

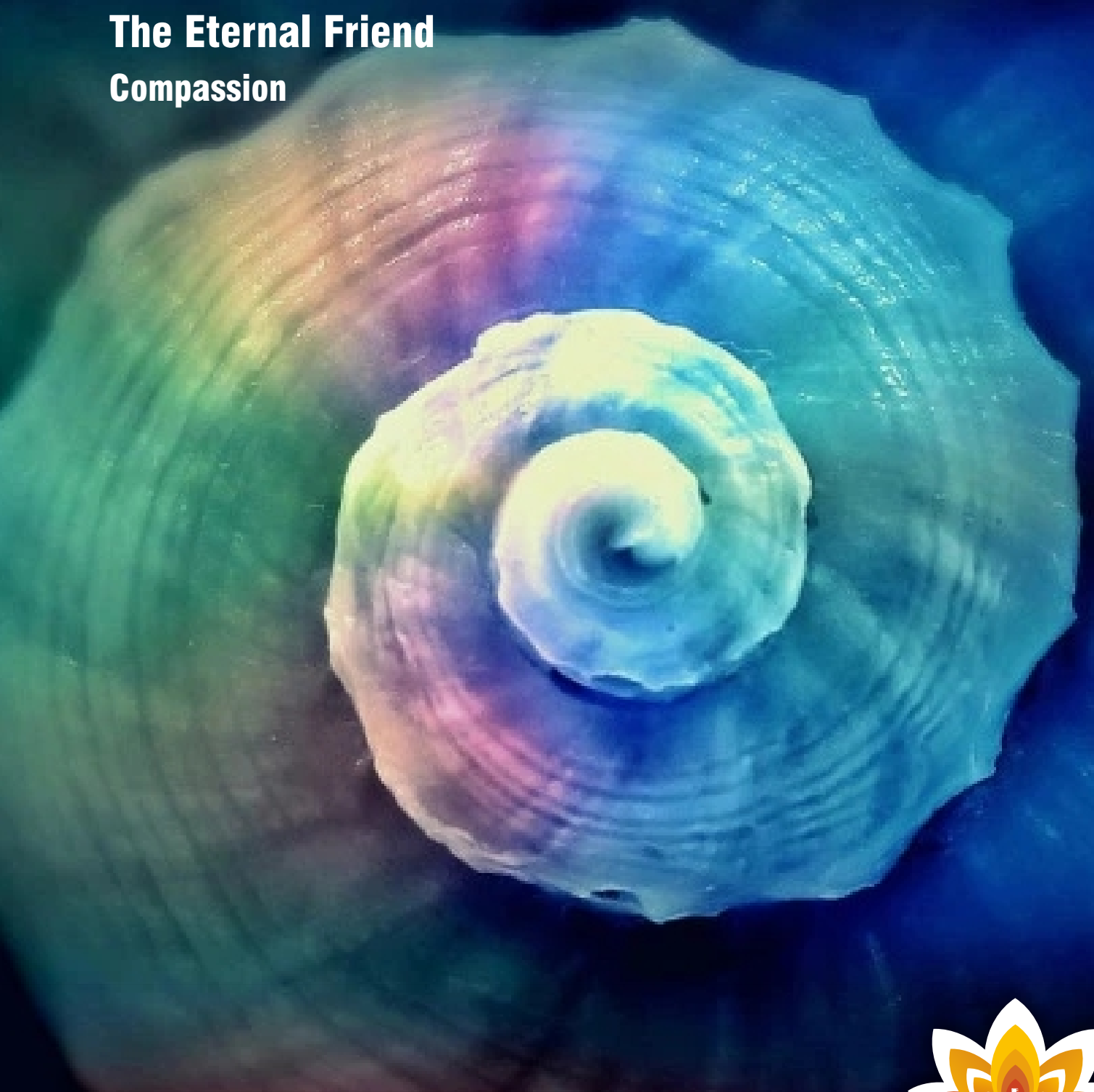
ANAHITA

Issue: 02 || Volume: 07 || February 2019

Ek Kshan Prarthana: Focus on Yourself

The Eternal Friend

Compassion



From the Editor's Desk

Dear Divine Soul,

Warm Greetings of the season!

The MaitriBodh Parivaar was established in the beginning of 2013 - at the dawn of the Sat Yug, to take forward Dadashreeji's mission of establishing One World, One Community and One Truth on Earth. Each year in the month of January, the Mitrs and Maitreys of the ever growing Parivaar meet to align and gather their energies for the upcoming year. In the annual gathering this year Dadashreeji shared that there were a lot of positive things that lie ahead for the clear-hearted and hardworking souls. Divinity will be equipping each person with everything they need so as to immerse themselves in selfless service of The Divine. He has also guided each one to drop rigidity and flow, think carefully before making decisions and be truthful internally.

Read Divine Friend Dadashreeji's answer to a query by a seeker on how to identify a challenge in life using three key factors which would help one distinguish with clarity.

In the section *Dadaleela*, read personal experiences of *Grace* as shared by our devotees. The '*Svaahaa Series*' explains the significance of taking a sankalp during a havan. Under the section *Food for the Soul*, read *Ek Kshan Prarthana* -a prayer to the Divine to bless us with the Focus on the Divine within our hearts. The article '*Compassion*' that compassion is the heart's way of responding to another beings' suffering, '*The Eternal Friend*' highlights the uniqueness of a relationship named 'friendship'. Under the Wellness section, enjoy a recipe of a seed and dry fruit mix. The section *Reflections*, brings you the articles '*Spiritual Transformation*' and '*A Prayer to the Divine*'. We also bring you subtle humour illustrated in the *Divine Play*.

