionally is Divine Love. Divine Love leads to the feeling of completeness, of peace

and happiness, of bonding and caring. With Divine Love we experience transformation in relationships, healing us of all our pains, past and present. It liberates us from our worldly entanglements and gives the much needed push to begin our journey towards our true destination back to the SOURCE. Let us all begin a new chapter of rising in love by falling in love with our Divine. A love that wants nothing back from us. It simply comes in our life to raise us so we can touch the sky. Divinity loves us without expectations and judgments, enriching our lives with the feeling of knowing that we are loved unconditionally. Divine Love comes in our life with Grace bringing with it the ever elusive peace and happiness. Pure Divine Love is a powerful all-encompassing energy and when it goes out in the world, it reaches out to help people come out of their sufferings and sorrows. Thank you Dadashreeji for your unconditional Grace and Love in our lives not only helping us but through us helping so many more rise in love in their lives.

**Dadashreeji says, "The 'Highest' is the Divine Love. It is that 'Unconditional Love' that nourishes your fallen state & completes you from within."**

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



## A Dream

**Mitr Herbert** shares a wonderful vision and the sublime experience that Dadashreeji led him towards

I am just waiting for Dadashreeji, who has come for an event. When He arrives, He suddenly gets into my car in the passenger seat. I am completely surprised and a little bit shy of Him. While I drive away with Him, we share an apple and eat it together.

When we get off again, Dadashreeji is standing next to me. I notice how He lifts the energy around me. It feels like a warm, dense but subtle coat of goodness, happiness of wellbeing.

I start to hover, He always next to me. We climb higher and higher over the houses and gardens of the small town. Everything suddenly becomes light, I feel nothing but love and see the world in perfect beauty. I am completely thoughtless. I cannot think a thought and have no appreciation of what I perceive. We glide gently through the countryside and across houses and gardens. It is like an out of body experience, I am amazed and full of joy and love. I feel connected to everything I see.

Often instead of Dada I see a beautiful angelic female figure next to me, full of gentleness and love. Then I see Dada again and know that He is also the lady, whom I have just seen. It is only Him who accompanies and teaches me.

Sometimes Dada takes the energy back, and when He does, thoughts come back into my head. Then again I have judgments and evaluations about the things I see. Then He takes off with me again and I immediately return into the same silence as before. In this state nothing is felt but beauty and peace.

Though this may have just been a dream, when I think of the alternation between the changes in the two states several times, it is clear to me that Dadashreeji trains me and teaches what the difference is between an unconscious life that is controlled by the mind and a life in an elevated state of consciousness in connectedness and then love with everything prevails.

That's how Dada trains me for a while, then Dadashreeji leaves me again and I find myself in a group of people again. They talk to each other aloud and their conversations are superficial and commonplace. They are in the everyday state of mind and controlled by the mind. But I have peace and a quiet love in me. This lasts for hours and enchants me all day long.

**Mitr Herbert / Vienna**





# Poems

॥ माँ दादामयी ॥

अपने पास बुला लो माँ  
अब और ना भूलो माँ ।

भोग लिए दुःख सुख सब मैंने  
अब और ना भटकाओ माँ ॥

मन की पीडा को प्यार से मिटा दो माँ  
अपने इस गोकुलजी को घर तो बुला लो माँ ।

फिर से इस दुनिया में आने की जिद्द न करूँगा  
अब बस अपने में समा लो माँ ॥

॥ दादा शरणम् ॥

## Meaning

O' Mother,  
Please call me home,  
I have experienced joy and sorrow  
alike,  
Do not make me wander now,  
Relieve me of my suffering with  
your love,  
Please call me home O' Mother,  
I will not insist on going back,  
Merge me in you O'Mother!!

Gokul

आना पास

आये हो इतने पास,  
जाने कब से था इंतजार ।  
क्यों नहीं मिल रहे शब्द,  
क्यों वाक्य नहीं लेते आकार,  
क्यों मन नहीं कहता कुछ अब,  
क्या शून्य ले रहा मन से विस्तार,  
कैसे करूँ तुम्हारा स्वागत,  
कैसे करूँ मैं तुमसे बात ?  
अरे ये क्या! मेरा हृदय  
कहाँ फैल रहा इतना,  
और तुम ही बैठे अंदर इसमें  
मेरे हृदय में, मेरे अंतरमन में  
और पाता हूँ मैं खुद को  
तुम्हारे बाहुपाश में  
तुम्हारे हृदयाकाश में  
अब दोनों हृदय नहीं अलग — बस एक ही हैं!  
हम भी है अब कहाँ पृथक — बस एक ही हैं!  
सुस्वागतम् ! सुस्वागतम् !!

