

# ANAHITA

Issue: 05 || Volume: 07 || May 2019

## **Obstacles and Aids to Inner Growth**

**Death - The Graduation Ceremony**

**The Magical Compass**



# From the Editor's Desk

**Dear Divine Soul,**

*"You have to grow from the inside out. None can teach you, none can make you spiritual. There is no other teacher but your own soul", said Swami Vivekananda.*

No matter how much we may read or learn, the knowledge of the Self would come only by diving inwards. It is only when we connect with ourselves shall we become aware, connect and experience the bond with the Divine. This connection would bring about the realization of our bond and oneness with the Divine. Once we have anchored ourselves in Divine consciousness all the insecurities, fears and uncertainties will vanish. Each day will be a journey towards self-realization. We all are children of the Divine, part of the same Source. Let us adopt constructive means to help each other and rise above the pettiness with true spiritual understanding. May we be the ideal citizens of this world and spread love, peace and harmony!

*In this month's issue do not miss Divine Friend Dadashreeji's enlightening answer to a query by a seeker on the significance of the seven chakras in the human body.*

In the section *Dadaleela*, read a profound experience of *Grace* as shared by one of our devotees. Under the '*Svaha Series*' we share yet another experience of a devotee about a havan. The section *Food for the Soul*, brings you *Ek Kshan Prarthana* – a prayer to the Divine to honour the precious gift of motherhood. The article '*Obstacles and Aids to Inner Growth*' guides a seeker on how to deal with the hindrances encountered in one's spiritual journey and the way out. The Wellness section brings you the article on '*Obesity*' that succinctly puts forth the different asans to adopt for a healthier lifestyle. The section *Reflections*, brings you the article '*The Magical Compass*' that urges the reader to harness and channelize the energies to fulfill the purpose of one's life.

*Read guidance to a seeker's question about one's action or intention at the moment of the approaching death of a near one under the section 'Your Quest Our Support'.*

*Under Young Impressions, 'Peace Begins With Me' presents real life stories of children and young adults, who were understanding, empathic and compassionate towards others, under the most compelling and challenging of circumstances. 'Catalysts for Transformation' features inspiring and motivating acts by personalities that have made a difference in the world. Under @MBP read about the experiences of devotees during various events that were organized in the past month.*

Happy Reading!

**With Lots of Love,  
Team Anahita**



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Please do e-mail us your suggestions and comments on the articles at [anahita@maitribodh.org](mailto:anahita@maitribodh.org)

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**Question:**

**Dear Dadashreeji, what are the seven chakras in the human body? Do they play any significant role in our spiritual growth? Are we supposed to have knowledge of these chakras in detail? Kindly enlighten us.**

**Dadashreeji:**

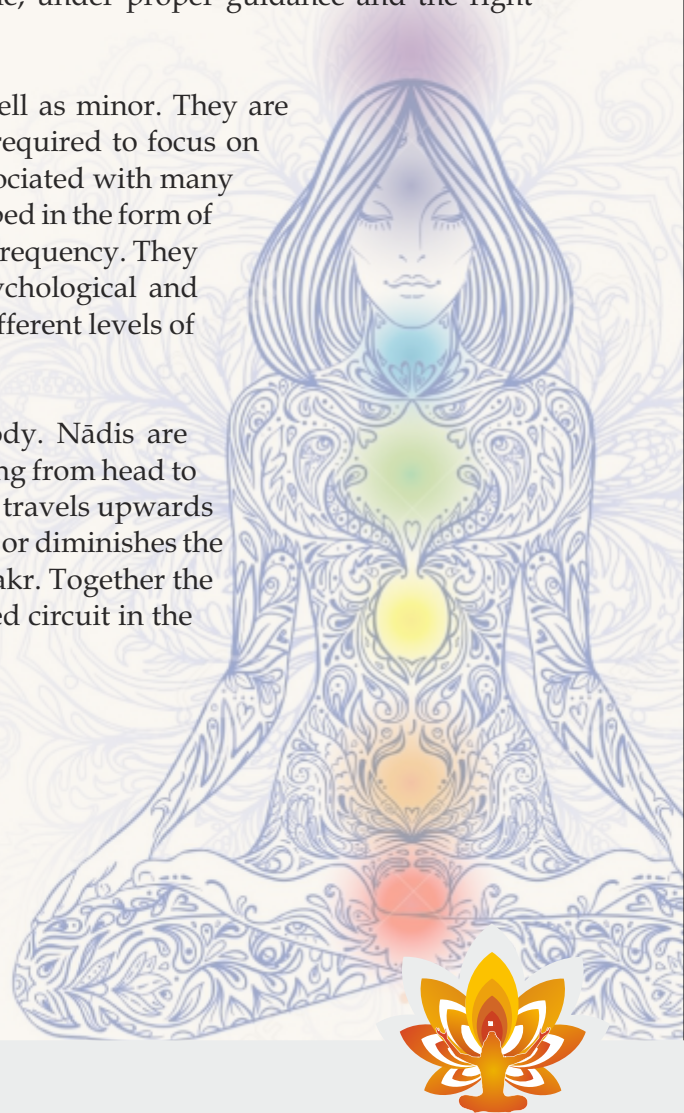
**Dear Friends!**

Chakr meditation is an advanced form of a spiritual practice for self-realisation. One can practice this if advised by your Guide, if any, or if you feel you are ready for the next step to explore spirituality. A seeker requires proper knowledge of the subject and the right technique to absorb the maximum from this advanced form of meditation. The knowledge of the chakras was first revealed by Lord Shiva to Goddess Parvati. It was then shared further by sages verbally to the competent ones. It was much later that the knowledge was methodically documented in various Indian scriptures like the Upanishads for seekers to understand the astral design of the human body and as a way to channelise spiritual energy for attaining the Supreme Truth. One can see similar notations ambiguously mentioned in the Old Testament, Islamic religious books and Buddhism. These religious books indicate the presence of the seven chakras, the third eye and their importance in the awakening of the true self.

