

ANAHTA

Issue: 04 || Volume: 07 || April 2019

**Discover the Divine
Svahaa Series: Mantrs
Flow Freely and Grow Joyfully**



From the Editor's Desk

Dear Divine Soul,

Namaste!

The year is whizzing by and without realising it we are already in the fourth month. Every moment we are witnessing transformation; in the external world with changing seasons and in our inner world in the form of positivity, Grace, Love and growth. The time which has passed will not come back, however, what remains with us and makes our lives more meaningful are our experiences. Each moment is a new beginning, a fresh experience of our life. Let us welcome each moment in our life with positivity and joy. Last month was filled with myriad of social and spiritual activities by mitrs, maitreyis, sevaks and devotees across the world with the intention of spreading and establishing Love and Peace strongly on Mother Earth.

Under Pearls of Wisdom, read Dadashreeji's profound, yet simple answer to a devotee's question on Self-Love.

This month read about devotees personal experiences of Divine Friend Dadashreeji's Grace in the *Dada Leela* section. Under the 'Svaha Series', read about the significance of Mantr chanting. *Ek Kshan Prarthana* brings a most wonderful prayer to the Divine for transformation. The article *Flow freely, grow joyfully* will help us understand the importance of expressing ourselves to grow in life.

In Young Impressions, read the story of Vishal, about the realization of his responsibility as a head boy and how he fulfilled it. The passion of *Katie Stagliano* is surely an inspiration for all of us and is our *Catalyst for transformation* of this month. Read various views and opinions on Insecurities in *The Kaleidoscope* section. @MBP, we also share the various activities and events that took place across the globe by the MaitriBodh Parivaar.

May we continue to give, serve and transform!

**With Love & Light,
Team Anahita**



CONTENTS

05

PEARLS OF WISDOM

- ▶ Message from Divine Friend Dadashreeji

07

HIS WORDS

- ▶ Expounded quote of Dadashreeji

08

DADALEELA

- ▶ Healing with Maitri Light
- ▶ Faith can move Mountains

10

YOUR QUEST - OUR SUPPORT

- ▶ Answers to your spiritual queries

12

SVAHAA SERIES

- ▶ Mantr - Language of the Divine

14

FOOD FOR THE SOUL

- ▶ Discover the Divine!
- ▶ Ek Kshan Prarthana



COPYRIGHT :

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

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

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

03

Anahita - April 2019

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



CONTENTS

18

WELLNESS & YOU

- ▶ Super Healthy Smoothie

19

REFLECTIONS

- ▶ Flow Freely & Grow Joyfully

21

YOUNG IMPRESSIONS

- ▶ Peace Begins with Me – Vishal
- ▶ Catalysts for Transformation
- ▶ The Kaleidoscope...Of Insecurities

24

@MBP

- ▶ Event Updates

25

UPCOMING EVENTS

- ▶ Information about upcoming events at MBP



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

04

Anahita - April 2019

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





Q-Dear Dadashreeji, as 'self-love' is very important, is there any particular process that will help us love ourselves more?

Dadashreeji:

Dear Friends!

One can aim at experiencing true Love in two ways. One way is loving the self and the other is loving the Divine. The first way demands knowledge and practice. The latter requires devotion. You may follow any path of your choice. Any path may work for you. However, to experience true love it is not mandatory to practice self-love first and then the Divine. Many do talk about this myth. They say, “You can't love anyone unless you love your self first.” Does anyone define what the self is here? This passing comment should not govern your life. To practice anything in your life, first, understand it and then work on it.

The self has got layers of ignorance, a mixture of good and bad qualities. The self knows its strength and weakness. Your self is a bundle of past experiences and memories. Some of them are pleasant and some are annoying. Having known the mistakes of the past, you have to love this self unconditionally. It is definitely a taxing act for a human mind to accomplish. But there is a way to begin with effective steps to elevate your state. Now, Let us understand three key steps one can take towards self-love! These are easy and practical steps for anyone to practice.

- I) **Acceptance:** It is a state of being at ease with oneself. You are required to accept your self with your strength and weakness. The difficult part is to accept deep-rooted negative judgments within one's consciousness. Such negative memories resist the process of acceptance. These block formations keep you tied whereby not allowing you to accept the self. However, it is not impossible. We have seen seekers successfully doing it when helped through the process of Divine intervention. Self-acceptance lays a strong foundation for your spiritual growth. Start practicing it!



