

ANAHITA

Issue: 03 || Volume: 07 || March 2019

Guilty/Not - The Dilemma **Freedom from Fear** **Purnahuti**



From the Editor's Desk

Dear Divine Soul,

Warm Greetings of the season!

The current events occurring the world over suggest one thing for sure, that is – 'Life is not permanent'. Let us make the best possible use of our existence and see how we can be useful to everyone around us. The current Divine energies are conducive to help us grow internally and support any positive endeavour that benefits humanity at large. Connecting with ourselves through meditation and various tools/techniques/sadhanas help immensely in this journey. Let us strive to reach the highest by offering ourselves to a good cause and shine in the Grace of the Divine.

In this issue, we joyfully bring you an exclusive new section 'Your Quest - Our Support' wherein you may now receive answers to your spiritual queries, inner experiences or receive clarity regarding teachings addressed directly by Maitreyi Sulata, Mittr Shankh or Mittr Parn through this column.

Do not miss Divine Friend Dadashreeji's simple yet profound answer to a question from a seeker wanting to know the difference between awakening, self-realisation and enlightenment.

In the section *Dadaleela*, read personal experiences of Grace as shared by our devotees. The '*Svaahaa Series*' explains the significance of the '*Purnahuti*' 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 '*Guilty/Not – The Dilemma*' expounds the emotion of guilt as an internal state and how to cope with it. Under the *Wellness* section, we share the remedies on how to combat backache. The section *Reflections*, brings you the article '*All in good time*' by an 18 year old as she introspects her journey till now.

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. '*Heart to Heart*' brings you interesting and thought provoking concepts represented graphically. '*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 lovingly by our sevaks in an endeavour to enrich the lives of fellow beings.

Keep Smiling!
With Lots of Love,
Team Anahita



CONTENTS

05

PEARLS OF WISDOM

- ▶ Message from Divine Friend Dadashreeji

07

HIS WORDS

- ▶ Expounded quote of Dadashreeji

08

DADALEELA

- ▶ Freedom from Fear
- ▶ Call to the Divine

10

YOUR QUEST

- ▶ Our Support

12

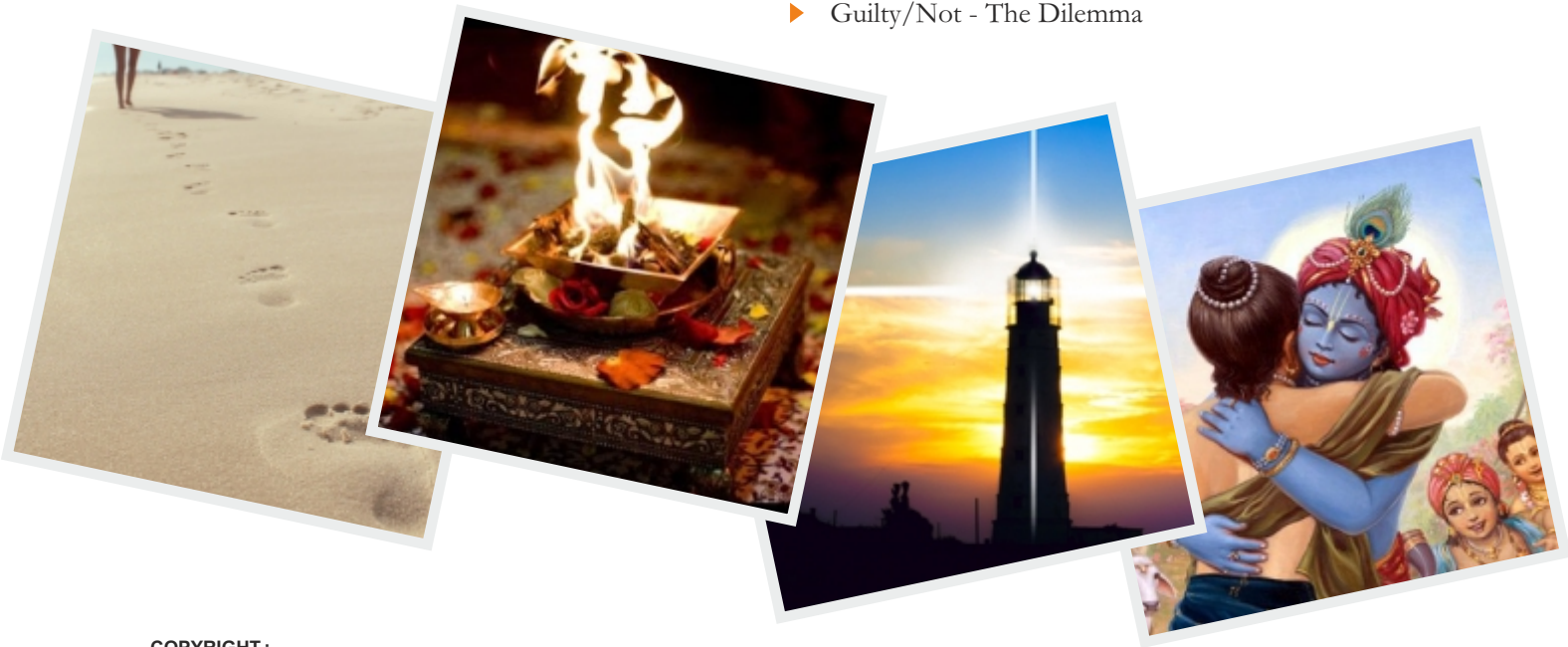
SVAHAA SERIES

- ▶ Purnahuti

15

FOOD FOR THE SOUL

- ▶ Ek Kshan Prarthana
- ▶ Guilty/Not - The Dilemma



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

03

Anahita - March 2019

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CONTENTS

19

WELLNESS & YOU

- ▶ Turn your back on Backache!

21

REFLECTIONS

- ▶ All in Good Time

22

YOUNG IMPRESSIONS

- ▶ Peace Begins with Me – Sanjana
- ▶ Catalysts for Transformation
- ▶ Heart to Heart
- ▶ The Kaleidoscope...Of Beauty

26

@MBP

- ▶ Event Updates

28

UPCOMING EVENTS

- ▶ Information about upcoming events at MBP



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



Q- Dadashreeji, What is the difference between awakening, self-realisation and enlightenment? We humbly request you to clear our doubt. Kindly guide us!