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 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 He blesses and supports us to be true mediums of the Divine!

**With Lots of Love,
Team Anahita**



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

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





Q- Dadashreeji, how can we identify whether the challenge we are facing is karmic in origin and whether we have learnt our lesson? What is the lesson?

Dadashreeji:

Dear Friends!

Life offers mixed experiences revealing more and more about Creation. Some say, life is all about learning lessons. You are here on this planet to learn your lessons in order to attain the higher states of consciousness. One may or may not be fully aware of the process of learning lessons; but everyone participates in them unknowingly, may they be atheists or believers. As you grow, you go through many situations. One may not collectively consider all of them as part of the lessons in your life. Only a few parts may be considered as lessons to learn.

For a human mind, it will be difficult to discern between lessons and random situations to explore more about life. So, let us simplify this by first understanding what is a lesson? A lesson means to know the hidden personal truth, a part of you agreed to learn in this life. A personal truth deals with the myriad situations and experiences of life, you have gone through. The process is about knowing more about yourself, your real nature. Suppose, you had a notion about yourself that you are a very kind and generous person. Since it is just your assumption but not your real nature, you would go through some fact checking situations in life. To your surprise, you realise that you are not that kind a person you had thought yourself to be. Now, this is an example where you can see that the lesson was learnt directing you towards your real nature. To initiate this process of learning, anything can be a reason; which involves dear ones, friends and relatives around you.

One can attempt to identify whether any particular lesson is a part of destiny or simply an accident. There are three key factors by which you can distinguish them clearly.

1) Repetition: There will be a few situations in your life that will keep repeating. You are also amazed sometimes why these situations keep getting repeated in life. For example, being rejected again and again puts you in a self-pity mode. Someone else keeps taking the credit for your hard work. Invariably, you land up hurting people although you never wanted to. If such repeated situations or experiences are happening in your life, it is now high time that you correct yourself immediately. You just need to know yourself well.

2) Severity: One way to understand whether the lesson is karmic, depends upon the intensity of the experience. If it is deep and severe, know that it is a part of your karmic lesson. These situations will impact your life majorly. It will be a life changing experience. People very close to you, those that matter a lot to you, are part of these experiences. Your identity is shaken and challenged even leading to a mental and emotional break down. In extreme scenarios when one is unable to learn the lesson, one can become emotionally dry and mentally depressed. We wish that none of you should experience these polar states.

3) Unavoidable: You cannot skip these life testing situations and jump to easy and comfy ones. You may notice that no matter how hard you try to avoid these experiences; the situation remains unchanged and as hard and deep-rooted as a rock. This again confirms, that these are a part of your destined lessons of life. These are pre-destined and inescapable situations. The only option left is to face and win over them successfully.

If you still can't figure it out, the best way is to go within and ask your Inner-Divine. It is here, that you will get both an answer as well as a solution. Learning a lesson and stepping ahead in life is a joyful achievement. Your awareness level is heightened. You move closer to your true nature that is your Divine within. Resisting this learning process will delay your spiritual growth. Keeping your mind and heart fixed at The Divine, you can fully participate in the flow of life. All the mighty difficulties will dissolve into dust, easing your path towards the Highest. You experience freedom and joy at the end.

Free your mind and simplify life!

**Love and Blessings!
Dadashreeji**



HIS WORDS

"The more you walk on the Path of Knowledge, the closer you move towards the Source. With each step, there will be moments of liberation within"