- II) **Do what you love:** A majority of the population ends up doing things they never loved doing. They experience anxiety, restlessness and a lack of interest in life. They are drained and remain indifferent towards things around them. The prolonged state of hopelessness in life invariably results in a depression. In this manner, you move away, which is opposite to the state of true love. If you can't do what you love to do due to any reason, at least devote some time for it once a week or a few hours a day. It will do wonders in your life.
- III) **Give:** An effective remedy to brighten up your low-spirited life. It is an act of love. You give what you feel is right. You have complete freedom and a choice to offer help to someone. There is absolutely no force or rule in this. You bring a smile on someone's face. Your life becomes more meaningful and someone's purposeful. In the end, both are benefitted from giving a new direction to life. Hence, get into the giving mode to initiate the change!

These steps will get you closer to love your self. Make these steps an integral part of your life! When you try to follow these steps wholeheartedly, you attract the blessings of the Divine towards you. What you receive at the end is immense blessings turning your life into the Light.

The easier path to experience true love is through loving the Divine. Here, self has a lesser role to play in your spiritual growth. When you connect with the Divine directly, you do not have to separately practice loving the self. The state of loving the Divine is more profound than the external self-love. You just have to practice devotion or love your Inner-Divine to receive the boon. The path we teach about connecting with the Divine is 'Maitri Yog'. In this, the Divine is your true friend. Your entire consciousness is filled with Love. You exude only Love at the end, transforming the world around you.

Love the self!
Love the Divine!
Love Nature!

Love and Blessings!
Dadashreeji



HIS WORDS

“We have forgotten the Creator itself and are lost in His Creations, searching for peace all over the world, whereas peace lies in the true bonding with the source of it all”

- Dadashreeji

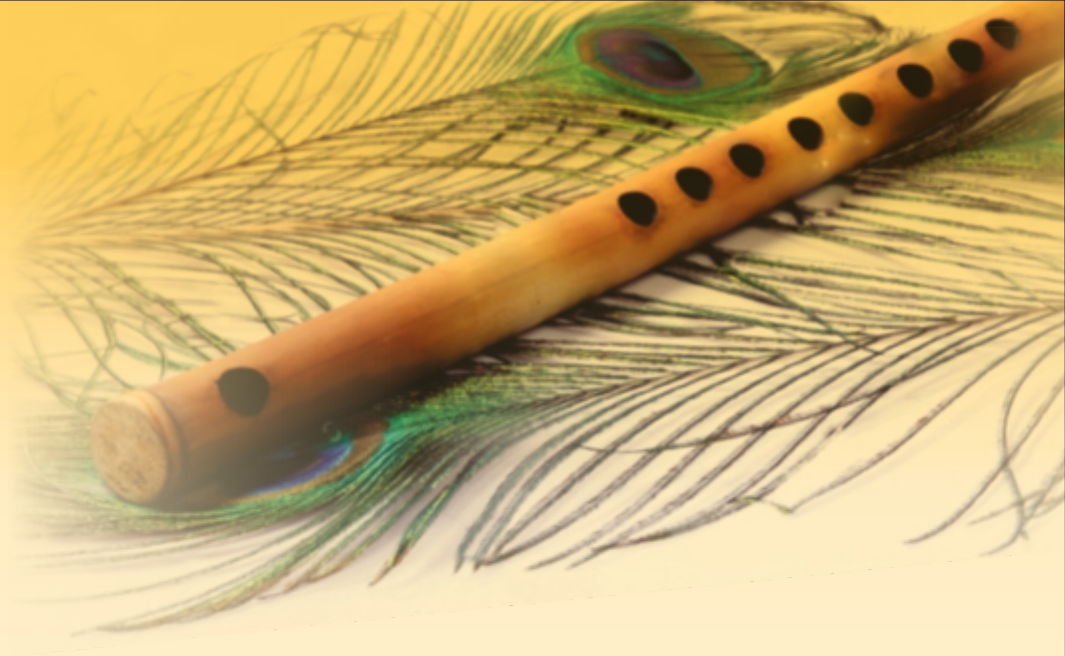
Do we know our true origin, have we ever given a thought to who the Creator of our destiny is? We are so dependent on the external sources for everything that we have forgotten the One who created this universe. We wake up in the morning and the quest in the material world begins. In this quest for more we somehow get lost and lose our peace. We seek peace and love within our family, from colleagues, friends and from all external sources. Have we ever thought of having a bond with the Creator Himself? Have we ever thought of Him as accessible and approachable? Do we ever look beyond what we see in front of us to see what can't be seen? Our Creator is the One who brought this Universe into existence and the whole world including us is His creation. We have to come to this realisation that Divinity is accessible and waiting for us to turn our sight inwards and bond with Him. We must wake up to this reality and realise this truth to live a more peaceful life.