Dadashreeji:

Dear Friends!

The ultimate purpose of the spiritual journey is to unite with The Divine - The Source. All beings knowingly or unknowingly strive to attain the supreme state of eternal truth. History has shown us how human beings have been curious since ages and have harmoniously yearned to understand the cause and nature of their existence. The way to know the nature of your being is generally known as the spiritual path. One can opt for any spiritual path. However, experiences arising from its culmination may vary from person to person, as it is always subjective. We advise you to refrain from comparing your spiritual experiences with anyone else's. Liberated souls would always struggle or fail to explain or translate their state into words. Their presence will help you to experience this state and not the words. However, a pandit (scholar) can explain it well but not the experiencer.

Our advice would be not to ponder much on these spiritual terminologies. It will create more confusion than ever if not understood or explained well. You can address these only when the state appears within naturally as a lesson to be learnt. Your realised Master would guide you further dissolving your query into a peaceful state. On the spiritual path, your focus should be on the experience rather than an intellectual analysis of the subject. It may give you additional knowledge but not the experience. Now, having explained the nature of your spiritual growth, we shall briefly share the meaning of the spiritual terms you have inquired about.

Awakening means to be awakened to the higher reality. There is always a higher spiritual dimension to be unveiled for your spiritual growth. When you know about that higher spiritual dimension, you are awakened. The purpose of life is disclosed to you. Life becomes more specific. Life is centered around spiritual values of sharing love and positivity with others.



Self-realisation is a continuous process of becoming who you truly are. Energy flows spontaneously and ceaselessly inwards to experience the true self. The Mind will crave to remain eternally in this higher state of consciousness. If you consider awakening and self-realisation together, they happen simultaneously. Self-realisation is a step-wise growth whereas awakening is an individual change. There is a thin line of difference between them. So, one may say awakening and self-realisation are the same yet different. If it is still confusing to you, do not worry we will simplify it for you.

Now, let us understand what is Enlightenment? Spiritual intellectuals have been referring to this term since long as the rare state to attain or to experience. Many have spoken about it. Ironically, by those who did not experience it. Those who experienced it kept silent being merged with the deep state of silence. Let us not complicate it but simply know it well! Enlightenment means 'you become what you are'. Your true self becomes the dominant force within. The layer of ignorance enveloping your true being is removed. This is a totally passive state whereas awakening and self-realisation may require an active contribution from your side. In the state of enlightenment, you are free from worldly bondage and the mind is tuned with nature. Do not ever assume that you can control your mind and emotions in this state! Your awareness is fixed or centered at the core of your being. You are internally a free being.

Let us try to understand this with an example! If you have visited a movie theatre or an auditorium, you will be able to understand this well. Suppose, you are in a movie theatre, sitting in any random front row. Now, your purpose is to shift back row by row to get a wider view of the theatre. In this scenario, your seat number is the 'state of awakening' where you know and are aware of where you are sitting. The process of shifting backwards row by row is 'Self-Realisation'. With this process, you keep growing spiritually. Now, what is Enlightenment here? Is it the last row? No, it is higher than that. Upgrading yourself to the screen projector room is enlightenment. So, the purpose of self-realisation is to lead you to the state of enlightenment. The process of self-realisation gets dissolved into enlightenment.

Is enlightenment the end of one's spiritual journey? No, but in fact the beginning of a new journey of your existence. We emphasise mainly on this next step of your spiritual journey known as 'Transformation'. The process of transformation is like a circle never ending and continuous. It is happening right now while you received this true knowledge (swagyaan). Choose your path and start walking right away!

Know The Truth!
Discover The Truth!
Fly with The Truth!

Love and Blessings!
Dadashreeji



HIS WORDS

"You are just required to convey your need to the universe loud and clear! Let your expression compel the Divine or the Creator to provide guidance in any manner required to elevate you. When you identify the guidance thus offered, be ready to receive it. You must possess an open mind, and nothing else. Freely embrace the path defining guidance"

-Dadashreeji

Do we know what we need or is our need overshadowed by wants, thoughts and desires? We often don't know the difference between need and want. Actually what the Divine is telling us is to have clarity on what we need and then convey it to the Universe loudly and clearly. There should be no veil between our want or need and the Divine. When we are sure and are able to express our need with a pure intent and true heart then the Divine is impelled to listen. A profound way of expressing our need compels the Divine to help and show us the right path towards our evolution.

Once we are sure and have conveyed to the Universe then we must have faith in the Divine to know that which is the best for us. We should be open to receiving the guidance without any expectations or conditions attached to it. Often when we ask for something we want it our way, and consequently don't accept the Divine way. We must be in awareness of the moment when the right guidance is sent our way; to recognize it and take actions accordingly. To receive the guidance with an open mind and open arms is what eventually takes us forward in this journey of growth.

Here Dadashreeji is telling us to have faith with an open mind, for our prayer has been heard. To have patience and acceptance of all that is coming our way. We must acknowledge and embrace what the Divine sends our way, without any resistance. He wants us to live with freedom from all bondages of expectations and to embrace the 'path defining guidance' sent our way to liberate us.



Dadaleela

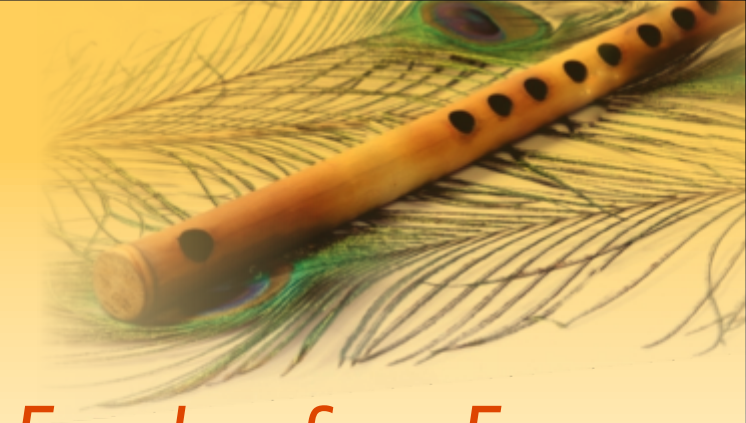
..... Devotees' Experiences

Fear had been an integral part of my life until recently. Fear of the unknown, fear of ill health, fear at the workplace...basically living in fear had become a part of my life. Anything which induces fear, creates excitement works today. The fact is that fear sells.