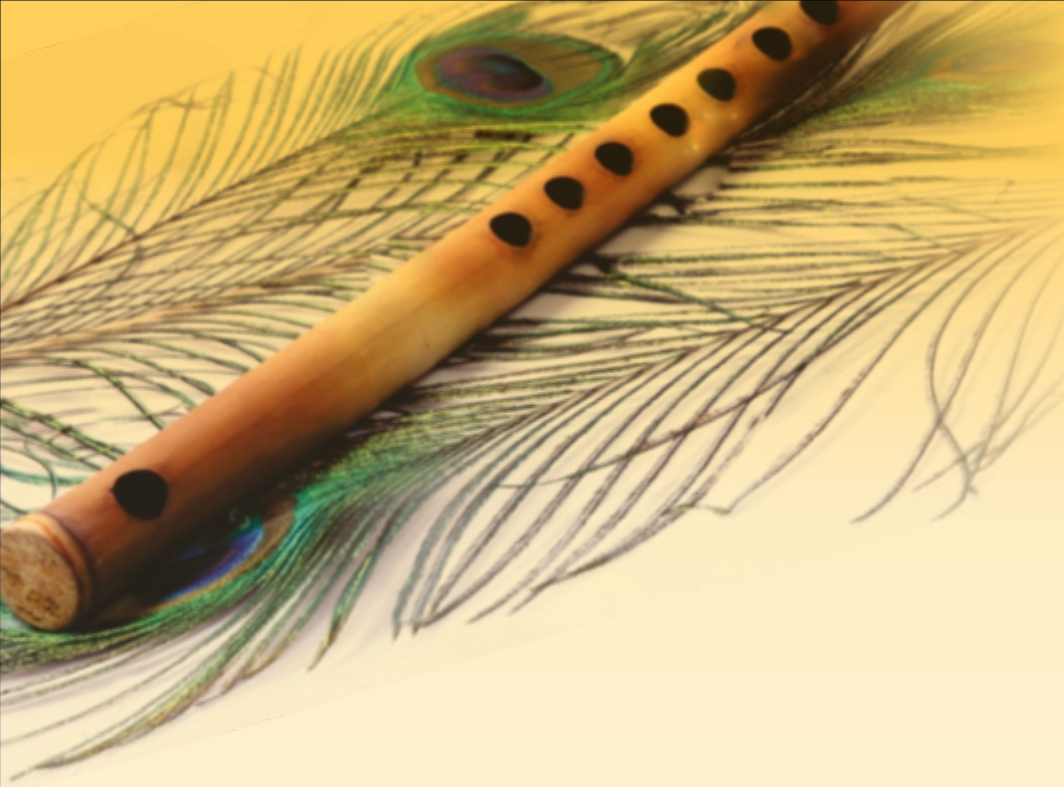
-Dadashreeji

Here, Dadashreeji talks of the path of 'True Knowledge'. Knowledge that helps one realize one's true self is true knowledge. As one walks the path of realizing one's true self, you realize that your origin and existence comes from the One Supreme Source. Walking further, you start understanding the Divine and His Grace in our lives.

When you truly acknowledge and experience the hand of the Divine in your life, you start realizing the amount of Love you have received from Him at various times in your life. His hand of Love and Grace helps you realize the triviality of this physical world. As you start understanding the bigger picture and the broader perspective of life, you start experiencing freedom within. True Knowledge about the Divine and your real self makes you feel light within and allowing you to live life to its fullest.

In this context Dadashreeji had said, "Mere information confines one within the boundaries of fixed notions and ideas whereas true knowledge liberates one, by transcending oneself beyond notional boundaries. Therefore, I say that real freedom is 'internal' and not 'external'." Hence, He asks us to move towards True Knowledge and experience those moments of liberation internally, till we experience absolute and complete Liberation.





Dadaleela

..... Devotees' Experiences

From Pains to Gains

From the time I connected with my Divine, my Dadashreeji, miracles have become a part of life. These no longer surprise those who have already been connected to Dada. Because when you have the Divine Himself in your life, guiding you, protecting you, nurturing you and loving you unconditionally, what more can you ask for?

That is why I am not writing about the daily miracles that occur, but how the biggest miracle has occurred - the fact that I am able to smile through the ups and downs of life. That I am able to thank the Divine instead of letting myself drown in negative emotions during the downs. Last week I fell down on the steps and hurt myself. My leg was really paining and I was finding it difficult to walk. However, the first expression was that of gratitude. Gratitude for falling down at the right time when my critical work was completed, gratitude for not hurting

myself so much that I couldn't walk at all, gratitude for having no suffering within for despite the physical pain.

I was astounded, for this change which had come within me so naturally. Had I really put in any efforts for bringing about this change? Not really. I had just expressed the desire of change to my Dadashreeji, and a request to experience this state and it had been granted. I expressed gratitude for being given this state of peace within. We just need to be open to change. The Divine will take care of the rest.

Problems still occur, the situations are the same. So what has changed? His Grace has changed me and I love this change.

**Dadashreeji's -
Maitreyi Shalaka**





Ever Guiding Dadashreeji!

My dear friends!

Sometimes I have the feeling that Dada loves when I experience life to the fullest, with all its ups and downs, just to be more compassionate and have more inner strength than before. Of course, this has given me many delightful stories to share with the world.

My beautiful 16 year old daughter had her first boyfriend. She was crazy in love with a young Austrian with Turkish roots. We are an open family and all are welcome, especially the one who is loved by my our sweet one. We met him and after a few weeks he suddenly came to our house and said that his parents have thrown him out of the family and that he had no place to sleep anymore. My daughter begged for him to stay with us, otherwise she would go with him to live on the streets. So we decided to give him shelter until he solved his family problems. After 4 months nothing had changed. I had a very strong feeling that this young man had many more problems and that he was sharing many stories that were not true at all. But I couldn't prove it. I had nightmares about what would happen when this relationship broke. Many question marks were swirling in my mind, but I had no answers. So I started to pray

to Dada, "Please Dada help us. Please Dada, help the truth come out. Please Dada help us and keep our family, especially our daughter safe."

At Christmas we invited him to celebrate with us and on this day all his lies were exposed. The day ended with a huge fight between him and our daughter. The next day Dada blessed us with the truth. All the lies, bad habits and crimes that he had done came out. My daughter said, "Mama, Dada has helped me get over this heartbreak and pain so easily. Now I know the truth."

Along with this, Dada had also blessed us with care and protection. Together we prayed for peace and protection, and for his soul to get help. Today everything is good. We are so grateful for this profound experience. We all have learnt a lot from it. Thank you Dadashreeji.

I can't imagine how life would be without you, your care and your love.

Maitreyi Andrea



"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

Sankalp - A Vision to be Fulfilled

When one wishes to pray and invite Divine Grace in their lives, it is important to have a clear purpose and vision. A Sankalp is the vision, a prayer or purpose that guides the Divine Grace to flow in a specific direction so that the desired results are achieved.