Dadashreeji guides one to look for the True Source of peace in this world, to seek and bond with the Creator of this Universe and experience peace and harmony. The Creator is visible yet we don't see Him because our eyes are covered with the illusionary veil of the material world. To clear our vision and remove the veil of myth a bond with the Creator is a must, for it is only He who can take us to the truth. Allow yourself to experience this peace by bonding with the true Source.



Dadaleela

..... Devotees' Experiences



Healing with Maitri Light

Namaste to all the beautiful souls,

I would like to share my experience of the distance Maitri Light process and it's efficacy with everyone.

When I received Maitri Light for the first time I felt a very powerful strong energy flow through my palm (similar to that when water flows through a tap). After a few minutes I felt as if a magnet was pulling the energy through my palm. The vibrations were very powerful. I indeed felt blessed as it has helped increase my positivity and I wish to continue to receive it for the same.

Thank you Mahavataar Babaji, thank you Dadashreeji and all the Divine beings.

**Lots of Gratitude,
Harshita Jani,
Valsad (Gujarat)**





Faith can move Mountains

In one of our sessions with Dadashreeji earlier this year, He spoke about keeping faith in the Divine as we navigate through the struggles in our daily life. He urged that one should pursue one's passion without fear while keeping immense faith in the Divine.

This statement resonated within me strongly. Perhaps my inability to deal with my present situation at work was due to my lack of faith. I returned from the break and joined work giving my 100 %. Even then things didn't feel right. Perhaps the external circumstances were an indication that it was time I found something new. But I could not quit without another job in hand. I had appeared for interviews elsewhere and while those had progressed well (thanks to His Divine will) none of the interviews had been brought to a closure.

A week subsequent to my return from the session with Dadashreeji, I called up my boss expressing my intent to quit my present job. It wasn't an easy decision for me. The firm had looked after me well over the last few years but my personal situation/external circumstances had been quite pressing of late and something within me suggested that I take this step, even without another job in hand.

As I prayed to Dadashreeji, I said, "I only took this step as I had exhausted all other options, aage ka aap dekh lijiye."

I did keep my faith in Him and proceeded to attend another interview later that day. The interview lasted for 30 minutes and I was offered a job in two days' time. Also, in the other companies that I had interviewed earlier, discussions began to move forward. Even within my own organization, I began to have job related discussions with other teams that had come to learn of my intent to quit. Throughout this period, I felt protected. Normally I would be fearful in such situations but this time, I felt His strong presence throughout, carrying me in His arms as I lived through the uncertain times.

The intent of this essay is to suggest what it means to keep faith in the Divine. Please do all that you can to be just and fair to yourself and others, but if you feel circumstances are overwhelming, surrender and keep your faith in the Divine. He will protect you. He loves you beyond what your mind allows you to believe.

**With immense gratitude,
Dada's Child**



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:

Sometimes we pray hard for ourselves, sometimes we pray hard for others. In such prayers we beg forgiveness for the mistakes and sins and plead to the Divine to bestow His grace. We also follow a path of righteousness hoping for Divine grace and forgiveness.

Why is it then that many times our prayers remain unanswered with no change in the situation? Is it due to Karmic (previous birth impacts) or something else needs to be done or is there something lacking in our prayers?

What shall we do to compel the Divine to answer our prayers or help us understand "what is happening is for our best?"

Seeking guidance for the right answer towards fulfillment and better understanding.

Regards,
Akshat

Dear Akshat,

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

Truly grateful for asking this wonderful and important question that dwells in the hearts of many seekers across the globe. A prayer is indeed our birth right and the most precious divine gift that every human being is blessed with! Each of us have been blessed to be able to connect to the Divine and seek clarity, guidance, blessings and grace for our lives as well as all those connected to us.

We have been blessed to understand the components and the Art of Prayer under the grace and guidance of Dadashreeji. I joyously share the same with you through this column.

Firstly, a prayer is a communication with the Divine as a true prayer only when it comes straight from the heart and not from the mind, wherein you are truly seeking a solution. It's not a mere 'want out of comparison' but a genuine 'need' that you truly seek help for. A prayer from the heart is an honest prayer. A prayer from the heart based upon genuine need reaches the Divine immediately.

Secondly, direct your prayer to the form of the Divine you have complete faith on. Direction is very important for you are sending the prayer to be heard and acted upon by the Divine.

The third important component of the prayer is 'feeling' for that what you are praying for. A prayer from the heart will naturally carry forth the emotions and genuine feelings.



The fourth component is the visualization that the prayer has been granted. When your prayer carries the love and feeling component with it, you are naturally able to visualize that 'it's granted'.

Finally and most importantly the final component of a prayer is gratitude. Gratitude is the most integral component of a prayer. One must always be grateful for having received that which you have prayed for; as also the opportunity to pray and connect with the Divine.