The Ancient masters clearly instruct us on who may qualify to practice chakr meditation. A seeker should mainly possess the three qualities of self-control, devotion to the Master and living a virtuous life. But, in today's time, this reality has changed. These qualities are too much to demand from today's man, who is busy and surrounded by materialistic forces. We cannot expect the above mentioned pure qualities from anyone in the current time. Hence, one may still begin the chakr meditation under an authentic Guide if one wishes. As you progress on your spiritual path, you will notice changes in the surroundings and in your lifestyle as well. With time, under proper guidance and the right technique, it becomes easy and powerful.

There are many chakras in the human body, major as well as minor. They are present in the astral body. Generally, the practitioner is required to focus on seven major chakras. Each major chakr is respectively associated with many minor chakras in the body. Chakras are energy centres shaped in the form of a wheel. Each chakr releases energy vibrating at a specific frequency. They in turn release corresponding emotions defining the psychological and biological state of a person. All seven chakras operate at different levels of consciousness. Now, let us learn more about these chakras!

Spiritual energy travels through nādis in the human body. Nādis are thread-like structures within the entire human body running from head to toe. The earth energy enters the body through the feet and travels upwards to the head through the nādis. Each chakr further amplifies or diminishes the flow of the energy in the body based on the state of the chakr. Together the chakras and nādis keep circulating energies within a closed circuit in the human body.



Each chakr has a specific shape, location and state. Typically, chakras remain in three states in the body. i) Impaired: lost shape and structure with minimal function, ii) Active: proper shape and structure with optimum function iii) Awakened: with all normal compositions, functioning with high spiritual vibrations. This state occurs when the body is filled with kundalini shakti (Serpent Power). The seeker seeks to progress from the first state to the last in order to experience the higher states of the consciousness.

Each chakr has a specific one letter beej mantr and an associated element.

(i) Moolādhara, Lang, earth (ii) Swādhithana, Vang, water (iii) Manipur, Rang, fire (iv) Anāhata, Yang, air (v) Vishuddhi, Hang, space (vi) Agneya, Aum, consciousness (vii) Sahsrār, ParaAum, Soul

The mantr for the Sahsrār will be bestowed upon you by the Awakened Guide. The first or root chakr possesses the latent kundalini shakti, which is a coiled-like structure possessing spiritual power. The latent Shakti is feminine, eager to unite with Shiv, the masculine component present in the brain as ling. Awakening of the first six chakras with the upsurge of kundalini power coalesces towards the last seventh chakr. Awakening of the last chakr occurs only by the Divine will. All other six chakras may get activated and awakened at any time, and not necessarily in a sequence. The nature of kundalini differs from person to person. There is a systematic detailed mechanism of how the Shakti once awakened, spreads in the body and gushes upward till the region of Shiv (from the neck and above) is reached. Through Agneya chakr, pineal gland gets awakened and through sahsrār chakr, the entire human brain is awakened to express the True Self. Here, you truly become an awakened, transformed being.

Having explained about the complex formation of chakras in brief, it is still not at all mandatory for a seeker to have knowledge about the chakras. You may nevertheless still experience the higher spiritual states without practicing or knowing more about chakras. To breathe oxygen and to absorb it through the lungs, you don't need to get familiarised with oxygen or have knowledge of it. Just breathe, that's it! Chakras are a part of the human consciousness and they will remain so. You can't manipulate and awaken the Shakti mentally. No one can pretend to be awakened at the chakr level. With the guidance and Grace of your Guide, you will experience the awakening of the kundalini power without meditating on it even once in your lifetime. Hence, keep patience, practice what you love and leave the rest to the Divine! Divine blessings will guide you.

**Learn, understand and meditate to know the Supreme Truth!**  
**Always there with you!**

**Love and Blessings!**  
**Dadashreeji!**



# HIS WORDS

“You must discard all acquired layers of false identity to liberate your potent & powerful energies” - **Dadashreeji**

To discard the layers of our false identity we have to know them first. We have to work at understanding the hidden depths of our conscious and subconscious mind to awaken the latent potential. Soul searching and introspection is needed to do away with false individuality. What is it that creates obstacles and where is it blocking us from living life to the fullest? How is it possible to analyse, understand and discard the acquired false selfhood? Fear and ego are what stops us from realising our full potential.

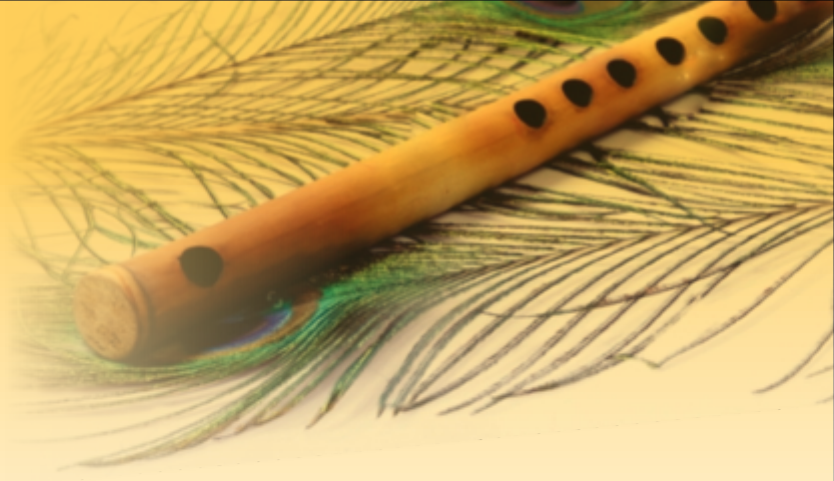
Freedom and liberation of our potential and powerful energies occur only when we go within to do soul searching and understand the insecurities and helplessness hidden inside us. Sufferings are self-created due to our expectations and judgments.

Eventually it is faith and trust in the Divine that will help us realise our true self. A strong bond with the Divine is the key to know our real self. Divine Grace will help reveal the truth thereby shedding the falsely acquired identity. Hence, we must go within and connect with our true selves and know who we are. It is when we know our true self that we will be able to realise our full potential and the Divine energy that we carry within.