A Sankalp is the vision towards which we act. Each one of us is working towards a goal or vision that we have set for ourselves. Similarly, a Sankalp is a single - pointed focus towards which all actions, thoughts and energies are channelised.

In the process of a havan which is an act of love, Divine Presence and Grace is invoked through sacred chants and mantras. This Grace comes in the form of Divine energy - Shakti which has the potential to fulfill the prayers of the devotee. However, this energy needs to be given a specific direction, a goal or a vision to be directed towards. This is where a Sankalp plays a most crucial role.

At the beginning of the havan kriya, the karta (conductor) recites the Sankalp for the havan.

This Sankalp now becomes the end point for the Grace and Divine energies to flow towards and to fulfill the prayer.

After the karta shares the Sankalp, the visualizer envisions the Sankalp having become a reality in every detail. The Shakti (energy) invoked during the havan kriya is channelised towards fulfilling this Sankalp chitr (visualization). Thus, clarity of the Sankalp helps all involved in the havan kriya to move in unison towards one goal.

One should have clarity as to what one is seeking and thus make the Sankalp. Just like prayers, it shouldn't bind Divine Grace to a limited result, rather it should give room for the Divine to operate and grant that which is best for us.

Not just for a havan but in life as well, it is important to have a Sankalp to work towards and to channel one's energies. In the new year, let's take a Sankalp, a positive vision for ourselves and this world and make all efforts to achieve it with Divine Grace and guidance.





EK Kshan Prarthana

*Focus on Yourself
Being Inwardly-Centered not Selfish!*

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!

As we start the journey in 2019, pondering over Self-Acceptance and Self-Love, let's take it a step ahead be aware, understand and experience them well in our lives.

A seeker once asked Dadashreeji "which books should I read to enhance my spiritual state?" Dadashreeji lovingly replied, "None. Read your own self. You are your best book."

While travelling in a plane, one has often heard the flight attendant say, "If the plane loses cabin pressure, oxygen masks will drop down from the overhead compartments. If you are seated next to someone who might need assistance, please put your own mask on first, and breathe normally. Only thereafter should you assist any other person."

Most of times we are in a haste to give to others, even before we have experienced anything ourselves. We preach from an incomplete experience and that can leave both ourselves and others in falsehood. A classic situation of the blind leading the blind.

Take care of yourself first. Be centered. Be grounded. Take charge of your inner growth and don't get derailed by circumstances around you. Therefore, instead of centering your life on someone or something that is impermanent and may not be around for long, try instead to focus on your Inner Divine which is permanent and always with you. This will give you the stability in an otherwise unpredictable world.

Being inwardly centered is very different from being selfish or self-centered. In my experience, being inwardly centered is focusing on the Divine within you-the eternal truth within you. Everything else changes constantly. People, thoughts, emotions, time, beliefs, experiences etc. There is nothing that does not undergo a change. Have you found anything that you can keep forever? A joy that's never lost? Happiness that never leaves you? Peace that never goes away? The only eternal truth is the Divine in your heart. Keep your focus there and everything else will get aligned on its own appropriately and in utmost harmony. Being selfish on the contrary is being centered in one's ego which is limited and confining.



As you begin to focus on yourself within, you may initially start with a simple state of **in acceptance of the current truth**. Be aware of your current state. It's okay not to like someone, it's okay to feel anger, disgust or even hatred. Don't try to change anything, stay in awareness, **in acceptance of the current truth** of yourself. Don't go into what to do and what not to do, or what's good or bad, be aware of your current state and you shall find that everything within you begins to slow down

and your perspective becomes clear. You will begin to accept everything that shows up. The space of self-acceptance will help you connect to the Divine in your heart- the abode of eternal truth and love.

This divine connection will bless you with the love that's all inclusive and unconditional! When you begin to guide and support others from this state of divine connection, both you and people connected with you will begin to grow.

This month's Ek Kshan Prarthana is a Moment in Prayer to the Divine to bless us with the Focus on the Divine within our hearts.

Ek Kshan Prarthana- A Moment In Prayer

Beloved Divine Friend,

Let me stay focused on your eternal presence in my heart,

Let me experience the Divine Love,

Let me be drowned in the Divine Presence within me,

It's your presence that will bring the acceptance,

As I accept myself, I accept all,

As I love myself, I love all,

As I embrace myself, I embrace all.

With your Grace, I embrace Life in totality.

Thank you Dadashreeji!



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.



Compassion

Read this thought provoking tale of Sant Eknath's kindness, which proves to all that compassion is the heart's way of responding to another being's suffering

One summer, Sant Eknath, a great saint of Maharashtra, set out on a pilgrimage. He was carrying two pots filled with the holy water of the Ganges slung across a pole, along with other companions who would have to walk over several days to reach home, walking very carefully, so as to not spill a single drop of the holy water. The heat was very severe and they were walking on barren land, with not a single tree in sight. Suddenly, on their way they saw a donkey dying of thirst. While the other fellow companions saw the sight and moved on, Sant Eknath was moved on seeing the donkey's plight. Sant Eknath went to the donkey and gave the dying animal the holy water to drink from his pots. The thirsty donkey drank the entire water from the two pots and was soon revived. Soon he gathered enough strength to get up and walked away braying his thanks loudly.

Later, when all of them arrived at their destination, the fellow pilgrims were shocked to see Sant Eknath's empty water pots. When they learnt about his act, they ridiculed him making him feel stupid saying that his pilgrimage was futile and what a fool he was to serve the holy water to a donkey!