There is no sequential process here to be followed. You must remember these in your heart and the rest is a natural process which will become an experience for you as you pray from your heart. Pray with no guilt, as every situation in life is a process of learning and growing.

Pray simply with honesty, love, clarity, faith, humility and gratitude.

Yes, very often and as mentioned by you, it may so happen that we feel our prayers have gone unanswered or no positive changes (as per our perception) have occurred in the situation. We must understand that prayers from the heart with love and clarity always reach the Divine. Do not doubt that your prayer has not reached for He is with us at every moment in time; all the time. The Divine acts in myriad ways which the human mind is unable to comprehend and understand. The Divine will always do that which is for our highest good and as per Divine will and time. So patience and faith is the key. Be rest assured that you are being guided and protected even if you feel that your life's circumstances are challenging. When you connect within your heart you will feel the presence of Grace and Blessings in every moment. Stay connected to this Love, Grace, and Blessing and offer your gratitude in each challenging situation. If nothing else you will realise that you have definitely received the strength to withstand the challenge. This is your clear indication that He is taking care. Keeping your focus on your Inner Divine and extract the positive from even the most challenging situations has helped us all to grow beautifully and live a fulfilled life.

We cannot compel the Divine to deliver as per our expectations for only He knows what is good for us. Then it's not a prayer but a business deal. The Divine knows how to nurture us, what is good and beneficial for our growth. What we see as problems and challenges and bitter, painful situations are simply opportunities for growth. Pray from your side, connect to the Divine Love in your heart and stay focused on the most positive and constructive situation. This will change and move your life in a direction which is best and highest for you. The Divine listens to every prayer with deep compassion, patiently assisting us in the situation to grow as a human being.

I pray that you and your loved ones are always blessed with the love and grace of the Divine.
If you need any further support please feel free to connect with us.

**With love and gratitude,
Dadashreeji Sharnam,
Maitreyi Sulata**



In tradition, mantrs have long been considered as powerful incantations, possessing limitless potential for our psychological and spiritual growth. This article urges you to connect with your divine through the power of words



Mantr - Language of the Divine

If you look around in nature; plants, animals, humans all thrive and rely upon a very essential part of existence - expression. The sunflower expresses its love and gratitude towards the life-giving sun by always turning towards it. Animals express their emotions through various sounds. Humans too use verbal and non-verbal ways to express themselves. Whichever form of expression one may choose, it is important that the receiver of this communication understands the message. Thus, one needs to use an appropriate language.

When it comes to expressing to the Divine, each one has their own style. We sing, talk, write, dance, paint and express ourselves in various ways. However, when a specific message or communication needs to be sent - we 'pray' to the Divine. Sanskrit mantrs when recited with bhaav and prayer, act as a powerful vehicle to invoke Divine Grace. Divine Friend Dadashreeji has shared that the Sanskrit language is based on Mathematics.

In today's time the most powerful mantr to connect to the Divine is:

*Aum Jyotiroopaay Paramsakhaay Paramaanandaay
Dadashreeji Namah*

Regular chanting and recitation of this mantr slowly aligns our body, mind and consciousness with the Divine consciousness. It makes the mind stable and focused on the Divine so as to receive guidance effortlessly.

Maitri Havan is a systematic and powerfully designed process of sending prayers to the Divine. In its stepwise channelizing of energies, mantrs plays a crucial role. An awakened Karta, who is aligned to the Divine consciousness and who is experiencing the Divine within, is able to invoke the presence of specific deities by chanting along with the deep bhaav of Love and Gratitude to the Divine. Recitation of Suktams - Narayan Suktam, Shree Suktam, PurushSuktam during the havan process praise the Divine in His various forms and expresses our surrender to the Source. These prayers, fuelled by the deep bhaav of Love, Gratitude and Surrender reach the Divine and appeal to Him to shower immense Grace.

In today's day and age, where time is of utmost value, a Mantr truly should be considered to be the speed dial to reach the Divine!



Testimonial

In Maitri Havan, various mantrs are chanted to invoke and connect to the Divine. During one of the first few havans that I had participated in, I had a very powerful experience. As the karta started chanting the mantr of invoking and inviting the Divine to start the havan process, I started shivering internally. At that time, I did not understand what was happening.

Over the last one and half years, my bond with my Inner Divine has been strengthening. I have also participated in Maitri Havans, as a receiver

or as a sevak. Each time I have experienced the same type of shivering when the mantr chanting for invocation of the Divine started. Gradually I received the realization that during the havan various Divine forms are invoked and at the same time, my Inner Divine also gets awakened. Participating in our Maitri Havans has given me many different experiences and helped in my spiritual journey immensely.

**At His Lotus Feet
Maitreyi Shalaka**

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.