# Dadaleela

..... Devotees' Experiences



## The Final Journey

Last month our mother left for her heavenly abode. She had explicitly mentioned the following desires:

- Perform the rituals for the first three days and not the ones that generally go on till twelve/thirteen days.
- Conduct a Maitri Havan (by the MaitriBodh Parivaar) on the fifth day.

We were alright with the decision given the fact that most of us really do not know the authenticity of the rituals that we are made to perform during those days. So we decided to donate to the needy and organized a lunch for the housekeeping and security staff of our society followed by a prayer meeting on the third day and a havan on the fifth. Though there were some elderly members in the family who thought that we should follow the rituals and age old traditions.

We approached the MaitriBodh Parivaar to conduct the havan. On the fifth day, on our prior request the mitrs and maitreyis from the Parivaar came to perform the havan. A beautiful havan kund was prepared and all those who were present were invited to participate in the havan. We collectively took the sankalp that may our departed mother find refuge at the lotus feet of the Divine, may she be in a happy place. The chanting of the vedic mantrs followed by the chanting of various other mantrs elevated the energy with each one present absolutely soaked in it. It was just as we made the Poornahuti (final offering made to the fire) that something miraculous happened. We immediately saw the happy, smiling face of our mother, as though she was communicating with us that she is in a happy place and at peace. We experienced tremendous peace and lightness thereafter, this brought us a closure.

Our mother had always desired to have a bhajan (devotional songs) session conducted by Mitr Ajinkya ji at home. Due to some or the other pre-occupations we were unable to organize one. Post havan, Mitr Ajinkya ji who was also the conductor of the havan asked us if we could have a bhajan session. Our joy knew no bounds, we couldn't have asked for more. We all joined him and sang blissful devotional bhajans that left us in a trance. We were so glad that our mother's wish got fulfilled. To our surprise, post bhajan, the elderly members of the family expressed that this was the most beautiful ceremony that they had ever attended and that what they felt could not have been achieved by performing age old rituals. This brought them a closure too. It was as if a new tradition had just begun!!

We are immensely grateful to the mitrs and maitreyis of the MaitriBodh Parivaar for conducting the havan with such a beautiful sankalp. It was indeed an experience that cannot be described in words.

**With Gratitude,  
The Maheshwari family**





# Your Quest - Our Support

The section 'Your Quest - Our Support' brings you answers to your spiritual queries, inner experiences or to questions regarding teachings that are addressed directly by **Maitreyi Sulata, Mitr Shankh or Mitr Parn** through this column.

## Seeker's Question:

At the moment of a dear one approaching physical death, what should our action or intention of our prayer be?

## Answer:

Thank you for asking this question, as it gives us an opportunity to understand a phenomenon most people fear today – death. To begin with, let us understand what exactly death is? The soul is an eternal traveller – birth-less, ageless and endless! As a traveller travels to various places, visits new cities and stops at a certain place for some time and taste the food, live the lifestyle of the place, adorn the local clothes, learn new skills, gain knowledge and experience the life there in totality before moving to another place, similarly, the soul also travels. Taking birth on Earth is one such halt on the journey of the soul. It is an important halt because the soul completes its learnings, lessons and grows tremendously while experiencing life on Earth. Once the lessons are completed, it departs to continue its onward journey. This departure is known as 'death' on Earth. Just as taking birth is natural for the soul, so is death. There is nothing sorrowful or fearful about it. The soul's journey was ongoing before 'birth' on earth and continues after 'death' on earth.

Our ancient texts and scriptures also talk about this journey in great detail. The following is a verse from the Bhagwad Gita (Chapter 2, Verse 22) that mentions the same:

वासंसि जीर्णानि यथा विहाय  
नवानि गृह्णाति नरोऽपराणि ।  
तथा शरीराणि विहाय जीर्णा  
न्यन्यानि संयाति नवानि देही ॥

vāsānsi jīrṇāni yathā vihāya  
navāni gṛhṇāti naroparāṇi  
tathā śharīrāṇi vihāya jīrṇānya  
nyāni sanyāti navāni dehī

*Meaning: As a person sheds worn-out garments and wears new ones, likewise, at the time of death, the soul casts off its worn-out body and enters a new one.*

Thus, the soul simply leaves the physical body behind at the time of death and adorns another form to continue its journey of self – realisation, self – dissolution and finally merging with the Supreme Love – The Divine. This knowledge is helpful to ease the mind but all said and done, one still feels the pain of a loved one departing. Let us understand why we feel this pain?



Due to our conditioned mind and limited knowledge, we only see or remember the moments that have occurred in this life. We consider this material world (which we perceive through our senses) as the only reality, while the truth is that the material world is only a small part of the reality. Based on this limited understanding and trusting or believing only in sense perception; we slowly start getting disconnected from the truth - the Divine Love within us. We stop experiencing the supreme bond with our Divine and start seeking this love outside in the form of relationships, material belongings and physical pleasures of the body. This slowly develops into attachment and we fear losing what we have. For example, a child's attachment to the mother will make the mother's death a very painful experience for the child. The thought of never being able to hold her hand, never being able to eat the food she prepared with love, never being able to rest in her lap, the feeling of separation and attachment with the physical form makes the soul's departure a sorrowful and mournful experience for the loved ones. Thus, the source of this pain is the mind's attachment, from both sides - the departing as well as their loved ones.

Something similar also happens with the soul of the one who is departing. When a soul's purpose on earth is getting completed, a few days prior to the time of its departure the soul automatically starts getting an internal message. Internally it knows that its time on the earth plane is about to be completed and that it needs to prepare for its onward journey. However, if the soul is disconnected from the Divine Love within, it will not receive the required guidance. Its mind will fall into the trap of attachment with its loved ones, with material belongings and the physical body itself. The mind and the consciousness with all these attachments hold the soul back in the physical form. This situation is extremely painful and the soul departing in this situation will carry forward the pain, sorrow, unfulfilled desires and attachments within its consciousness to the next stage of its journey. (We explain this in great detail during Bodh II – Purification as a part of the chittshuddhi process)

**So the answer to the question, what actions can we possibly take in this situation to help the departing soul is as follows:**

- Communicate to the Divine within, in the form of a prayer to help the soul accept the reality and realise its onward journey.