What is it that happened to Sant Eknath at that moment, which made him do such an act?

It is 'Compassion (करुणा)', felt towards another being, even though it was a donkey! What an internal state Eknath must be at that moment to do such an act, while all others seeing the same sight, simply moved on!



'Hu

man Beings' as we all are called, it's natural for us to inculcate and reflect its basic essence and that is being humane, which means having COMPASSION!

If one refers to the English dictionary the word 'compassion' means the humane quality of understanding the suffering of others and wanting to do something about it. Having compassion is going beyond 'empathy' and is far more profound, as in it, one not only feels, but has an intense desire to help and act!

The Sanskrit /Hindi translation of this word - करुणा is weighed with true essence of its feeling, with its root word being kara, meaning 'to do' or 'to make', indicating an action-based form of



compassion, rather than the pity or sadness associated with the English word. Karuna is the doing of something to alleviate suffering.

We may call ourselves the most evolved of all the species on our planet, but over time we seem to have lost our basic essence i.e. to be humane, to be compassionate! Being compassionate can help not just one another person, but the entire universe.

Compassion is a deep seated emotion that comes from the core of one's being, from one's heart. With the overpowering mind, wants, desire and greed, human beings seem to have locked this emotion so deep, that to many, nothing seems to make any difference, on seeing the worst plight of another fellow being. Not being compassionate defies the very core and essence of being a human! Being compassionate does not make one subservient. It brings with it the power to be able to stretch out and do acts of love and kindness, the repercussions of which in one's karmic account are far beyond imagination.

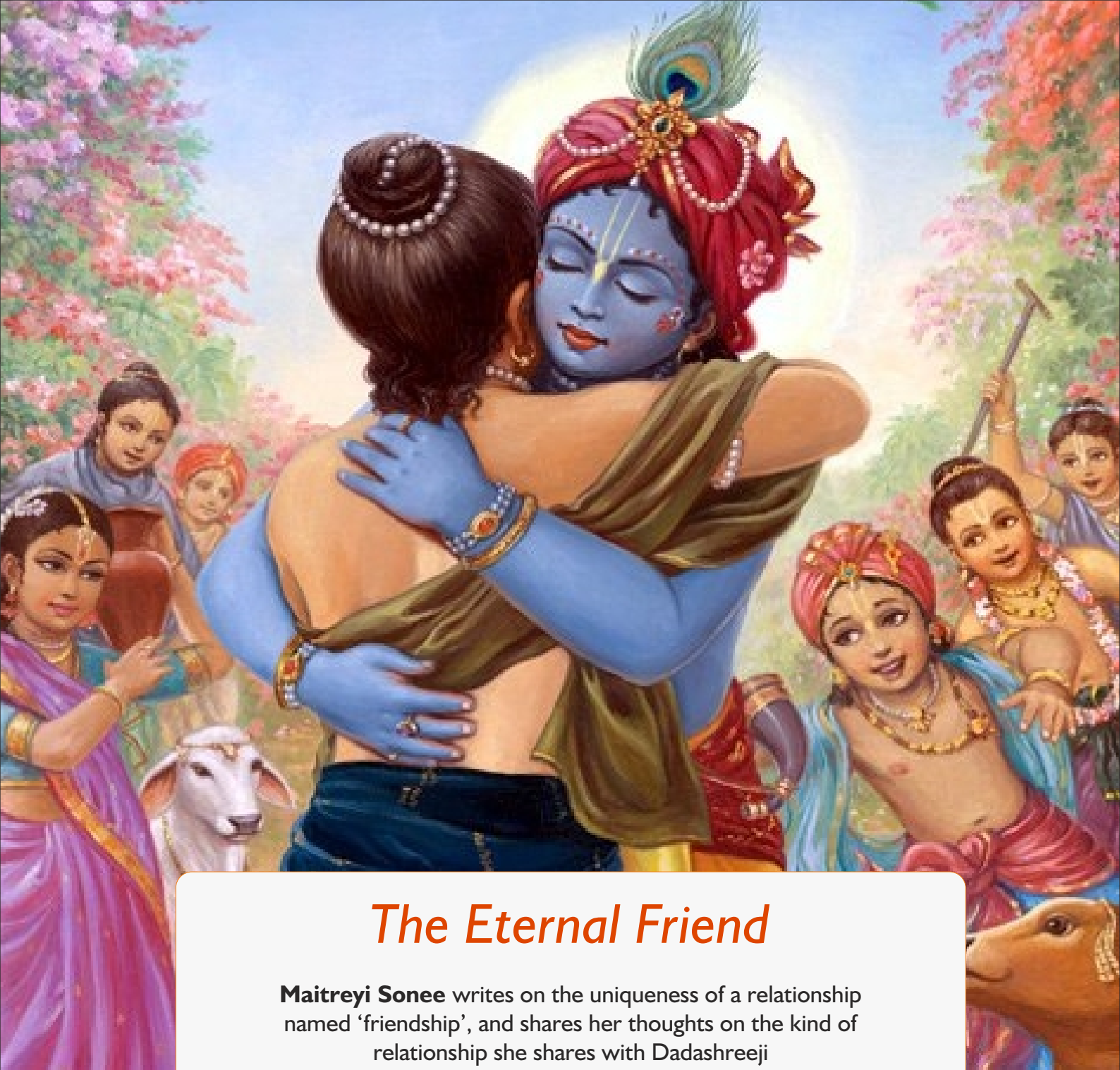
Compassion is amongst the basic qualities needed to offer seva and selflessly serve society. When one acts out of compassion, then one has truly served. It is akin to acts of selfless seva without any expectations or wanting anything in return, as you act out of that bhaav / feeling and not for the mere show-off of to serve, as so many tend to do.