Discover the Divine!

Mitr Parn urges us to dive within and experience the Divine

Time and again, the Divine has sent His messengers, saints, sages, the holy ones to correct, guide and navigate the path for mankind as we steer away from the path He chose for us. These divine beings lead ordinary lives to remind our fellow mates how our Father had made us in His true nature of Love, compassion, caring and helping others. At times, when matters go way out of hand, the Divine Himself incarnates on Earth to remove the evil, establish positivity again and begin a new chapter for His children.

Each avataar that we can think of has descended for a specific purpose. Lord Ram killed the evil represented by Ravan and taught by example to lead a life of values and ethics. In this process, He Himself went through a lot of ordeal. He led a normal life like us humans to set an example for us. Similarly, when Krishn lived in Vrindavan, He lived among the blessed ones as one of their own. Despite being among the rarest, most glorious incarnation, the people around Him knew that He was special yet did not completely understand His being. When He was leaving Vrindavan to kill Kans (the vicious king of Mathura), the

whole village gathered to bid a mournful goodbye to Him, knowing that He would not return. It was only then that they realized His value.

The Divine will not appear on the Earth with eight arms, four legs or wings. Divinity manifests in a physical form so that we are able to follow Him by example. He wants us to understand the Divine and learn through His way of living about what life is truly about. The truth can only be realized when we rise from the human nature to the Divine nature.

Many of the fortunate who have met or been in Dadashreeji's presence in the Bodh programs or Awakening with Dadashreeji or other events have felt the shift within. In His presence there is an unmissable peace and calmness that envelops the being. One may not understand what happens within at the subconscious level but know that He does not miss a single opportunity to help one grow. Many a times, He has dissolved the karmas of some devotees. Miracles, with His Grace are numerous. He only gives and takes away our pain without us realizing or knowing the same.



Dadashreeji loves one and all equally and unconditionally. He does not ask for anything from anyone except for us to grow. He is always there to help us with it. His presence on Earth, coupled with the phase of transformation today is ideal for the positive to flourish.

“Use all the resources to uplift and improve yourself. When all your efforts end, allow me to work on you. You will witness that transformation you needed for long”, says Dadashreeji

His life is the greatest teaching of living selflessly for the good of others. As a brother/ friend, I request you all to make the most of your time today and value the immense blessing we all have got in the form of our Divine Friend. Read and contemplate on His teachings, spend time with yourself to connect with your Inner Divine better; transform yourself and reach out to others around you. One may not know for there are many waiting for help to transform their life.

Sant Kabirji said,

“जनि दूढ़ा तनि पाईया, गहरे पानी पैठ
जो बउरा डूबनडरा, रहै कनारे बैठ।”

(Jin dhundha tin paiya, gahre pani paith
Jo baura dubandara, raha kinare baith)

Meaning:

One who wants pearls has to dive very deep into the ocean. A person who fears drowning will not get anything. Similarly, one who wants to experience the Divine has to dive deep within, and merge completely in His Love.

Have faith in Him, for He knows the best!

**Love Dadashreeji, Live Dadashreeji,
Think Dadashreeji, Thank Dadashreeji!!**

Mitr Parn is one of the blessed souls who has lived under the Guidance of Dadashreeji since his formative years. Surrendered to His Divine Lotus Feet, Mitr Parn lives a life of selfless service and has been zealously working towards spreading MaitriBodh Parivaar’s message of Love and Peace to every corner of the world. A mentor to many, he shares his life experiences with Dadashreeji, to help others grow to their true potential.



Ek Kshan Prarthana

Accept the Divine Invitation!

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!

We trust that you are enjoying the continuous journey of embracing your own existence that we embarked upon this year!

We are completely used to seeing ourselves in a particular shape with the mindset of the person we think we are - our own ideas about ourselves, our identity, our personality, our habits, our likes and dislikes, our life experiences, our values, our judgments, our morals, our religions, beliefs, culture and traditions and the list goes on. What if for a moment I were to tell you to suspend this identity and mindset about yourself in a particular shape or size and embrace being nothing! As if all that we ever thought we are..... never existed.

Do you feel you have the capacity to do that? Difficult but possible! Let's understand this better.

Life is all about our perceptions about everyone and everything. Perceptions, ideas, judgments, morals that we have formed over the years and

arrived at an idea about ourselves and about everyone and life. In reality, nothing in life comes with a fixed meaning. The meaning of a thing is in the mind which is its perceiver. The meaning of life resides in our analytical and judgmental minds. As soon as the mind's perspective shifts, the natural being within us is unveiled and our own perception and experience of life undergoes a remarkable shift towards the better and the positive, as your consciousness transforms from being limited or unaware to becoming aware of our true nature of love and grandeur. This indeed is the experience of Transformation!