## Meaning

I have been waiting for you since ages,  
You are so close to me now,  
I am at a loss of words,  
The mind is silent now,  
Is nothingness consuming my being?  
Oh! I see you are seated in my heart  
How do I welcome you?  
What do I say to you?  
You are in my heart, in my entire being,  
There is no duality now,  
We are One, We are One!!!

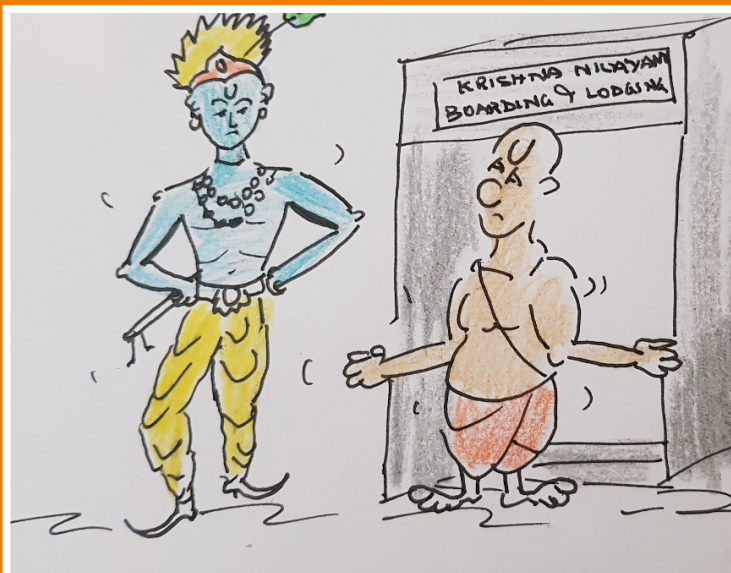
Dr. Neeraj Kumar



## God's Time

A man walked to the top of a hill to talk to God.  
The man asked, "God, what's a million years to you?" and God said, "A minute."  
Then the man asked, "Well, what's a million dollars to you?" and God said, "A penny."  
Then the man asked, "God.....may I please have a penny?" and God said, "Sure.....in a minute."

## Divine Play



"You may be who you say you are, but we need an ID proof. Do you have an Aadhar card or a passport?"



# PEACE BEGINS WITH ME

*Dadashreeji teaches us, that if we work on our inner peace there will be more peace and love in the world. In this new feature, we will present real life stories of children and young adults, who showed understanding, and were empathic and compassionate towards others, even when the circumstances were challenging.*

This story shares the acts of peace between a mother-son duo, each of who showed sensitivity and wisdom as they were growing up. Mrs Raseel Arunkant, Ruchi's mother and Vivaan's grandmother, shares these incidents with us!

Several years ago, when our daughter Ruchi was 13 years old, my husband and I were considering that we should move to another country in order to give our children an international exposure. We had visited Australia and really liked it very much. The children were also with us. We began to make plans in earnest. One day, we asked the children how they felt about it, and Ruchi became thoughtful. She said to my husband and me, "You know, if we move here, we will have to behave like the children in this country behave; and that will not make you happy. And, if we do not take on this culture we will be outcasts. Aren't we inviting trouble? Why don't we just stay put where we are?" I was taken aback by her wisdom and the values she demonstrated in that comment. She was so young, but she had so much clarity about what conflict could arise for all of us. We took a call to continue with our life in India.

Today, she is the mother of two young boys. Vivaan is 9 years old and Veer is 15. Vivaan is conscientious and meticulous whereas Veer is not. To avoid negative comparisons with his older brother, Vivaan always makes it a point to highlight Veer's tiny contributions and gives Veer the credit for motivating him. "Bhaiya really cleans and maintains his guitar so it's always tuned."

I am touched by the commitment to gentleness in both these stories. My daughter was so young then, but far wiser than we could imagine and could have chosen a fancy life in an advanced country but she chose her own land's culture and the relationship with her parents as more important. Similarly, Vivaan is the younger of the two boys, and he shows a rare generosity of spirit and knows how wrong it is to compare anyone. So, he finds a way to appreciate and include his brother in all the ways that make his brother special. When we think of others, we cultivate a garden of love.

**"Most of the problems in life will be resolved by just correcting one's approach and using the right words." - Dadashreeji**





## SELFLESS SERVICE

**Krissha Gadkari** shares her understanding to relay a significant message on the true meaning of selfless service

Self and less, two very understandable and meaningful words, which when put together form a beautiful word. So what is selfless? Selfless is where your SELF is absent. It is out of the picture. You are simply stepping aside for a greater cause. And then there is service. You are working for someone. Yes?

No!! The Oxford dictionary defines service as helping or doing work for someone. Working for someone or helping someone does not make one a server or lowly servant. When service is rendered with all your heart, it is gratifying. An act done with love and compassion but without any expectation in return is truly a selfless act.