As one grows spiritually the heart awakens, this suppressed emotion becomes more profound and one automatically begins doing true service. Compassion then percolates one's entire being, acts and mannerisms. The person's presence itself brings in transformation, wherever he/ she goes.

Dadashreeji, our Divine Friend, is in that state of compassion all the time and acts out of compassion for the entire humanity and nature at every moment. To know more on how to unlock and enhance this core quality, do get in touch with us.

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.





The Eternal Friend

Maitreyi Sonee writes on the uniqueness of a relationship named 'friendship', and shares her thoughts on the kind of relationship she shares with Dadashreeji

"A Friend is someone who gives you total freedom to be yourself" Jim Morrison


True friendship gives freedom to express one's truth honestly, a bond that accepts you in its entirety. Freedom to be your real self without feeling threatened about being judged.

Friendship is the foundation of a good relationship, that is beautiful, special and one that we get to choose. A connection we form with someone who understands us completely. A

friend is someone who watches our back and is with us through thick and thin. One who doesn't leave our side even in challenging situations. One who sees beyond the outer surface to the real one within and yet loves, respects and appreciates us unconditionally. Having said that, today, it is almost impossible to find one such true friend in life.

Dadashreeji says, "Make me your FRIEND. I will walk with you every moment, to listen, guide and support you".





Today, my seeking a True Friend in life has put me on the path to Divine Friend Dadashreeji. With this friendship I have got a Friend I can count on, who has made life less daunting. He has given me the courage and the strength to face and overcome all fears and emerge victorious. Has helped me recognize and connect to my passion and hidden qualities. He, who has become my constant companion and strongest supporter in life. Believing in me more than anyone else and walking with me to eternity and beyond.

Ours is a friendship with no expectations or judgments thus opening doors to clear communication. One who is forever ready to listen to me with patience. In critical times this relationship has given me strength and filled me with faith that the softest and gentlest of hands are always ready to embrace me in their warmth and love. A bright spark in life that is guiding us towards positivity of thoughts, deeds and actions.

Today, Divine Friend Dadashreeji has become the mirror to most of us in the MaitriBodh Parivaar showing us our hidden inner beauty, connecting us to our true self - 'the Divine within' and our true nature of love. He has helped us bloom into beautiful flowers that radiate their inner beauty. With this bond each one of us has found a new Friend, a constant companion, who has become our partner in life. Dadashreeji walks the path with us, transforming us into beings that spread Love and serve selflessly.

Gratitude flows through each one with a big sigh of relief, for in this throng of millions of people we have found our True Friend, who understands, accepts and loves us unconditionally.

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.



Testimonial

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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 (Ekadashi, Navratri, Ganesh Utsav, Lakshmi Poojan) 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/>**





Seeds & Dry-fruits Mix

Dr. Sheetal Maniar shares this recipe packed with the goodness of proteins and the yumminess of dry fruits

Ingredients:

Dehydrated water chestnuts (Dry singhara)	200 gms
Lotus seeds(pabdi or makhana)	100 gms
Til (Sesame) seeds	20 gms
Almonds	20 gms
Walnuts	20 gms
Cashew nuts	20 gms
Dry dates (Kharekh or Chuara)	50 gms

Method :

- Cut small pieces of the dehydrated water chestnuts and lotus seeds and blend them. Grind them to make a fine powder and keep it aside.
- Add sesame seeds, almonds, walnuts, cashew nuts and dry date pieces to the blender and grind the mix to make a fine powder.
- Mix all of the above together and store it in a dry bottle. This can be stored for about a month.
- Take a big spoon full of this powder every day, either with milk or dry.

Benefits :

- Water chestnut is a rich source of magnesium, copper, riboflavin and vitamin B6. It also has multiple health benefits like lowers cardiac risks, anti-viral properties, good for the thyroid gland, and hair growth.
- Lotus seeds are a good source of protein, magnesium, potassium and phosphorus. Apart from this they have anti-ageing enzyme which is believed to repair the damaged protein strings.
- According to a Harvard study of May 6th 2013, nuts like almonds and walnuts reduce the risk of heart disease. They are also high in vitamin E, B & magnesium which bolster your immune system. They are brain food as they prevent cognitive decline

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.





Spiritual Transformation-An Unraveling Journey!

Maitreyi Cecelia reflects upon the journey of spirituality, which leads inwards to our true selves

My idea, perhaps like many other beginners on the spiritual path was that “now my life will become easy by simply using what I have learnt and by practicing meditation regularly”, falsely perceiving a ladder to be climbed for attaining success in spirituality. With this thinking and understanding, I attended my first session of Awakening to Self - Realisation (Bodh I) and met my Divine Friend and guide - Dadashreeji.

However, in the passing months more and more difficulties came about. It was as if I was staring into the mirror and seeing my inner self, which was not the way people saw me. I realized that I was a little spider caught in the web of my mind. Parts of myself that I was uncomfortable with and that I had hidden behind a false silhouette were magnified. Dealing with this became a regular task. With this came deep learning and acknowledgement of the Divine intervening and guiding me. An experience wherein my ego was being chipped away as my Master continues to carve me into my state of perfect being.