*One may offer the following prayer: 'May the soul be open to receive Divine Guidance in its moment of transition'. Along with this, Divine Friend Dadashreeji has blessed us with the Universal mantr which will provide immediate help to the departing soul. This mantr will connect the soul to its Divine within, give clarity for the onward journey and guide the soul towards the next step.*

<p>॥ ॐ ज्योतिरूपाय परमसखाय परमानंदाय दादाश्रीजी नमो नमः ॥</p>	<p>॥Aum Jyotiroopaay Paramsakhaay Paramanandaay Dadashreeji Namo Namah ॥</p>
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**Meaning;**

He, whose form is Light and who is the Supreme Friend;  
and His quality is Supreme Bliss;  
To that Dadashreeji we offer obeisance multiple times.



- The family of the transitioning soul can sit together in a circle, hold hands and chant the Dadashreeji mantr a 108 times with the above prayer. Let the soul hear the Divine mantr in its last moments of this life so that it opens itself to guidance after leaving the body. This mantr is also available on the MaitriBodh Parivaar's YouTube channel and can be continuously played near the departing one.
- Additionally, we must share with the departing one, that once their moment of leaving the body comes, Divine beings will be present either in the form of the soul's earlier departed loved ones or their Guru (Master) or Aaradhy (Divine) and for the MaitriBodh Parivaar members, sevaks, devotees or their family members – Divine Friend Dadashreeji, Himself will be there to take the soul ahead. Thus, it is important for the soul to know that it simply needs to follow the Divine beings that appear. Sharing of this knowledge with the departing one is the greatest help you can provide them with.

Instead of holding them back, we should support this natural process and happily help the departing souls on their onward journey. In Sufism, it is the death anniversary of the Sufi saints which is remembered and celebrated as 'Urs'. The Sufis believe that life is given to us as a gift to perfect ourselves to meet our beloved – The Divine. Thus, death is celebrated like a wedding – a union with the beloved. It is the end of separation from the Source and marks the blissful moment of meeting the Divine. I urge you not to associate sorrow with death and trust that life ahead is far more real and beautiful than in this world.

Life on earth is like a college. We come here to study, to learn, to perfect our lessons and then once we have completed our studies, we graduate. *Death is the Graduation Ceremony.* It is a joyous celebration of completing our education and stepping out to move ahead.

While we are here let's live, learn, complete our lessons and grow, experience the Divine in each moment and when the time comes to graduate, we shall move ahead with smiles on our faces, joy in our hearts, completing our purpose, following our beloved - Divine Friend Dadashreeji, and finally merging with Him.

Let's help others to do the same! Keep smiling, keep growing!

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.



# A Profound Experience

*“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*

I have been fortunate enough to have a Maitri Havan conducted at my home three times over the past few months and it has been an experience unlike any other. Though I have grown up in a spiritual family and have been participating in havans regularly, Dadashreeji’s Grace made this experience a very unique one.

All through the chants, and especially during the invocation, I could feel Dadashreeji’s astral presence all around. The vibrations were so powerful that I felt as if every Divine Being had actually come down and was witnessing the havan. I felt Dadashreeji completely filling me with love.

Over the 21 days post the havan, I used to pray to Mahakaali Maa everyday as advised. On the day of the immersion, I felt sad and couldn’t bear the thought of bidding goodbye to Maa as I had become used to Her presence and protection. I felt Her asking me to keep Her home forever.

I had 2 more Maitri Havans conducted in quick succession and could instantly feel my energies shift for the better. I feel Dadashreeji and Maa walk with me every single moment and their

presence hasn’t left either my surroundings nor my soul from the day they first entered my home on the day of the Maitri Havan. I now conduct a small havan every single day as part of my sadhana.

When I look at my life’s journey and the period thereafter, I feel empowered, filled with courage and experience Divine Grace flowing through every pore of my being. I know Dadashreeji is with me in every breath; He is holding my hand and walking on the path with me. Roads that I thought were closed forever have started opening, light has started filtering in. The positivity and beauty generated by the energy of the Maitri Havans is something that has become a part of my being. I am grateful to Dadashreeji for blessing me and giving me the experience of His loving presence during the Maitri Havans and every single day hence.

**Love and Gratitude at His Lotus Feet.  
Maitreyi Aradhna**

## 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.*



## Obstacles and Aids to Inner Growth

The difficulties on your path to spiritual growth and development are not mere hindrances, they come with hidden teachings. **Mitr Sut** explains that one of the many goals of a seeker is to learn how to take each one in one's stride

While we all want to grow in life, be a positive and better person, evolve spiritually (which may not be one's aim always), many encounter hindrances and obstacles that can decelerate and interrupt our journey and sometimes make us standstill.

### What might be the reasons and what can one do to overcome them?

While these obstacles can be innumerable, here is an attempt to look into the common ones, and find solutions. If we look at life in totality, we realise that our outward journey in the world, is primarily towards fulfilling our worldly desires, duties, family, work, and more. The internal journey is of knowing the transcendental, one's own self, seeking answers to questions and internal dilemmas. The truth is that both these are interlinked. As Divine Friend Dadashreeji says, there is no such differentiation between one's spiritual and worldly journey, in the eyes of the Divine, and these differentiations have been created by we human ourselves!

### Some of the commonly encountered practical obstacles:

- Physical - Health related issues can be many

and take away one's peace, if the discomfort is severe, it will hamper one's inward journey.

- Emotional - Emotional issues of different types that can be related to relationships, loneliness, fears and deeper psychological issues and traumas.
- Responsibilities / Duties - Some may be bound to many duties, not allowing us to give even few minutes to one's own self growth!
- Others - Financial stability, lack of family support, etc.