So now why don't we put the two words together to truly understand what they mean? I would describe it as – you are serving people but you are not a servant. You are here to do much bigger and greater deeds and repay this universe for what you already have. These simple yet beautiful acts of kindness are done with the red, throbbing muscle of your heart in your chest and not the dullish grey matter inside your skull.

Selfless service helps you grow on your spiritual path. You don't think twice about helping someone because this moment is going to create another moment in the future. So, what happens when you see a blind lady on the street? You run to her and gently guide her, navigate through the traffic. But only this time, don't expect even a

thank you. Don't go and brag about being a kind hero, don't mention it! Make this a routine. I'll now narrate a story to help you understand better.

My aunt's neighbor, Sean, had trouble deciding if he wanted to retire from the construction field, until he ran into a young man. The young man had a wife and three children and was finding it difficult to make ends meet, since he hadn't worked in some time. The next morning, Sean went to the union office and submitted his retirement paperwork. As for his replacement, he gave them the name of the young man. That was six years ago, and that young man who was a husband and father has been employed ever since, being able to provide everything his family has ever needed or required.

It is a humbling story with what I call beauty and simplicity oozing through it. At the MaitriBodh Parivaar, this is how we do things – Selflessly! A beautiful family; with a Master who is the best friend that one could have, in whose presence one can experience love, love and only love.

Krissha Gadkari is a 14 year old with a passion for painting, reading and swimming.





# Heart - to - Heart



# Catalysts for Transformation

## **Sindhutai Sapkal**

*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.*



Sindhutai Sapkal, born in a small village in Maharashtra, was an unwanted girl child. Her father, a cowherd, was keen on educating her and sent her to school on the pretense of grazing cattle. Due to abject poverty and other responsibilities she was married to a man over twice her age at the tender age of 12.

By the age of 20 she had borne three children. She led an agitation which stung the village headman who provoked her husband to abandon her during her fourth pregnancy. With no home and an infant to take care of, Sindhutai was forced to beg to feed herself and her baby. She was a naturally talented singer and whatever she earned she shared with other beggars. Even in the lowest moments in her life she helped others.

By begging and singing she managed to take many orphans

under wing. The orphanages managed by her took under infants and adults well into their old age. She is lovingly known as 'Aai', or Mother, by the 1,050 children she has fed and sheltered. Now her children have joined hands to help her. She has been funded solely by private donations and her buildings for orphans include libraries, water filters and solar power systems. Those she has cared for are now lawyers and lecturers. Her heart rendering speeches, poems and ghazals have touched all those around her.

Her work has won her much recognition and citations, awarded to her by the Government of India. She continues to work tirelessly helping more orphans every day. She even took back her husband into her life and now affectionately calls him her eldest child! Sindhutai is truly a mother, forgiving and loving to all!



# The Kaleidoscope - Of Courage

*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 exact same thing and see something totally different. There is nothing good or bad about it. It is all about the perspective - which has been shaped by the individual and the collective experiences of people. Each month, 'The Kaleidoscope', will bring to you, a vibrant column of eclectic views and colourful opinions on varied topics. In this issue, join us as we delve into the world of different perspectives on what courage means to people.*

As the Cambridge Dictionary defines it, courage refers to "the ability to control your fear in a dangerous or difficult situation, to be brave and confident enough to do what you believe in."

Courage is the resistance to fear, mastery of fear; not the absence of fear – *Mark Twain*

Courage is like love, it needs hope for nourishment. It isn't having the strength to go on, it is going on when you don't have strength. – *Napolean Bonaparte*

Courage is what it takes to stand up and speak. Courage is also what it takes to sit down and listen. – *Sir Winston Churchill*

Doing something which everybody is afraid of doing is courageous. Courage, ultimately is nothing but sheer determination and grit. – *Aarya Maheshwari*

Courage is the nectar of life. – *S.K. Inani*

It is wrong to assume courage is merely an inherent quality. To be courageous is a choice – it requires strength of character. Making a decision to let a dear one go, trying something new, deciding to love yourself with all your flaws, contending with the rough storms and braving through them, forgiving, simply choosing to live- all are moments of sheer courage. Until your final moments on this Earth, make the decision to live with this insane, but powerful virtue. So, stand up for the truth. As Cinderella puts it, "Have courage and be kind." I promise you, something good will come out of it.

**"Spiritual people are more courageous people. They are not passive people." - Dadashreeji**

## Our contributors to the section Young Impressions:

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





## *Heal the Soul (Bodh IV)* *3rd - 7th Dec, 12th - 16th Dec,* *ShantiKshetra Premgiri Ashram, Karjat*

There are certain moments in life which get etched into the recesses of our minds and transform us into a completely different version of our own self. These moments ensure that our lives would never be the same again. But even if all of such experiences were rolled into one, it would never compare the Divine journey of 'Bodh IV: Heal the Soul'. This surreal experience was exactly what the seekers went through in the last couple of weeks.