As a pediatrician, I often come across young growing children who complain of pain at night in their legs of unknown etiology, we often diagnose this as ‘growing pains’. Pains that are experienced during bone growth but eventually

it all goes away once the kid has completely grown. I started seeing this as a metaphor of my period of transformation and it continues. Every so often, there are pains that I experience within and outside in my dealings with the world, but it always leaves me in a better state than I was in before, with a little more understanding of myself and of others.

After meeting several friends on this path of spiritual transformation, what has become a deeper understanding is that, we only need to witness ourselves unravel. We start to lose layers of a false identity we hide behind and become comfortable with our selves. An indication of this is evident through our ability to express ourselves more freely, our ability to stay silent, to respond instead of react, to be able to forgive, to stop worrying and most importantly our ability to find positivity in every situation. As we allow ourselves to transform and express ourselves, we begin to see that the world around us also transforms towards positivity.

It is a gradual and beautiful journey of complete acceptance and we are never alone in the process. For me, my Divine Friend and Guide Dadashreeji accompanies and guides me at each step in the journey of ‘life’.

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.





A Prayer to the Divine

Give me clarity to know the purpose of
my life,

Give me the strength to pursue it,

Give me the grace to attain it,

Make my journey joyous with Your
compassionate grace and presence!

Maitreyi Mamta Mendiratta shares the
above prayer with us which she received
post her sadhana

Divine Play



"Now that you have given me a darshan, may I have
a selfie with you?"





Peace Begins with Me – Palash

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 though the circumstances were challenging.

Palash has shared this month's story. Palash is 14 years old and a student of Grade 9, in a lovely school from a small town in India. He shared this story on behalf of a group of children from his class.

We had entered Grade 9 in June 2018. I was new to the school; my mother had joined the school as a teacher. I was shifted to this school, as this was a very good one. I sometimes get teased for my weight, which makes feel bad. In the new school, I was eager to make good friends. So I wanted to join the other children in whatever they did.

This school was very different from the other schools I had attended. We had freedom and we were treated with love and respect. The learning activities were so exciting; I wished I had been here since I was a little child. However, we also had the internal fear – of exams, of failure. One day I got to know that one of the boys in the class had found a way to hack into the teachers computer. He had got hold of the question papers for our first term exam and was sharing them.

I was scared, but also curious and when a few children in class shared the questions for two papers, I also joined them and noted them down. In a few days the teachers and the Principal found out about this. They were very pained, very sad. They had so much faith and trust in us, that they wondered what had gone wrong, why we had resorted to taking such a step.

Somehow, my name was not among the children who were named. For a few days, I thanked God that my name was not found out. Then one day, our teacher came to our class and instead of punishing us, she had a conversation with us. She explained to us the impact of our action, how it hurt the teachers, how it hurt the other students who worked hard and most of all, how it hurt us. As I heard her out, I began to feel something within me; I understood my sense of responsibility. No one suspected me, but I knew what I had done and I could not stay with it any longer. So, I stood up and shared with everyone that I too had taken part in this cheating and I was deeply sorry about it.

This incident has changed all of us. Personally, I realised that I had agreed to do this because I did not want anyone to tease me. All my other friends had some or another reason, which made them take this step. In another school we would have been punished, but in this school we got a chance to learn from our mistake. Our teachers held us with love and we spoke openly about the incident and understood that we must be more courageous, honest and considerate in our actions. We are so happy now; we know that when we act from love we take the right steps. We never want to hurt our parents, teachers and friends ever again.

"Make the right choices in life!" - Dadashreeji



The Kaleidoscope...Of Fear

Someone once said that when you look at a field of dandelions, you can see either a hundred weeds or a thousand wishes. Two people can look at the same thing and see something totally different. There is nothing good or bad about it. It is all about 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 fear means to people and how they have chosen to overcome it.

As the Cambridge Dictionary defines it, fear is a noun which refers to 'an unpleasant emotion or thought that you experience when you are frightened or worried by something dangerous, painful, or bad that is happening or might happen.'

'Being scared is a part of being alive. Accept it. Walk through it' – Robin S Sharma

'Fear is a reaction to the unknown. Sometimes it is conditioned, sometimes it is learnt, but no matter what, it can always be overcome' – Vinita Maheshwari

'Everything you want is on the other side of fear' – Jack Canfield

'Fear is a creation of your mind to delay your growth' – Sanaya Kant

'The only thing we have to fear is fear itself' – Franklin Roosevelt

'Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness that most frightens us. Who am I to be brilliant, gorgeous, talented, fabulous? Who are you not to be?' - Marianne Williamson

Fear undoubtedly has a crippling effect, forcing us to limit our endless potential and dreams. But it can also be a great motivator and a liberating force unlike any other. Like fire, fear is a great servant but a bad master. When accepted as an indicator of all the challenges in life, fear can propel us to confront them, to realise their importance in our spiritual growth and to lead us to the courage that will overcome them. It is useless and temporary to fight it or to deny it. Above all, know that it is okay to be afraid sometimes. There is a lot of romanticism, heroism attached to the idea of being fearless. But know that only the insecure identify themselves as such. So aim not to be fearless. Acknowledge the fear within, respect it, feel it. Then choose to be courageous.