How do we come out of this state of living in fear? This thought had troubled me for many years. Is it really possible to come out of it? It is easier said than done. We can come out of the shadow of fear by facing it together with the protective hand of your Divine (Abhay Hast) over your head.

After attending the Bodh programs, the process of elimination of my fears started one after the other. I will just narrate about the elimination of one of the many fears which I suffered from. It was the fear of travelling by an auto rickshaw. During my 10th board exams while returning back after my exam the auto I was travelling in toppled over. A truck coming from behind screeched to a halt barely a couple of metres away from us. I was in shock for many days. After this for many years I could not travel by auto if alone. If the auto rickshaw would be going too fast, I would immediately start sweating with fear. Once, while I was returning home in an auto with my friends, the auto rickshaw's front wheel came off and the auto skidded on the road. After this second incident I completely stopped travelling by auto. For many years I would travel to office only by car.

Luckily my office relocated to just a half an hour distance from my home which is like a blessing in Mumbai. I decided it was time to start travelling by auto rickshaw again and face my fear. I did that but the fear continued. A few months back, as my auto rickshaw was waiting at a junction for its turn, a van came head on and hit my auto. The impact of the collision was huge



Freedom from Fear

but the auto hadn't even moved an inch. It was a miracle! Immediately I felt the hand of my Dada over my head and a protective cover around me. The auto driver was stunned by the fact that nothing happened to the auto rickshaw but I was not surprised. I thanked Dada for freeing me from this fear.

Gradually, I am experiencing freedom from my fears by actually facing them and experiencing my Dada standing firmly with me, within me as I move ahead on the path of Love and Maitri.

Love you Dada.

A poem penned down to express my feelings:

भयमुक्त होणे होती ही प्रार्थना,
जगावे आयुष्याचा प्रत्येक क्षण पूर्णपणे होती ही कामना,

दिलेस तू त्याहून कितीतरी जास्त,
प्रेम जिंकले, भय झाले लुप्त,

केवळ प्रेम करू शकत, ह्या भयाचा नाश,
देऊ शकते सुख-शांतीचा अनुभव आणि क्षणा क्षणाचा आभास !

Meaning

My prayer was to become fearless,
My desire was to live each moment completely,

You have given me much more than this,
Love has won and fear has gone away,

Only Love can bring an end to this fear,
Love can give the experience of happiness,
peace and each moment!

**At His Lotus Feet,
Dadashreeji's -
Maitreyi Shalaka**





Call to the Divine

One day, we were walking with our beautiful young dog through the forest next to our farmhouse.

This is the only time where he can run free without a leash because there are no other people around. But as we walked and enjoyed the nature, he suddenly disappeared. We called for him and whistled, but received no response for about 30 minutes. He didn't come back. Suddenly we heard him barking from quite a distance. In this moment I realized that maybe he had met someone probably a hunter (who is legally allowed to kill) or perhaps he was hunting an animal. I was also aware that we were too far away to intervene. We tried our best to get closer to the area where we heard him bark but the snow was deep and we got almost stuck in it. I realized that I could not do anything at that moment. So I started to pray with all my heart to Dada and Maa Narayani. I prayed for

their help to bring him back and for every human, every animal to be protected. I prayed with tears in my eyes, because I loved my dog so much. After 5 minutes, I received a call from my son that our Balu had come back and that everything was fine and nothing had happened to him. The way back, I talked to my inner Divine with deep devotion and He said to me (the insight that I received): "First you have to guide and train, make sure that he listens to you and follows you. If he has a strong bond with you and he is trained well, he can experience freedom. The same is true for all souls who are connected to you and who need your guidance. Be a good and strong guide for the world."

**Love and deep Gratitude,
Maitreyi Andrea**



Your Quest - Our Support

We joyfully bring you this exclusive new section 'Your Quest - Our Support' wherein you may now get answers to your spiritual queries, inner experiences or receive clarity regarding teachings addressed directly by Maitreyi Sulata, Mitr Shankh or Mitr Parn through this column.

Question:

My question has to do with relationships and feeling triggered by another's actions. When a person seems unwilling to take steps to see another's perspective or take action to reconcile after an argument, what can one do? While I very much hope that the other person will be willing to work toward improving the relationship, I know that I can only change my actions/perspective/thoughts, etc. Ultimately, there is a limit to what I can do to work on myself to improve the relationship --- to examine why I feel triggered etc. -- if the other person is not willing to engage, compromise, or work toward building trust and intimacy again. I am trying to have compassion for this person, as I can see that their actions are coming from a place of pain and fear.

However, from my perspective, it seems that this pain is preventing understanding, and a lack of willingness to examine, integrate, and move beyond this pain which is causing ongoing turmoil in the relationship. I do not want to end the relationship, but I do not know how to move forward when the other person does not seem willing to make any changes. Any guidance you can provide on this issue would be greatly appreciated. Thank You.

Rebecca

Answer:

Dear Rebecca,

I warmly welcome you to the Love and Light of the Divine!

Thank you for sharing your situation with us. I understand and commiserate with you on your situation. I truly empathize with the pain, agony or may be helplessness that you may be experiencing in this relationship.

Sometimes we are so immersed in our emotions pertaining to our life's situations we are in, that it becomes challenging to look at the big picture of life, as our focus is to find a resolution for our immediate issue in hand. Try shifting your focus from finding a resolution to the issue at hand to the willingness, for the Divine to intervene in your relationship.

Remember, my dear one, it takes three to make a bond, a wonderful - loving relationship: you, your friend and the Divine! The inability to seamlessly connect with the Divine presence in our hearts often leaves us in suffering and helplessness.

I feel you are truly committed to make your relationship work. Now all you have to remember is that you are never alone. Not for a moment for the DIVINE is ALWAYS with you whether you realise it or not. Your heart is where HE resides. It is only in moments of inner-quiet (when the mind is at peace) that you will hear His voice guiding you to the right action. Follow this voice, the intuitive knowledge, the feeling or whatever you might like to call it. When you do so you will take the right action which shall bring you the peace you have waited for, for so long.