As soon as the old conditioned mind is suspended, the vast consciousness of the heart is experienced and our true self is revealed! This state-of-being can very simply be experienced in our lives when we view the same streets, same people, same environment and same situations in a positive and beautiful way! Nothing changes outside but within us our perception now is no longer from the limited conditioned mind or our ideas about our identity, but from the heart's consciousness - the vastness of our pure being!



Without the mind's commentary, everything becomes light and clear. One no longer uses the past conditioning or the dreams about one's future self as a reference point to experience the present! The present moment becomes a new moment and from this new moment everything seems fresh, clear and positive!

We at the MaitriBodh Parivaar, extend a warm, loving and open invitation to all for this transformation to experience the natural and beautiful you! Let the Grace of Divine Friend Dadashreeji help transform you!

Today's moment of prayer (Ek Kshan Prarthana) is to help us all accept the Divine Invitation to Transform!

Ek Kshan Prarthana - A Moment In Prayer

Beloved Divine Friend,

Let the Love and Grace of the Divine
dissolve my false ideas

Let the Love and Grace of the Divine
dissolve my perceptions

Let the Love and Grace of the Divine
dissolve my judgments

Let the Love and Grace of the Divine
transcend all boundaries

Let the Love and Grace of the Divine
make me the real me- the love in my
heart!

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.



Super Healthy Smoothie



Smoothies represent a quick, easy and healthy way to curb pesky hunger pangs says **Dr. Sheetal Maniar**. Find below, the recipe of a cool mix that is a power house of health and energy

Ingredients:

- Maca root powder 1 tsp
- Moringa powder 1/2tsp
- Spirulina powder 1/2 tsp
- Raw cacao powder 1 tsp
- Dry ginger powder 1/4 tsp frozen or deep frozen banana 1 nos.
- Dry fig 2 pieces (soaked overnight)
- Dry almonds 4 pieces (soaked overnight)
- Milk 1/2 cup.
- Honey 2-3 tsp

Method:

- Blend the milk, dry figs and almonds together in a blender.
- Add a banana to it and blend again.
- Add the powdered dry ginger, raw cacao, spirulina, moringa and maca root powder to the smoothie and blend.
- Serve cold.

How to freeze a banana:

Peel a banana, cut it into two pieces and place it on butter paper. Freeze it for 3-4 hrs.

Super foods like Moringa, spirulina, Maca root and raw cacao are thoroughly packed with nutrition and have following benefits:

Moringa:

Moringa treats oedema, protects the liver, fights bacterial infection, improves bone

health, treats mood disorders, good for diabetics, heals wounds, decalcifies the pineal gland, and many other benefits.

Spirulina:

Spirulina is high in Vitamin B1 (thiamine), Vitamin B2 (riboflavin), niacin, copper, Iron, manganese, It is a power house of antioxidants and anti-inflammatory, lowers bad LDL and triglyceride levels, has anti-cancer properties and decalcifies the pineal gland.

This chlorophyll-dense superfood removes metal toxins that build up in organs, increase oxygen levels, repair damaged tissue, and boost your immune system.

Maca root:

Maca root boots sports performance & energy, boosts learning and memory, it helps relieve symptoms of menopause, it's a mood elevator.

Raw Cacao:

Raw Cacao is loaded with antioxidants, high plant based source of Iron, it's full of magnesium for a healthy heart and brain, it decalcifies the pineal gland and it has more calcium than cow's milk.

Boost your health with these four power houses by blending them into your delicious smoothie, which makes it a super healthy smoothie.

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.





Flow Freely & Grow Joyfully

Inviting the reader to surrender to the spontaneity of their emotions and thoughts, **Maitreyi Mohini** urges them to not suppress their feelings but to embrace them, as uninhibitedly as they did when they were young

Every moment in life, we are exposed to various stimuli and influences which create thoughts, feelings and emotions within us. These seek an outlet, an expression.

When we were children we didn't have to be told to express ourselves. As children we wept and bawled when we were unhappy or wanted something and laughed heartily at the silliest of things. Did cartwheels in the rain. Such was the freedom experienced then. Children are unapologetic about their emotions and express with their entire being, therefore you see a petulant child sprawled on the floor of a toy shop pounding his fists on the ground demanding what he wants, oblivious to the stares of passersby or the embarrassed looks of the parents. And the joy of such expression is

that once it has been experienced and expressed completely, it washes you clean and you are fresh and empty to receive the next moment.