"When you face difficult and challenging moments in life, your fears and weaknesses are brought to your awareness. You probably did not notice their existence within you all these years. These situations give you the opportunity of becoming aware of your imperfections within. Take this opportunity as a boon or a Divine gift! It is the mind that creates stress, fear, pain and suffering. Be open, flexible and positive to be free of the mind games." - Dadashreeji



Heart to Heart

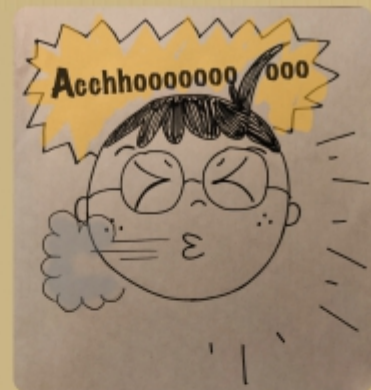
The River says ...

Keep flowing no matter what until you meet the ocean!
(Let nothing stop you in your path towards your goal)

Give sweet waters, quench thirsts and give life.
(Help others with all you have)

No matter what the temperature is outside - Stay Cool.
(No matter the situation keep yourself calm)

There's Giving in Forgiving



Catalysts for Transformation

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



Mukund BS

“If all the Indian Talent can get access to Information Technology it will result in an Incredible Tomorrow for the whole world!” – Mukund BS

The need for reducing our carbon footprint on this earth grows stronger every day. We the youth are quite conscious of the continuous effort to reduce, reuse and recycle our waste. In fact, many of us have probably indulged in craft projects using recycled material. One such individual, Mukund BS has made this his life's work.

Mukund BS is the founder of ReNew IT, a computer company that takes old computers and refurbishes it so that they can be used by the needy. The idea came to Mukund in 2008, when he noticed his watchman asking for Mukund's cousins' old computers for his son to use. He also met the friend of an uncle who works for an American organization that harvests old computers for their working parts. Over a span of 5 years, this 33-year-old entrepreneur repaired and sold over 10,000 computers to the needy at affordable rates.

Mukund buys scrap computers from scrap vendors and corporates and with the help of diligent technicians, they transform the computers to a workable condition in 2-3 weeks. They also offer free after sale services for up to a year. What started as a dream has now transformed itself into a company.

The journey for this electronic engineer and IIM graduate has not been without its fair share of obstacles. Mukund has learnt to be patient in his work. He believes that by doing good work money will follow. Mukund gets the most satisfaction by seeing the smile on the faces of the children who get their first computer through his company. His dream is to see a completely digitized India that can help the economy to grow and prosper.

“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

Our contributors to the section Young Impressions:

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



Bodh IV: 9th – 13th Jan, 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 earlier selves. These moments ensure that our lives will never be the same again. But even if all of such experiences were rolled into one, it would never compare to 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.

Each of the participating seekers enjoyed 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 is a beautiful experience of one of the participants:

Dada Sharanam,

I would like to take the opportunity to write and share my experience with my Dada. I attended Bodh II and III during the Spiritual Week held in November 2018. I then, had a deep desire to meet Dada, or get His glimpse. During the four days in the ashram, I was praying to Dada to give me His darshan once. Just then, we got to know that the registrations for the last batch of Bodh IV were closed, it was to be conducted by Dada in December. So my hope to be blessed with His physical presence was washed away. But I was praying, keeping hope alive till the last day of Bodh III, that He will give me a darshan. During the concluding moments of Bodh III, just before we left, a happy announcement came up. Can you guess, what it was?? Dada announced another batch of Bodh IV in January'19 that would be conducted by Him.

My prayers were answered in the most beautiful way!!

I was fortunate to attend Bodh IV in January, where He not only gave me a darshan, but throughout Bodh IV, His Grace and teachings have filled my heart and body with only Love. He has given me Love, Love and only Love. I am so blessed to receive ShaktiPravaah from Him, and then receive blessings from Him. When I was coming back from Bodh IV, I only had tears of gratitude in my eyes and Love for my Dada!

**Thank you so much Dada, thank you for everything!
Love, Love and only Love for my Dada!
Geetanjali Tuteja**



Sneh Sanskaar Gurukul,

Amritsar: 15th January

Makar Sankranti, also known as Lohri, marks the beginning of the harvest season and is mainly celebrated by bonfires, feasts and kite flying. The children of the Sneh Sanskaar Gurukul, Amritsar, celebrated Lohri with great joy and fervour. They lit a bonfire and according to the custom of offering the harvest to the fire, they symbolically offered popcorns, ground nuts and sweet revri (sugar balls covered with sesame seeds) into the fire. They thoroughly enjoyed the much awaited kite flying competition that raised their spirits. The laughter and the excitement of the happy children made the event a great success.



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

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

Awakening to Self Realisation (Bodh I) For registration contact: 9958895695	9th Feb	Arohan Kendr (Gurugram)
Awakening to Self Realisation (Bodh I) For registration contact: 9322290211	10th Feb	Andheri (Mumbai)
Awakening to Self Realisation (Bodh I) For registration contact: 7999952172	17th Feb	Raipur
Purification (Bodh II) For registration contact: 9781108880	23rd Feb	Amritsar
Awakening to Self Realisation (Bodh I) For registration contact: 8296948222	24th Feb	Bengaluru

Dear Friends,

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

Send in your questions to anahita@maitribodh.org

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



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