We have all come from the single source and are all part of the ONE. If you realise that we all have the same Divine presence within us and hence are all interlinked with each other, supporting each other's learning's, then every relationship becomes precious and provides us with the process to grow and take us to the highest. My simple advice to you would be to continue what you are doing, naturally which is to fill your heart with love and shower your partner with the same. Offer all the love that you can muster for him which will work as a balm to a soul in pain. It shall flow seamlessly as you strengthen your Divine Bond and allow your inner Divine to flow through you in this relationship.

As you offer love through your Inner Divine, seek also for your friend's highest growth through the power of prayer. Each heartfelt prayer you offer for your friend will be heard and acted upon by the Divine for the best, for both of you in this relationship.

Trust in the Divine for it is a matter of time and a solution will soon be found.

I pray that you and your friend be in love and harmony from this moment onwards.

If you need any further support please feel free to connect with us.

**With Love and Gratitude,
Dadashreeji Sharnam
Maitreyi Sulata**





"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

Purnahuti

To put it very simply Purnahuti is the offering given to mark closure of the sacred process of Hom / Yagna. It is the Final Offering to the fire. Purn means 'Complete' (as complete as Divine) and Purnahuti also means 'absolute or complete offering away of oneself'. It is a state of 'complete surrender' and therefore we can also call it an Act of Surrender during the Act of Love – Havan. This Purnahuti is offered towards the end of the Maitri Havan collectively by everyone present at the ceremony and thereby brings together all individuals as one consciousness to offer to divinity.

Purnahuti has various elements tied up together as 'one offering'. The primary component is a coconut also known as God's fruit symbolizes the 'Ego' (the human mind), which is being surrendered to Divinity. As we know, surrender cannot be complete if we are layered with ego. Thus surrendering the ego is very important to receive Grace. The giving away of the ego in the right spirit blesses the sankalp (intent) for which the Maitri Havan is being performed.

Along with the dry coconut, we also give away other 'material' components that are used /

consumed on the earth plane by us - like nine types of food grains, five metals – Silver, Gold, Copper, Zinc and Brass, nine gems (ratns) like ruby, coral, pearl, etc, coins that symbolize arth etc. Along with these dry fruits, sandalwood, saffron, turmeric, flowers, havan samagri are a part of the Purnahuti. We sacrifice what is considered as great possessions (qualified assets on the material plane) to the sacrificial fire (havan) during the Purnahuti. All these items are tied up in a silk cloth which is generally of red, green or white colour. The Purnahuti is offered along with ghee in the havan kund putting one's abilities into the field of activity in a spirit of surrender.

While offering the Purnahuti to Agni, all people present also offer their one best 'quality' again marking their surrender. Without the inner sense of complete surrender, an elaborate Purnahuti ritual with pristine materials has no meaning. When this one best quality is offered it is returned back 100 times to the givers. The energy produced by the Havan immolates non-desired dirt (unrequired emotions, blocks etc.) and enhances positive divine qualities within the givers.



The following Divine Mantr which is chanted during this entire Act of Surrender comes from the Yajur Ved:

*Om Puurnnam-Adah Puurnnam-Idam
Puurnnaat-Purnnam-Udachyate
Puurnnasya Puurnnam-Aadaaya Puurnnam-
Eva-Avashissyate ||
Om Shaantih Shaantih Shaantih ||*

Meaning:

Pūrn means filled, fulfilled, complete, perfect. That is why the name of this final offering is Pūrnahuti.

The Divine is eternal and complete and self-sufficient. HE is like an ocean. From a vast ocean, if a small vessel is filled with water then

the vessel in its absolute sense also becomes 'complete'. Therefore, the ocean can be seen here as Supreme Soul and the vessel our individual soul. The individual souls have emerged from the Supreme soul. Now taking away such small vessels of water out of this vast ocean does not make any difference to ocean, it still remains complete in itself.

Purnahuti - the act of surrender reinforces and reinstalls our connection and bond with Divinity. It is a prayer and action of removing ignorance and building a strong relationship with own self, with one's own divine to attain the state of 'Completeness' and 'Fulfilment' - The State of Love. Purnahuti is therefore an integral part of Maitri Havan.

Testimonial

I had a Maitri Havan conducted at my residence during the Paaduka Prem Yatra in June 2017. The sankalp was for my husband's job. The company that my husband worked for, had served him a notice in May-17 that due to unavailability of work, his services would no longer be required after July-17.

We celebrated the home coming of our Dadashreeji's blessed Paadukas with great enthusiasm and love. The Maitri Havan was also performed that day. A few weeks later, my husband received intimation that his services were being continued by the company. Our sankalp was fulfilled within a month. Thank you Dadashreeji for your immense Grace.

I got another Maitri Havan conducted during the Navratri of Sep-2017 with the sankalp to experience Dadashreeji's Love and Grace. I am happy that this sankalp too has been fulfilled and I am able to experience Dadashreeji's Love and Grace for me at all times. My bond with Him has strengthened and is getting stronger and deeper by the day. I am humbled by His Love and Grace for me and I offer my heartfelt gratitude for my dearest Dada for everything that He is doing for me. Love you Dada.

**Always at your Lotus Feet,
Maitreyi Bhagyashree Mistry**



Maitri Havan - An Act of Love

Dear Parivaar,

During the auspicious occasion of Chaitr Navratri from 6th to 13th April 2019, the MaitriBodh Parivaar will be conducting Maitri Havans in Mumbai, Delhi and Pune.

To know more details please connect on below mentioned numbers.

Delhi:

MaitriBodh Arohan Kendr, #27, M-12, DLF Phase II, Sector 25, Gurugram, Haryana – 122002. +91 9350415563 or +91 8879419968

Mumbai:

Sri Kanyaka Parameshwari Temple, Vasavi Nilayam, 403, Telang Road, Matunga (East), Mumbai – 400019
+91 9833809122 or +91 9320234596

For other cities call: 9320234596



Note:

Maitri Havans are performed

- On special occasions such as birthdays, anniversaries, house warming.
- On auspicious days such as Chaitr Navratri, Navratri, Ganesh Utsav, Paaduka Prem Yatra
- At residences or commercial premises (shop, clinic, factory)

Maitri Havans are individual or samuhik havans. In a samuhik havan three individuals or families participate together but each have their own specific sankalp. A Maitri Havan may also be gifted to loved ones. A havan can be conducted for a sankalp even in cases where a person is unable to attend the same in person.