### Internal Obstacles in the Spiritual Realm:

- Spiritual dilemmas: Which path and whom to follow? Do I need a physical guide?
- If you find your path then: what should I do? Which dhyaan/ kriya, etc. and feeling stuck in the regular ones. Doubting one's own guide!
- A struggle between one's spiritual inclinations and worldly attractions/ desires.
- Questions and doubts on one's spiritual growth as there are no tangible results.
- I know it all now ... the spiritual EGO!



## **The Way Around:**

### **Knowledge - An understanding**

Irrespective of what one's life situation is, true knowledge of why things are happening to me, the way they are. What is the reason behind my situations? Is there a learning involved behind my repeated failure or difficult situations? Is there a karmic issue that I need to clear?

All these questions may arise naturally, as one struggles to grow! These and many more such questions need clarity and answers (these are addressed in the 'BODH' programs of the MaitriBodh Parivaar).

**Mumukshutv/ मुमुक्षुत्व-** An intense desire to achieve something higher.

A fish, when taken out of the water, will wriggle/ jump and do anything to get back to the water, this state of the fish is akin to Mumukshutv. When one truly wants something; it becomes one's passion to achieve it. One will do anything and cross all the hurdles and obstacles to reach there. In the worldly sense, we experience this for so many things. When one wants something from the heart, all obstacles seem to vanish. Otherwise, we most commonly see people making all kinds of excuses to achieve the simplest of things. There actually is no real desire/ passion / Mumukshutv to achieve them!

### **Are you willing and ready to make the effort?**

We dream of big things, may be want to become a millionaire, have the best relationship and be really fit and lean, but how many of us really work towards it? It requires rigorous hard work, along with consistency and ability to overcome challenges at all levels to achieve these big dreams, but most do not want to put in the effort. Rather they just keep dreaming and ultimately give up and some curse their destiny, and even

God for not helping them! If one studies the life of any big achiever in any field, you realise that the amount of hard work put in by them, the challenges and the mental ups and downs faced are themselves the biggest learning's. One must enjoy the action and the path itself. One only keeps dreaming of the big things and does not really strive to make the effort. This is true both in the worldly endeavours, as well as on one's spiritual journey.

### **Inner Bond & Faith**

While all the above are basic pre-requisites, nothing is more important than the bond with your inner divine and the faith in the Divine, or whoever is your guide. To the extent one develops this bond with one's Divine and has unflinching faith, all the above listed obstacles will start diminishing and eventually these assumedly huge hindrances will cease to exist. We actually experience this in worldly situations as well. If one goes back to those moments, when one truly experienced that bond and love with another person, that love has a power to take your mind to another realm where though the obstacles in life being there as they are, yet do not have any inimical effect on you. Developing this inner BOND with the Divine, is the most crucial, as with this comes the 'Grace' automatically to take one to the next level. This is what is mainly stressed in many sessions of the MaitriBodh Parivaar, as it is the need of the current time.

*All the seemingly big obstacles for your inner growth are actually there to help you grow. All that is needed is a true understanding of one's situations, a passion to realize one's true Self, the readiness and willingness to actually enjoy the efforts towards reaching there. Finally the inner bond and faith, backed by Grace will take one closer to the 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.





# Ek Kshan Prarthana

*Happy Mother's Day...  
Cherish the privilege of being a Mother!*

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!**

Trust you are enjoying the continued journey of embracing your existence that we started off this year! May is the month in which we celebrate motherhood! With Mother's Day being celebrated this month in many countries I thought it apt that this month's 'Moment of Prayer' be offered with gratitude to the Divine for blessing us with the experience of motherhood!

Being a mother is not just about just the process of reproduction for carrying on the family lineage. Our children are not our future investments who come to take care of us in our old age or to carry forth the future generation tag. They are a life force themselves, souls on their own unique journey who have chosen to be with us in this lifetime. Isn't this beautiful? A soul has simply blessed us by its unique presence in our lives, to be with us, to love us and help us grow as better human beings.

My own journey will be incomplete if I do not acknowledge my dearest and beloved daughter for giving me the love and honour of being a mother. She has and continues to teach me on how to become a better human being every moment every day. Today, I am unable to imagine my life without her and am simply in gratitude for the magical and wondrous ways she makes my life beautiful with her live-wire energy and heartfelt love filled smiles.

Motherhood is a privilege the Creator has bestowed upon us! Let's respect and honour this

privilege with responsible and mature ways of being a mother. We don't own our children; it's simply a joyful blessing that they have come through us. Let us give our children a loving, blissful atmosphere wherein their unique qualities are kindled and nurtured with utmost love and care. We often make the mistake of imposing our own ideas, beliefs, understanding and morals on our children, forcing them to experience life through our lens, and on our terms. This can do serious damage to the very core of a child's existence who is so eager and curious to explore and experience life. Let's be there to guide and nurture them as a friend and role model and not someone who is a boss or superior being otherwise sooner than later they will either turn rebellious or suppressed in nature. We must allow them to be natural and learn from their own experiences. Should the need arise, let's be there like a soothing balm to heal their wounds and inspire them to walk the path again with greater courage and conviction. We expect responsible and mature behavior from our children. This is only possible if we as mothers, ourselves display that responsible and loving behavior. Children learn through observation and if they experience us as sincere, able, responsible and above all as friends; giving them unconditional love and support who allows them the freedom of expression and experience, they will grow to be naturally themselves; they will grow up to be responsible human beings with love in their hearts and natural expression in their actions.



There is no readymade solution to healthy mothering, other than developing ourselves each day as a mother who cultivates openness and trust, nurtures with love and sensitivity and is there as a true friend whom they can approach anytime in life!

As mothers we have a beautiful and natural gift of love and compassion. Love them, embrace them, crawl with them, walk with them, swing with them, dance with them and guide them and bless them as this will ignite the innate genius in our children!