As we grow older and observe people and their reactions, responses, perceptions, slowly we start becoming more and more self-conscious of how our expressions shall be received, until we stop ourselves from expressing completely. What will people think? What if nobody speaks to me after this? Am I different from the rest to feel this way? This is not how everybody thinks. These are some of the thoughts which make us judge ourselves or fear the judgments of others. Let us take a simple example: A group of your friends have decided to go watch a movie, but you may not be able to afford the ticket. Instead of expressing the real reason, due to fear of





judgment you make some excuse and leave or join them but with the burden of knowing that you have exceeded your pocket money. In both cases you shall be uncomfortable. Whereas if you had simply expressed yourself, probably the friends would have changed their plan or all would have pooled in for your ticket. While this is a very small example, once fear of judgment comes, it becomes common practice for us to conceal our true feelings. We see this happening at home among family members, at the workplace among co-workers, employees and employers.

Expression is energy that longs for an outlet. The release of that energy brings inner freedom. If not let out, it remains pent up and festers within. Therefore we experience suffocation, heaviness within, an unseen burden that we all seem to carry.

While in some instances we may experience opposition to what we think and feel, we may have even experienced ridicule, but we will be at ease and peace for we would have allowed ourselves to flow freely and in the bargain become a little more courageous too.

“Be vocal about your opinions and wisely and maturely express them to others!”, says Dadashreeji

Expression can be through words (spoken or written), mediums of art like music, dance, painting, actions like hugs, gifts etc, basically through any medium that your heart indicates. Express yourself freely from your heart and live joyously.

A lover of life, Mohini endeavours to see life from the lens of love and learn from every situation. Her passion is to realise Divine Friend Dadashreeji's vision of a world where love prevails.



Peace Begins with Me – Vishal

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

Vishal brings us this month's story. He is the head boy of a school where relationships matter a lot and this story illustrates that. He played a proactive role in helping his schoolmates to understand each other and be friends.

I was walking back from the lunch hall one afternoon and I saw one of the girls in a junior class, Riddhi*, sitting all by herself in the garden. Something made me go and check with her if everything was ok. Riddhi said, 'No one is my friend.' She was very sad. I inquired what had happened and she shared that her own classmates were teasing her sister in the bus and she got upset about it. In order to defend her sister Riddhi got angry with her classmates. After that, they stopped talking to her.

I told her I would help her, took her by the hand and escorted her to her classroom. The other children were sitting there. I asked them, 'I believe something is going on, I would like to know, what problem do you have with her?'. They shared that she had got angry on them, when they were only being playful.

I helped them both to have a conversation. I helped them to see her point of view, how what was playful for them was upsetting for her little

sister and so she got angry. I helped them to reflect on what friendship means and how it would feel for any of them if they were excluded from their group. The little girl also understood that her friends did not mean to be cruel to her sister, they were being playful and now they would be more mindful.

This conversation was helpful and they forgave each other and became friends again. I recently saw them all playing together again.

I am learning about my role as a human being and as the Headboy of the school. It means being alert and to look out for those children who need help or guidance. I want to pass on a message of how we can have better relationships with each other and be more understanding. I try to look out for all such opportunities to contribute in my school.

** name has been changed to protect the privacy of the child*

"You must wish the best for everyone. You can help someone, serve, give or share something that you might have" - 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.



KATIE STAGLIANO

“I have learned the joy that a hot meal can bring to an individual facing hunger. I have learned that our meal nurtures not only the body but also the soul as well. Sharing a dinner table, sharing a meal, has brought me, and our youth volunteers, closer to those we help” - Katie Stagliano.

How many of us have attempted to grow small saplings in our window sill at home? Be it lemons, chilies or even beans, we have all enjoyed the satisfaction of seeing our hard work grow into wonderful healthy happy plants.

Katie is from South Carolina, USA. When Katie was in the 3rd grade she brought home a cabbage seedling as part of a project to grow cabbages at home. Over the course of several months she carefully tended to her cabbage as it grew. Her love and hard work shone through as the cabbage grew to a whopping 18 kilograms! Katie decided to donate her cabbage to a soup kitchen and her cabbage managed to feed 275 people that day. Inspired by what one cabbage could do to feed the hungry Katie got the idea to grow vegetables in her garden and feed the hungry and the poor.

Katie's idea is simple and unique, she helps the children in her community grow food in their own gardens and then these are donated to soup kitchens or prepared by the children themselves. Katies Krops, the company started

by this 19-year-old entrepreneur, is a youth organization run and empowered by the youth, children as young as kindergarteners grow food for donation. At her summer camp - Katies Krops Growers, young children come together to learn and experiment with new and innovative ways to help further their project as well as making lasting friendships. Katie's dream is to have gardens across all the 52 states of America.