To request for a havan, call 9833809122 / 9320234596

An akhand havan is performed every day at ShantiKshetra Premgiri Ashram at 7.30 am for establishing Love & Peace in the world.



Worry not about anything, anytime!

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!

Let's continue the journey of embracing oneself one more step.

A lot of our time is spent in worrying about either the past, or what's lined up for me in the future. Worry it seems has become our second nature as the mind keeps us in this worry-state all the time. If you were to ask me what's truly worrisome is the awful fact that we are always in a state of worry. It's as if life is conspiring against us and we need to fight back and plan for any eventuality that we may face in the present or the future. Imagine the crisis all this needless worrying is causing to Humanity?

Why the worry-state?

We have heard umpteen times to stay in the present, but we struggle with that. The wavering mind does not allow us to be in the here and now. We worry that we are required to do something all the time and that with every action comes some consequence. Then how can we not worry about the consequences? Especially as life does not come with a guarantee card of continued well-being. Consequently worry has become our natural state.

So let's find a way to resolve this worry-crisis once for all.

How do I overcome my worries?

What if I were to tell you that you don't have to go anywhere for anything as everything will unfold from within your own being! Do you believe me? Intellectually may be yes. But have

we truly experienced so practically in our lives? You're aware of the mahaa vaaky "Aham Brahma Asmi" (I am Brahman).

Does the current reality of our life really allow us to experience that there is nothing to look or seek outside of us? That failures do not matter, that challenges and pressures of the demanding world can easily be faced and lived through? That every relationship that we may be struggling with is only doing us well, that any so called struggle, material or spiritual can easily be overcome by a simple choice/change of experience by listening to our Inner Divine?

Incidents in life are simply like clouds that keep passing by. Don't hang on to anything. These moments will pass by. Experience everything, and yet cling on to nothing! Know this well that no matter what happens in life, finally everything is for our good and all is fine. Most importantly we at every point have a choice to alter the life experience we are going through. Thus we create new relationships and new life episodes because we chose to learn something new every moment and with this choice a new reality gets created moment to moment.

Dadashreeji has taught us that nothing is final. At each moment we are capable of changing our so called destiny. Every action taken in the here and now can and will change the trajectory of our growth. Hence instead of worrying, start by being in constant awareness and live in the moment.



*Choose faith over worry
Choose freedom over servitude
Choose clarity over confusion
Choose action over reaction
Choose positive over negative
Choose giving over taking
Choose hope over disillusionment
Choose being constructive over being destructive*

Above all Choose Love over worry and fear - anytime, every time!

Know this well that whatever may happen in life, you always have the personal choice to create that which is the most positive, constructive and the highest. Then why worry about anything at all. We are free to choose and not get attached to the results. Don't own the experience. Worrying only results in problems - perpetually.

Life does not conspire against us that we need to worry about what might go wrong. That something bad is going to happen and that we are victims and bound to situations in life. Be aware and cautious for we are unconsciously creating the next moment with our choices, actions and thoughts. You need not even worry about the choice made or which one to make. Make the choice in awareness and execute it. Just know this well that all is for our highest and best and everything is going to be good. As we think positively and constructively the Universe shall echo the same positivity and constructivity back to us!

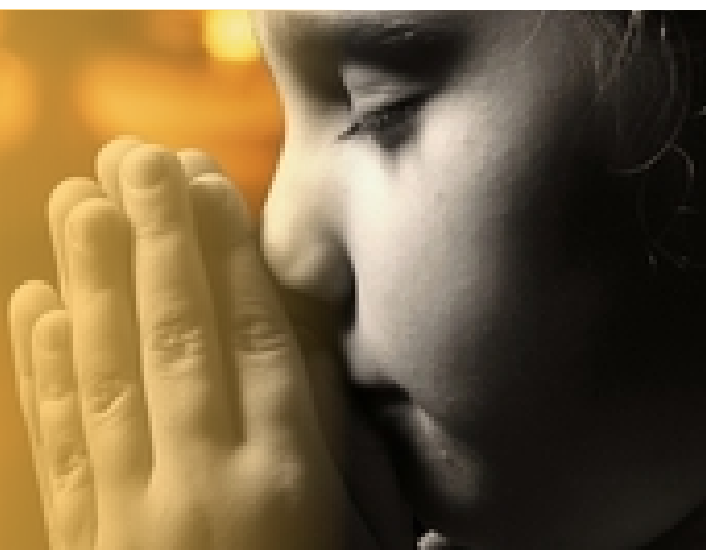
Replace the 'worry-fear' mantr with the 'Love-Peace' mantr. Choose Love each moment, every moment and drop the rest, peace will be yours!

Today's moment of prayer (Ek Kshan Prarthana) is offered to the Divine to free us all of the burden of worries and be established permanently in the state of love and peace.

Ek Kshan Prarthana - A Moment In Prayer

Beloved Divine Friend,
Dissolve my worries,
Dissolve my doubts,
Dissolve my fears
And make me yours!
Bless me my beloved Dadashreeji such
that each moment is 'Only Love' & Peace
be mine!

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.



Guilty/Not - The Dilemma

Mitr Sut expounds the emotion of guilt as an internal state and how to cope with it

About 5,000 years ago, Arjun the most powerful archer then, had set out to wage a war against adharm/unrighteousness, along with his fellow warriors. But when the time to fight came, he laid down his bow and arrows at the thought of having to kill his own - his guru, his great grandsire, and many more freinds and relatives in the opposing army. In the entire first chapter of the holy Bhagwad Gita (called as Arjun Vishad Yog), Arjun speaks of his dilemma and how his act will incur innumerable sins. He is so low on morale and vigour that he is ready to run away from the immanent battle!

What is this state that Arjun, one of the most powerful warriors of that era went through? It's guilt!

Guilt is a very strong emotion in the realm of one's mind, which can cripple and block one's growth completely. Guilt exists in everyone to varying degrees and has a purpose but in many, it creates a negative self-image and retards an individual's growth. Let's try and understand more about this emotion.