Let's take this opportunity to offer our heartfelt prayers and gratitude to the Divine Mother,

whose womb encompasses the entire creation and its indwellers. Thank you Divine Mother for blessing us with a beautiful life wherein we are able to understand and experience the essence of our true being and grow and contribute each day with your Grace and blessing. My heartfelt gratitude to Mother Earth for quietly and patiently embracing us all and nurturing us each day with her infinite gifts of life. My heartfelt gratitude to our own mothers who with their wisdom, strength and hard work have not only withstood the storm of life's challenges, but stood by us unflinchingly with their pure unconditional love.

**Love being a mother! Happy Mother's Day!**

Today's moment of prayer (Ek Kshan Prarthana) is to offer our heartfelt prayer to honour the precious gift of motherhood!

### **Ek Kshan Prarthana - A Moment In Prayer**

Beloved Divine Friend,  
May our mother's be blessed!  
In your Divine nest,  
You have sent them in our lives,  
As your love, kindness and our true guides!  
May we too as mothers embody your presence,  
And nurture our precious little ones,  
With your unconditional love which is omnipresent!  
Thank you Dadashreeji for the blessings of being a mother!



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.







## OBESITY

Fast paced, metropolitan life has been long associated with the rise of the fast food industry, which caters to the limited time, and the unlimited tastes of its consumers. Obesity, is thus inevitable and on the rise. However, all is not lost. The following article by **Bhairavi Mehta** succinctly puts forth the different asanas to adopt for a healthier lifestyle

Obesity is one of the most common disorders these days.

The Cambridge English Dictionary defines it as 'being extremely fat in a way that is dangerous for health'. In simple words, there is an excessive accumulation of fat in the body. The fat is deposited under the skin, particularly on the waist, thighs, abdomen, liver, heart and other organs. This fat deposit causes extra load on various systems like the excretory, respiratory, cardio-vascular and immune amongst others which result in various diseases.

### Causes:

The main causes of obesity are the lack of activity, overeating, eating without hunger, sedentary and luxurious life style, illness or drug (some) consumption, hormonal problems, and more.

Shared below are a few asans, kriyas and mudras that can help one deal effectively with obesity in a holistic way.

### Asans:

In yog therapy, we practice asans not just for the sake of burning extra calories, but also to develop body awareness. With this understanding we can modify or adjust our diet and lifestyle to suit the needs of our body and mind.

### Asans:

- Suryanamaskar
- Pawanmuktasan series
- Paschimottanasan
- Uttarasan
- Ardhmatsyendrasan
- Trikonasan
- Ardchchandrasan
- Naukasan (both front and back)
- Dhanurasan
- Halasan
- Dhanurasan
- Tibetan Rejuvenation Programme

### Pranayam:

The Pranayam practices advised for obesity are more dynamic in nature as they stimulate the metabolism. They are performed along with balancing practices like Nadishodhan and Ujjayi.

### Pranayam:

- Kapaalbhati
- Bhastrika
- Suryabhedan
- Ujjayi

### Kriyas:

- Vaman dhauti
- Neti
- Lagoo Shankhpraushalan (once week/month)
- Nauli
- Kapaalbhati



## Mudras:

### Sury Mudra

- This mudra increases the fire element and decreases the earth element in the body.
- The tip of the ring finger is to be placed at the base of the thumb. To get quicker result, this mudra should be done for a maximum of 30 mins.
- It should be accompanied by the Pran and Shankh mudra.
- However, this increases heat in the body, so people suffering from high blood pressure, heart problems should not exceed its practice beyond 10 minutes or practice them under the observation of a trained yoga teacher.

### Ling Mudra

- This mudra also increases body heat.
- This mudra is formed by interlocking the palm but keeping the left thumb erect pointing upward. This should not be performed for more than 15 minutes.
- People suffering from high blood pressure and cardiac problems must practice it under the observation of a yoga teacher.
- It is advisable to consume a lot of liquids like water, fruit juices, milk, buttermilk etc.

### Shankh Mudra

- This mudra resembles the shape of a conch, hence is called as shankh mudra.
- To practise this mudra, place the left hand thumb at the base of the right hand thumb. Fold the fingers of the right hand covering the left thumb. Join the index fingers of the left hand to the tip of the right hand thumb. The three fingers of the left hand are to be placed behind the right palm. This mudra can be performed with reversing hands as well.
- This mudra activates the thyroid gland, so

obesity is regulated. It can be practiced up to 30 minutes.

### Pran Mudra

- All Mudras must be accompanied by Pran mudra to get maximum benefit.
- The tips of the little fingers and ring fingers are joined to the tips of the thumbs.
- This mudra balances the Prithvi, Jal and Agni (Earth, Water and Fire) elements in our body, which in turn results in increased stamina, vitality, strength and immunity.

### General tips:

- A medical checkup and advice of a doctor is necessary before starting yoga, so that the yoga regime can be followed as per one's condition.
- Drink a cup of hot water every hour from sunrise to sunset. This helps in maintaining body weight as well as in its reduction.
- Include yoga in your daily routine. Patience and regular practice are necessary.
- Eat dinner early.
- Half the stomach should be filled with food, a quarter with water and the rest should remain empty.
- Avoid excessive intake of sugar, oily, spicy food and non-vegetarian food.
- Avoid dairy products and food prepared with refined flour.
- Eat salads, soups, cereals and vegetables in your diet. Keep changing grains in your diet.
- Regular walk for minimum 5 kms a day helps in reducing unwanted weight.
- Sports like tennis, football and swimming are also helpful.

[Ref: - Mudra and Health perspective: An Indian approach by Suman Chiplunkar, Yoga Therapy for selected diseases Kaivalyadham]

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



## The Magical Compass

"True enough, this compass does not point north."

"...Where does it point?"

"It points to the thing you want most in this world."

- Jack Sparrow  
and Elizabeth Swann

A purposeless life has often been described as that of a lone leaf aimlessly floating about, helpless against the strong winds that mock it. But, as **Mitr Vineet** notes, holding on to one's purpose is easier than it is to lose sight of

Imagine having a magical compass with you that will guide you exactly where to go in life. Whenever you feel lost, all you need to do is to pull out this compass. Captain Jack Sparrow had one in the famous movie series – Pirates of the Caribbean. It was an unusual instrument and appeared to be useless as the needle did not point due north (where the world / family / friends will tell you to go), like regular compasses. Rather, the compass had the amazing ability to point to the direction of the thing the holder wanted most.