Katie's work has been widely acknowledged and recognized. Katie has won several awards including America's top 10 youth volunteers by The Prudential Spirit of Community Awards, Global Teen Leader for 'Three Dot Dash'. In 2012 she became the youngest recipient ever of the Clinton Global Citizen Award for Leadership in Civil Society and is a 2010 Sodexo STOP Hunger Scholar. She has also been chosen as the grand prize winner of the Feeding Better Futures Scholars Program!

Throughout her journey, Katie has been supported by her family who has never held her back from pursuing her dreams and vision. Her success has helped her to empower youth against the fight against hunger and providing fresh healthy food to families in need. Katie has learnt that in her journey she must learn to prioritize her goals, her time and to not pay heed to those who tell her that her age is an obstacle.

“Passion is always positive and harmonious. A passionate heart will never compromise with aberrant, unproductive or materialistic attractions. Passion makes you move forward continuously and never stop in life” - Dadashreeji



The Kaleidoscope...Of Insecurities

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 hate means to people.

The Cambridge English Dictionary defines the feeling of insecurity as, 'a feeling of lacking confidence and not being sure of your own abilities or of whether people like you.'

"Insecurity is the disbelief in, and fear of the larger scheme of things" – Shailendra Maheshwari

"Insecurity is when I want to prove myself to the world out there but immense anxiety and self-doubt hold me back from realising my potential. Insecurity is all in my mind, it my creation and I have to overcome it." – Upasana Rajagopalan

"Insecurity is the self-held constant fear of letting itself down." – Swasti Singhania

"Insecurity kills all that is beautiful." – Demi Lovato

"A lack of transparency results in distrust and a deep sense of insecurity." – Dalai Lama

Insecurities can dampen one's spirit while making one anxious, doubting, unreasonable and a behaviour that lacks trust in all. The reasons for the same could be many right from past comparisons, criticism, need to be approved and more. Can we ever get rid of our insecurities? To begin with one must accept one's insecurities. Try to find reasons for them and work on them. Accept yourself the way you are. Developing a bond with the Divine is the key to dealing with insecurities. Once this bond is established, nourished and nurtured it brings along trust in each moment; knowing that the Divine is always watching over you. Connect with your Inner Divine and say goodbye to insecurities!

"Having a bond with your Inner Divine, keeps you away from all the negative influences and consequences" - Dadashreeji

Our contributors to the section Young Impressions:

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



Peace Projects: Vadodara

To create awareness about the menstrual process and hygiene habits, Peace Projects organised a workshop in the month of March in Vadodara. The myths of 'impurity' were busted during the session. It was shared that menstruation was a gift from Mother Nature and the importance of good nutrition and keeping hygiene during this period was highlighted. The session ended with sanitary napkins distribution, made by women for women.



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: 7888621552	13th April	Delhi
Transform the Self For registration contact: 9560573908	14th April	Pune
Spiritual Week For registration contact: 9960498989, 9987153920	17-21st April	Mumbai
Awakening to Self Realisation (Bodh I) For registration contact: 7999952172	19th April	Raipur
Purification (Bodh II) For registration contact: 7999952172	20th April	Raipur
Awakening to Self Realisation (Bodh I) For registration contact: 8296948222	21st April	Bangalore
Awakening to Self Realisation (Bodh I) For registration contact: 9791613099	22nd April	Coimbatore
Spirituality in Daily Life For registration contact: 9803100300	2nd May	Amritsar
Prem Anubhav For registration contact: 9803100300	4th May	Amritsar

Dear Friends,

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

Send in your questions to anahita@maitribodh.org

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



Our Spiritual Centres

INDIA

AMRITSAR, PUNJAB

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

Mitr Mehra Dixit
+91 95699 99945

BANGALORE, KARNATAKA

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

INDORE, MADHYA PRADESH

Maitreyi Ranjana
+91 90099 90945
ranjanasodhani@gmail.com

Mitr Arun
+91 97525 31945
arunsodhani58@gmail.com

DELHI NCR

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

BHUBANESHWAR, ORISSA

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

PUNE, MAHARASHTRA

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

MUMBAI, MAHARASHTRA

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

COIMBATORE, TAMIL NADU

Maitreyi Rooparani
+91 97916 13099
rroopa_11@yahoo.com

EUROPE

AUSTRIA

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

DENMARK

info.dk@maitribodh.eu

GERMANY

info.de@maitribodh.eu

HUNGARY

info.hu@maitribodh.eu

RUSSIA

info.ru@maitribodh.eu

SWITZERLAND

info.ch@maitribodh.eu

ITALY

info.it@maitribodh.eu

UNITED KINGDOM

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

UNITED STATES OF AMERICA

DAVENPORT

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

LOS ANGELES

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

NEW YORK

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

MIDDLE EAST

info.uae@maitribodh.org