Purpose of Guilt

If one takes any action which goes against one's inner conscience, one experiences a feeling of guilt, which can happen even with thoughts. So, in a way guilt is created as a mechanism to help one correct one's actions and thoughts so that we are perfectly aligned to the right action and dharm/ righteousness. This helps in maintaining the purity of one's thoughts and deeds and therefore guides one in avoiding sinful activities, correct mistakes and maintain a good karmic balance.

Repentance - Prayaschitt

If one did an irreparable harm to someone, and is experiencing guilt, then what can one do? Any act causing harm to others or even to nature, which is a 'sin' leads to bad karm's and will have

repercussions. When one becomes aware of this it leads to guilt and therefore there arises a need to try and correct the damage done. In ancient days, ways and means were created for atonement, repentance thereby reducing the negative effects of the act.

Ishopanishad Mantr 3

असुर्या नाम ते लोकाऽअन्धेन तमसावृताः ।
तौस्ते प्रेत्यापि गच्छन्ति ये के चात्महनो जनाः ॥
(यजुर्वेद ४०.३)

Meaning: Those people who indulge in or support sinful selfish activities and who refuse to pay heed to their inner voice/conscience continue to remain in utter darkness devoid of knowledge and happiness even after death.

This Vedic mantr explicitly mentions the result and provides the solution on how one can avoid sinful activities. Let us understand more about 'guilt' and what can be done to resolve it!

The Present State

The conditioning of the human mind over millennia due to the norms of society that were a product of human design, has created a mind-set encompassing separation and comparisons. This has led to the fall of the human intellect and loss of bonding with the Inner Divine. It has also led to the creation of innumerable unnecessary new facets of guilt in a person subconsciously along with added fears, wants and desires. Humans - the most intelligent creation of the Divine, born to be free and grow to their highest capability, in a single life time, were inhibited in their own mental conditioning impregnated with various kinds of guilt and fear. Guilt has an enormous power to cage a person, not allowing one to grow to their full potential.



The Way Out

Prevention - Nothing can be better than to prevent the situations themselves that make one go through the guilt! The Divine created a human being with an additional faculty 'intellect'/'buddhi', which helps one take decisions and guides the wavering mind towards what is good for one's growth. In any situation where one is in dilemma, one must take the help of the intellect, to guide the mind and therefore take rightful decisions. With the Grace of Dadashreeji we have experienced the core of our being which is the 'Heart'. An awakened heart guides the mind to make the right choice which helps one complete one's learning and move closer to the Divine. Naturally, there arises a question as to how to awaken one's heart? This is where the various processes conducted by the MaitriBodh Parivaar will help one to awaken the Divine within.

When one is going through guilt

First try and analyse what this guilt is about? Is it a self-created act, may be out of fear, comparisons, etc. or has a mistake actually been committed? When the heart is fully awakened, it would be rare to keep going through unnecessary guilt, however this is a journey and as one may still commit mistakes and feel guilty, the ability to connect with the heart/ one's Inner Divine will automatically guide and provide

solutions in these situations. One must learn to accept and analyse the situation in full awareness. When in awareness, one will automatically be guided towards the solution. One must learn to confess, take due action and rectify the mistake if possible. This will be instrumental in resolving one's guilt.

If one is experiencing a major guilt for an irreparable damage already done

Again one must first analyse - is it truly a mistake and if so what can be done? At such times one should connect and communicate with one's Inner Divine and ask for forgiveness. You will be surprised how the Divine will help and guide you and bring you out of such situations. The pre-requisite is a **very strong bond with one's Inner Divine**. This inner voice of the Divine is what has been explained in the above Upanishadic mantr.

The event, Heal the Soul (Bodh IV) offered by the MaitriBodh Parivaar has a special process for forgiveness to overcome deep-seated guilt's that arise due to mistakes committed knowingly or unknowingly, which might even be from previous lifetimes.

So, let's get over all our guilt, become free, fearless and experience our true selves by awakening, bonding, connecting and communicating with the Inner Divine!

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.





Turn your back on Backache!

Although very common among the masses, the frustrating and painful problem of backache has a remedy that can be easily incorporated in our daily lives says **Bhairavi Mehta**

Backache is one of the most common disorders today. It is estimated that between 50 % to 60 % of the population will suffer from backache at some stage of life.

Reasons of backache are varied such as spondylosis, spondylitis, slipped disc, sprain, strain, spasm, weak abdominal or back muscles, etc. The common reason for the above mentioned conditions is a faulty posture of an individual while performing various activities like sitting, standing, walking, sleeping or lifting weights. The other reasons could be a spinal injury, diseases of the internal organs, psychological issues, overweight, etc.

Following are the conventional methods to deal with backache:

- Reduction in pain and discomfort with the help of analgesics, muscle relaxants, fomentations
- Orthopedic supports
- Physiotherapy treatments & Psychotherapy treatments when excessive muscle spasm is due to strong emotional disturbances

Asans:

Following are the recommended asans to help treat back and spine related issues. However, these should be practised only after consulting a doctor and under the supervision of a trained yog therapist.

- Vakrasan
- Yastikasan

- Pawanmuktasan
- Tadasan
- Chakrasan (side bending while standing)
- Katichakrasan
- Triyak Bhujangasan (with legs spread and twisting)
- Ardhalabhasan (single leg)
- Setubandhasan
- Cat & Camel stretch
- Sukhasan back & front (in movement)
- Makrasan

Pranayam

- Sectional breathing
- Nadishodhan
- Ujjayi
- Brahmari

Mudras:

1) Sahaj Shankha Mudra

Formation:

Join both hands together interlocking the fingers and press the palms together apply a gentle pressure with both thumbs by laying them parallel to each other on the index finger.

Benefits:

- Spinal cord becomes straight and flexible.
- Slip disc problem is solved. Etc.
- Duration: 15 minutes morning and evening



2) Merudanda Mudra

Formation:

Right hand: Thumb middle finger and little fingers touch, ring and index finger extended

Left hand: Put the thumb joint on the nail of the index finger.

Benefits:

- Strain on the back due to working for extended period of time on computers.
- Slip disc problem. Practice this mudra daily for 30 min followed by 10 min 'Praan Mudra'

3) Praan Mudra

Formation:

The tip of little finger and ring fingers are joined with the tips of the thumbs.

Benefits:

- Helps in removing any deficiency of vitamins A, B, C, D, E & K
- Any type of cramps in muscles / veins
- Numbness in any part of the body.
- The benefits of above mudra are innumerable.