The good news is that all of us can acquire this compass. All we need to do is keep asking three questions of ourselves.

### What is the purpose of my life?

When I was in the 8th standard in school, I realised two things about myself. I had stable, dexterous hands and I wanted to help society. I decided to become a surgeon.

I joined the MaitriBodh Parivaar in 2013, one year after I started my General Surgeon resident training. As I evolved with the MaitriBodh Parivaar over the next two years, I realized being a surgeon helps someone only at the physical level. The MaitriBodh Parivaar helped me understand the importance of helping someone holistically. It helped me experience how one's life can change when they are offered guidance and direction.

A point came in my life when I had to take a very major decision about changing my career. I was just finishing my General Surgery degree and had the opportunity to shift to a Training and Education role in a corporate company. It meant giving up performing surgeries ever again in my life, something which I was very attached to by now. Knowing the purpose of my life helped me take this decision – which was to help other people and society. The corporate company I got an opportunity to work with is related to the healthcare industry, which focuses completely on achieving the best outcomes for surgery patients. My role was to ensure the training and up skilling of surgeons who would in turn help their patients. Knowing this made it easier for me to shift from a hospital environment to a tougher corporate environment, of which I had no prior exposure.

I understand that not everyone has figured out their purpose in life. Take a moment to think about what you really want to be in life. We should at least try and have a strong purpose for the next few years. When deciding upon your purpose, experiment with this – having a purpose which involves helping other people will be much stronger than a selfish one. You will experience the forces of the universe supporting you in the former.



### **Are my actions supporting my purpose?**

If you have figured out your purpose, you need to constantly check if daily actions taken by you are for or against it. You can't just sit back and expect your purpose to manifest itself. Constant actions are required to fulfill your purpose. Your actions can either take you towards or away from your purpose. It is good to entertain yourself once in a while to reboot and recharge but if it gets too much, you will only end up spending precious time and energy and not getting anywhere in particular.

### **Do I have sufficient energy to carry out the actions required?**

Energy is the foundation for everything. It's the fuel which allows us to drive our mind and body. If you feel tired, lethargic, exhausted, depressed, overwhelmed, unmotivated, having poor concentration - understand that somewhere you are not managing your energy correctly. You are either not supplying enough energy to yourself or draining more than you have in actions which are not required. Energy can broadly be classified into four types - Physical energy, mental energy, emotional energy and spiritual energy. All these need to work together to give the best results.

Regular exercise, sleep and eating right provide positive productive energy. Unnecessary actions will drain it. Strong mental focus is a

good marker for mental energy. Developing habits and discipline towards your goals is a supplier of mental energy. Meditation is a great way to improve your mental focus. Listening to and giving in to all the distractions of your monkey mind will drain mental energy. Emotional energy is what helps other people connect with your purpose. Feeling positive about your purpose will give a boost to your actions and vice versa. It is very important to surround yourself with people who motivate and inspire you. That will supply the emotional energy you need. Avoid negative and demanding people, they will only drain your emotions. Spiritual energy is dependent on how well you are connected to yourself. It is an infinite source of energy which can help you balance all the other three types of energies. Defining your purpose helps you connect and flow with this energy. Imagine a big tank with all the water in the world. The water you can take from it is dependent on the size of the tap. The bigger the tap, the faster the water will flow and nourish you. Spiritual energy is like that, keep tapping into it. We have a wonderful platform and programs at MaitriBodh Parivaar which can easily help one harness this energy and channelize it towards your purpose of life.

I hope all of you find your magical compass and begin anew this exciting journey called life.

Mitr Vineet is a doctor (MBBS, DNB - General Surgery), by profession and currently works at Johnson and Johnson Pvt Ltd in the Professional Education department of Laparoscopic Surgery and helps in the skill upgradation of surgeons. He is an integral part of MaitriBodh Parivaar and is engaged in many social activities of the organization



## Peace Begins with Me – Khushi

*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.*

Khushi is a budding young writer and poet of adventure and human emotions. She cherishes relationships and is sensitive to what goes on around her. This month she shares about an incident that took place among friends.

in the 21st century, everyone is addicted to social media. At the age when a child should fly in the open, they imprison themselves in the four walls of their smartphones which makes children physically and mentally lazy, kills their imagination and creates many health as well as social issues. I also see that social media platforms create confusion and misunderstandings and lead to the breaking down of hearts and faith. Also children move away from the higher values which epic stories and the religion provide. I see this all around me in school...

But there are also children who believe in helping, believe in the values of friendship and unity. Let me share a story with you about these kind of children. As we know - to make food delicious we need all kind of spices like salt, sugar, garam masala and others. In the same way the 'dish of class 8th' contains both; those who love reading and believe in the value of books, and others who are social worms.

One day all my friends were chatting in a group and one of them Aditya played a prank on his sister Aarya, in front of the entire class. He sent a not-so-nice message about Aarya's best friend Suhani, on the chat group in such a way that Suhani thought Aarya had sent it for her!

The next day all hell broke loose and Suhani was in very angry mood. We all explained to her from morning through evening that it was a prank, but she was so upset that she would not budge, and she stopped talking to Aditya. Our class got divided into two. It was heart-breaking to see the children take sides. One day, tired of this cat and mouse game, Aarya and another pal Jal sat with Aditya and Suhani during the break and explained everything methodically. They worked hard to help Suhani see that it was a prank and sought forgiveness. Ultimately Suhani's heart melted. This again brought all of us to a dish called "friendship".

This is a way how technology is a curse to children, that can be useful if used in a proper manner but can result in great disaster. It's a blessing to have friends like Aarya and Jal who believe in silent action, friendship, and helping to get united again.