Heal the Soul is the next stop in the journey of Bodh after 'The Path Divine'. A five day retreat conducted by Divine Friend Dadashreeji Himself, Bodh IV was a completely experiential retreat. The participants were guided through an array of yoga exercises, fun and interactive games, sublime meditation sessions, profound spiritual processes, and the Divine process of ShaktiPravaah by Dadashreeji.

Each of the seekers participating had a uniquely different experience, but what was common to all was the sublime experience of bliss that seemed to engulf everyone. They experienced true freedom as they shed their past baggage and moved towards the light of Truth. They experienced as if being born anew as Dadashreeji released them from the burden of their past negativities.



Shared below are some beautiful experiences:

### Dada Sharnam !!

Bodh-IV was indeed a life time experience. The love and grace experienced was phenomenal.

There were abundant insights, teachings and knowledge with simple real life stories and examples, during the sessions. For me personally, Bodh-IV was my second participation in the Bodh sessions conducted by Dadashreeji after Bodh-I which I had attended in May 2013. In my heart I wanted all sessions continue without any breaks in between. There is so much knowledge, love and grace. I am in my seventies. After returning home from Bodh-IV and particularly after the ShaktiPravaah at the hands of the Divine, I feel that my mind is quiet and I am experiencing a lot of peace within. Earlier I used to be anxious and used to get agitated easily. Indeed I feel a very good connect with our Divine Friend Dadashreeji and the Divine residing within me. To me, this appears to be the beginning of the transformation within, by following all the teachings. I find that we need to follow all the sadhanas taught to remain aligned, connected, and energetic to continue to experience that internal happiness.

During the Bodh-IV week and after returning back home, I have experienced Divine Grace and intervention flowing abundantly. There were pleasant surprises as I had not specifically requested for Divine help except for His Grace and blessings. Certain issues which were not getting resolved despite a lot of efforts put in the past started showing improvement all of a sudden. These were in respect of certain relationships, property matters etc. brewing over a number of years.

*Thank you Dadashreeji! Please remain with us, bless us and guide us throughout the life,*

Vinay Mundada

### Dada Sharanam,

I received all the answers to the questions that were worrying me along with the guidance on how to deal with them. It has been a blissful and divine experience. Heartfelt thanks to all the sevaks and co-participants.

Dilshad Lakhani





## Sneh Sanskaar Gurukul, Amritsar

The children of Sneh Sanskar Gurukul, Amritsar, visited the Wagah Border and spent some wonderful time interacting with the BSF and Army Personnel. The students also planted saplings and pledged to take care of Mother Earth as a tiny act of love towards Mother Earth.



## Acworth Leprosy Home Wadala (Mumbai): 22nd Dec '18

The Maitri Araadhana team performed bhajans for the 35 residents at the Leprosy home.

The elderly enjoyed the devotional bhajans and enthusiastically sang bhajans of their choice as an expression of Love for their Divine. The bond of love and care between the sevaks and the residents was evident as each resident thanked the team and urged them to visit frequently.





## Selfless Service Day: 27th December (Amritsar, Karjat)

Divine Friend Dadashreeji's Janmotsav (Selfless Service Day) was celebrated with great love, devotion and fervour by the children of the Sneh Sanskaar Gurukul (Amritsar). To inculcate the habit of giving and experience the joy of offering seva, the children offered hot tea, biscuits and bread to street hawkers. It was followed by a party for the children at school, and a trip to Suncity Amusement Park.

As a part of the celebrations a blanket distribution drive was organized in the neighbouring villages of Karjat. Blankets were distributed to almost 42 families of Thummarwadi village and 47 families of Hirewadi village. The villagers were very happy to receive the blankets just at the onset of winter. Some villagers burst into tears and hugged the sevaks.





## Incense Stick and Phenyl making Workshop

### 29th December, Kamathpada

The Tejaswini wing of Peace Projects of the MaitriBodh Parivaar, works with the objective of providing skills to those needy people which are required for sustenance and growth.

The workshop on Agarbatti (incense sticks) and Phenyl making was a step forward in this direction, aimed at providing a skill set that requires little infrastructure, is economical and has easy accessibility to raw materials. It also offers a sustained market for the finished goods.



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

### 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](mailto: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.



## Upcoming Events

<b>Awakening to Self Realisation (Bodh I)</b> For registration contact: 9803100300	8th Jan	Chandigarh
<b>Awakening to Self Realisation (Bodh I)</b> For registration contact: 9811180676	8th Jan	New Delhi
<b>Transform the Self</b> For registration contact: 9873413954	8th Jan	New Delhi
<b>Heal the Soul (Bodh IV)</b> For registration contact: 9011465721	9th - 13th Jan	ShantiKshetra Premgiri Ashram

### 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](mailto: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

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