Other natural therapies useful in handling pains and aches are as follows:

- Steam bath on spine
- Hot and cold fomentation
- Epsom salt hot water pack
- Sun bath on back
- Drink hot water 50 ml. Every hour from sunrise to sunset.
- Liquid diet – soups, herbal tea, etc.
- Keep moving

A Few Guidelines:

- Asans and Pranayam should be practiced under the guidance of a trained yog teacher
- Use a hard bed for sleeping
- Do not sleep on the back with leg fully stretched. Keep them slightly bent.
- Lift weights equally in both hands by bending at the back as well as the knee while lifting.
- Do not stop or reduce medicines on your own without consulting doctors
- Keep a regular check on your vitamin D3, B12, K2, calcium level, magnesium, iron and protein intake
- Stay hydrated
- Maintain a healthy weight

Ref. Mudra and health perspectives – An Indian approach by Suman Chiplunkar, Yog Therapy for selected disease, Kaivalyadham

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



All in Good Time

With the divine orchestrating the symphony in our lives, know that even time yields to its directions, just as our author **Vaidehi** discovered in her journey

I arrived at the ShantiKshetra Premgiri Ashram in Karjat for the five day retreat - Heal the Soul (Bodh IV) one blistering afternoon with all my heavy bags in tow, wondering if I would fit in with the considerably older crowd. My experiences with the previous Bodh's had been revelatory, yet somehow I still felt like a fraud. I had unashamedly not practiced any of the dhyans, sadhanas or exercises recommended during the program. I wondered whether I had agreed to go just because of my parent's firm belief in the good that it would do to me. But there I was, surrendering my phone (and a bit of my sleep!) and willing myself to do justice to the program, to my parent's faith in me, to my Divine and to my own self. But Bodh IV again, like its prequels, surpassed all my expectations. It was extremely cathartic. The subtle magic in the air around the ashram and the stillness of the mind does wonders for your spiritual growth. Besides, what is better than listening to Dada himself and being blessed with the Divine energy transfer by Him?

One thing that stood out in almost every interaction with the participants were the incredulous looks that people gave when I mentioned my age (I am 18) and the appreciative statements that followed about how lucky I am to be introduced to Dada and to the MBP so early

in life. Barring a couple of us, the average age of the participants in the program must have been at least 35. I didn't think too much into it, but on the way back home after we had finished with our goodbyes, I spent some time reminiscing about this interaction. Who was early and who was late? What is early and late anyway? On what and whose basis are we comparing our schedules?

After coming back home, I spent some time going through my phone, answering messages and all. While on Instagram, as I mindlessly scrolled through the posts my thumb unknowingly tapped on a random account's post. The post had an anonymous quote which read, "New York is 3 hours ahead of California, but that doesn't make California slow. Obama retired at 55, while Trump is just starting at 70. People around you might seem to be ahead of you and some might seem to be behind you. But everyone is running their own race in their own time. Do not envy them and do not mock them. You are not late. You are not early. You are very much on time!"

Coincidence? With Dada around, I think not! It was all in good time.

Vaidehi Maheshwari is a budding writer who loves to explore new places and is an adventurer at heart.



Peace Begins with Me – Sanjana

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



Sanjana is a 14 year old from Baroda in India. This is the story of a very difficult time in her life when she lost her most precious companion, her dog Tara, much earlier than they had ever expected.

2018 had its ups and downs. Something unreal happened last year and for me to put it into words is almost impossible. I lost someone (Tara, my dog) who was very close to my heart and the worst part was that I never realised that until after she departed. What I regret the most though is not spending enough time with her.

I also took her for granted sometimes, and wished so many times that I had another dog. Tara was a big and powerful German Shepherd and I wanted a cuddlier dog, who I could hold in my arms, not this big one who I had to run with and who could jump on me and knock me down. What I failed to realise is that she loved me in her own way and more than anyone could ever. I wasn't ready for the responsibilities and so maybe I did not take care of her as much as I should have, but I just wish she knew that I loved her more than anything and I know it will be impossible for me to love another dog or human as much as I loved her. Even today, I cannot sleep at night because of the fear of forgetting how she felt to touch or what she looked like.

A few weeks after her passing, I found Badal!! Badal is a great, big, noisy street dog that I have now adopted and who fills my heart with joy. I made it my New Year's resolution to care for him and spend time with him and with all the other people I care for before it is too late.

Tara left me very early, when she was only 6 years old, but the greatest thing is she taught me so much before she left. She taught me how not to judge. Sure she might not have liked everybody but she never judged people because of their shortcomings, something we humans are quite prone to doing. I had wished to be more like how she was and become a better person for her. I wouldn't say I already am but I do hope I'm in the process of becoming one. Maybe not today, but one day I hope she looks down and feels proud of me.

"Everyone you come across, is here to help you grow. Everyone associated with you is here to teach you something so that you move ahead in life" - Dadashreeji



Catalysts for Transformation

A life well lived is one that leaves a positive impact. We may leave an impression of our presence in the souls of 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.



Suresh Soni

As inclusive as our society has become there are still many who are not readily accepted into our society. This may be due to prejudiced thoughts or backward thinking. While many of us have learnt to accept and welcome those who are affected by mental disorders, handicapped and different orientations, there are thousands more who are turned away. Where do such people go? To a village next to Shamaliya, 27 kms along the highway from Himmatnagar to Shamlaji, Sabarkantha district, in Gujarat. The village is known as Sahyog, spread over an area of 30 acre. Sahyog is a unique village whose population solely comprises of those who are affected by leprosy or are mentally handicapped and their care takers.

Since the many years it was established sahyog has become what it is due to the efforts of many people living together. The trust and the village was first established by Suresh Soni with a donation of 31.75 acres of land from Shri Ramubhai Patel, Sarvoday Ashram, Madhi, Vijapur. Born in 1944 in Sinor (Baroda), Suresh received a MSc. (Math) attaining a first class distinction from the University of Baroda. Born in a lower middle class family, he was a Math teacher. But it all changed in 1970 when he accidentally visited a government leprosy hospital and leprosy slums. His experiences with the people there inspired him to leave his job and serve the people at the village that he created especially for them.