*"Open communication creates understanding within the relationship. When understanding is there, you will automatically experience love in the relationship. It will make your relationship complete. So, ANY relationship can be healed when you keep an open communication" -*

*Dadashreeji*



# Heart to Heart

## The Butterfly says ...

Be open to change.  
(You never know what  
life has to offer.)

Preparation is key.  
(Take your time and  
prepare well.)

Be patient.  
(Wait for the right time to fly)



## Learn to Laugh at Yourself



# 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.*



WANGARI MAATHAI

*“In the course of history, there comes a time when humanity is called to shift to a new level of consciousness, to reach a higher moral ground. At times we have to shed our fear and give hope to each other. That time is now.”*

While reading an excerpt from Wangari Maathai's memoir - 'Unbowed' one can easily experience the deep feelings of love and respect that Maathai has for the earth. Born in Nyeri, Kenya in the 1940s to parents who both worked on the farm, Maathai was exposed to nature from quite a young age. Her love for the environment had effortlessly translated into her life. As the bright Maathai grew up learning at the top schools and colleges before finally obtaining a degree in biological sciences and then going forward to earn her master's in science degree. By doing so the dedicated Maathai became the first woman in her region of 'Central and East Africa' to earn a PhD. She was also the first woman to attain the position of professor and chair of a department at the University of Nairobi.

Later in her life Maathai's ambitions propelled her towards the post of chairwoman in the National Council of Women of Kenya. While she served her in this prestigious position Maathai advocated the protection of the environment by promoting the planting of trees by women. This sparked the green belt movement that took over the country in Africa for decades to come. This inspiring movement spear headed by Maathai not only advocated the planting of trees but also provided a source of income and livelihood for thousands of women that participated in this movement. Within the first 20 odd years over 20 million trees had been planted in farms, fields, church compounds and schools, giving work to 2,000-3,000 women at that time. These women later went on to become 'foresters without diplomas' passing on their education to others who joined the movement.



This phenomenon pushed Maathai into the spotlight and encouraged her to take up a political standing as well in Kenya. Her weapons were those of democracy and women empowerment. Such was her ambition and influence that in December 2002, Professor Maathai received another honour when she was elected to the Kenyan Parliament with 98% of the vote. After winning the election President Mwai Kibaki appointed her as Assistant Minister for Environment, Natural Resources and Wildlife in Kenya.

Maathai's journey was not without its struggles and obstacles. In an era where outspoken black women were considered a nuisance and a threat, Maathai rose above the hate and

discrimination to establish herself as world leader. She has spoken at the UN general assembly on behalf of women and received numerous awards for her work most notably the Nelson Mandela Award for Health & Human Rights, South Africa, The Indira Gandhi International Award for Peace, Disarmament & Development, India and the Nobel Peace Prize for Literature. She has received numerous honorary degrees from prestigious institutions such as Harvard and Yale Universities.

Wangari Maathai passed away in September of 2011 the age of 71 due to ovarian cancer. She has left a lasting legacy to world for generations to come.

“The current times are very crucial for everyone. Everyone has to find their own path and move ahead. All those obstacles, hurdles would be removed if you are ready to go further. Think of something for the society or any community that you feel connected with - any group, any section of society. Do something for them- whatever appeals to you, wherever you feel natural and connected with “- Dadashreeji





# Chaitr Navratri Havans:

6th – 13th April'19

Maitri Havans were conducted during Chaitr Navratri. Divine Grace and Blessings were received by 104 families across 10 cities. The havan participants experienced Divine Love and Grace while some came to observe and experience a Maitri Havan for the first time. Every participant, observer, sevak and havan karta enjoyed the entire process.



## Testimonials:

Maitri Havan, is an act of love, it is the calling of the devotee to its creator. During Navratri, the awakening of Maa Shakti is at its zenith. Maa is highly active and blesses the devotee with abundant Grace. With Maitri Havan one can easily experience spiritual elevation, and love within.

I attended Maitri Havan with my family during Chaitr Navratri and my entire family experienced Grace, love and peace within us. I offer my sincere thanks to Dadashreeji and the entire MaitriBodh Parivaar for helping us in our spiritual journey and giving us this blissful experience.

With Love & Gratitude,  
At His Lotus Feet always,  
Geetanjali

I came to observe and experience a Maitri Havan with my two daughters. On our way back, my car had some short circuit in the battery. In this case the car should have stopped running. But it functioned all the way from Matunga to Andheri in Mumbai. Only after I parked, it literally broke down. It was a miracle the way the car travelled all the way from Matunga to Andheri.

God's grace and the positivity of the havan brought us all safely back home that day.

Swapnil Salaskar



# Spiritual Week:

17th -21st April, Karjat

Shared below is the experience from one of the participants:

Dadasharnam!!

I would like to share my experience during the Spiritual Week from 17th April to 21st April'19 at Karjat.

The four days of Bodh II & Bodh III were immensely blissful and it was a great experience with the Grace of our Divine Friend Dadashreeji!

The mitrs, matreyis and other members of the MaitriBodh Parivaar really embody the true meaning of selfless service. The conductors shared their own experiences and the various sessions they took on spirituality just moved me. The team of sevaks took so much care that it was just amazing and initially I was mesmerised by the love everyone from the Parivaar had for Dadashreeji. After experiencing the Divine Grace myself for four days I am totally convinced that Dadashreeji is an experience.

I felt fortunate to experience different processes like Chittashuddhi, Shaktipravaah and more. These processes have definitely left an indelible mark on me. In our minds we all have a concept of spirituality which at times is filled with confusion and complexity but what I learnt from Bodh II and III is profound yet simple. We tend to forget our real reason of our existence and how we should live this human life; I feel blessed that I got this opportunity. I would also like to do my bit in spreading this transformational movement from mind to the heart!

Regards,  
Sumit Juneja

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

## Request a Prayer

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

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

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

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

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



# Upcoming Events

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**Redesign Your Life**

For registration contact:  
9322290211

18th May'19

Mumbai

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## Dear Friends,

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

Send in your questions to [anahita@maitribodh.org](mailto:anahita@maitribodh.org)

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



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