People from all over the country such as Maharashtra, West Bengal, Orissa, Madhya Pradesh, etc., come here to live after they have been turned away by their own people due to

their physical or mental handicaps. Here they are taken care of, given food and shelter and educated as well. Many people who come here do not leave after being cured and make the village their permanent residence. Such is the love and affection that is given to them. The village is well equipped with a hospital, grocery store, electoral booth and even a school. Children of the affected people also live here. Suresh, his wife and 40-45 staff members take care of the many people who come to seek refuge at this village.

An estimated Rs. 20 crores are required to run this place of which it receives only Rs. 20 lakhs from the government. Even with a deficit of 92 lakhs the village is hygienically maintained with a tulsi (holy basil) plant in front of every home and well painted walls. People live here and lead their lives with the dignity that is fundamental to every human. Suresh Soni and his family continue to devote their lives to the care of these people who return their love unconditionally. Harmony and peace resides in this village of 285 leprosy afflicted persons and their family members, 22 physically handicapped persons and family members, 8 persons with other diseases / social problems, 429 mentally retarded adults and 283 children of leprosy afflicted / tribal / poor parents.

"If there is anything highest in one's life, it's the joy of serving others! It is only through service that the world shall unite. It can happen when Selfless Service is rated higher than religion, destructive selfish purposes or even the existence of God"
- Dadashreeji

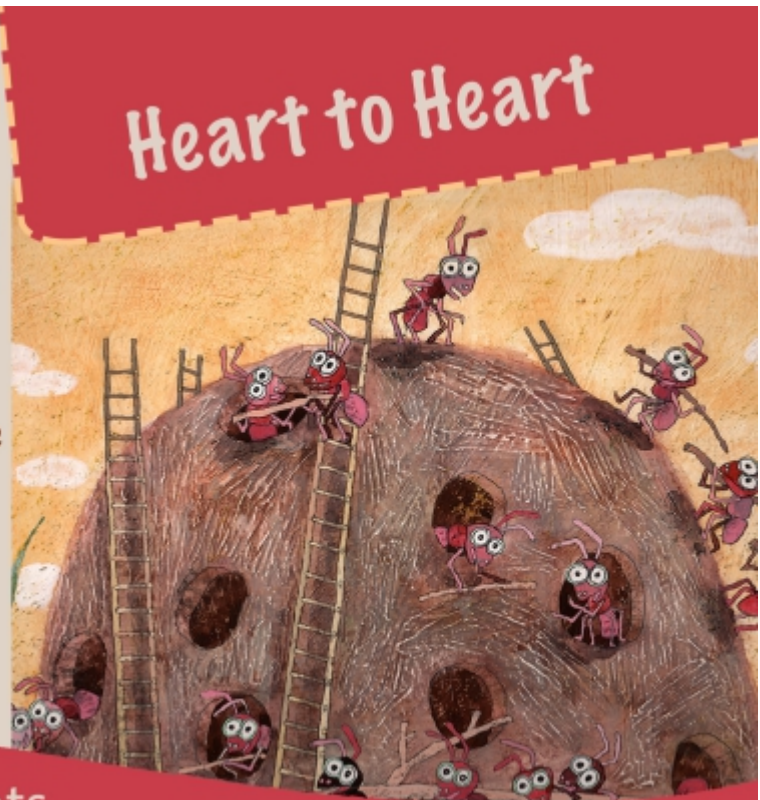


The Ants say ...

Always help a mate in need.
(Share, help and just give)

Be persistent.
(Never give up until you have
achieved your goal)

Work together not alone.
(Teamwork always wins)



Every Penny Counts



The Kaleidoscope...Of Beauty

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 beauty means to people.

The Dictionary defines beauty as 'a combination of qualities, such as shape, colour, or form that pleases the aesthetic senses, especially the sight.'

'Beauty begins the moment you decide to be yourself.' – Coco Chanel

'Beauty is not in the face, beauty is the light in the heart.' – Khalil Gibran

'Everything has beauty but not everyone sees it.' – Confucius

'Beauty is rubbish. It's a social construct.' – Swasti Singhanian

'Beauty is a reflection of your inner state - which is love, and only love' - Sanaya Kant

'Pretty is what you are, beauty is what you do with it.' – Anonymous

There is a lot of pressure to be 'beautiful' today. If asked to elaborate on the beauty of someone or something, we often talk in terms of the pleasure that our senses derived from that thing. Here beauty becomes not an intrinsic quality, but an externally validated adjective. But senses are temporary and fickle. If we were devoid of all our sensory organs, would we still consider something or someone to be beautiful?

If not, then we need to revise our definitions of beauty. We need to stop imposing our definition of beauty upon people. Because if beauty is something that is truly within you, if beauty is the nature of all human beings that it would manifest itself regardless of any considerations. Beauty need not be learned, need not be cultivated if it is something inherent.

"The confusion of the mind (misguided mind) makes you vulnerable into getting trapped in the worldly creation. All events that appear now, disappear in the very next moment. You extract meanings out of these events, based entirely on your perception of things. However, the biggest hurdle in the spiritual path is not the extraction of the meaning, but believing that perception as final" - Dadashreeji

Our contributors to the section Young Impressions:

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



Goal Setting Workshop: 10th Feb'19, Mumbai

A fun and experiential workshop aimed at gaining a better understanding of setting goals and to help propel oneself in the right direction was organized by the YGPT in Mumbai.

At the end of this program, participants were able to:

- Identify and prioritize key roles and goals that were important to them.
- Write SMART goals and draft a practical execution plan.
- Understand the role of a mentor to deal with situational and/or internal challenges that come in the way of achieving results.



*To organize such events in your college, community or to
guide the youth, please contact: +91 976 959 3971*



Medical Camp:

9th Feb'19, Jambrung (Karjat)

The Aushadh Arogy Kendr of the MaitriBodh Parivaar organised a general medical camp in association with the Hinduja hospital, Mumbai. Many villagers and school students visited and benefited from the medical camp. A slideshow on basic hygiene habits was also shown to the school children. Free medicines and food packets were distributed to all the villagers and students.



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: 7999952172	16th March	Raipur
Awakening to Self Realisation (Bodh I) For registration contact: 9987153920	24th March	Peddar Road (Mumbai)
Purification (Bodh II) For registration contact: 7999952172	20th - 21st April	Raipur

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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