

ANAHITA

Issue: 06 || Volume: 07 || June 2019

Life Saving Grace
Ek Kshan Prarthana
Peace Begins with Me



From the Editor's Desk

Dear Divine Soul,

The state of human mind is such that it can fool us into thinking that life is monotonous. However, for a spiritual seeker, each day is a new moment. Each day brings about a change which is transformative for oneself. Each moment with the Divine opens new avenues within. We need to go within and connect with our heart to experience the Divine within oneself. One may ask Dādāshreeji for that experience. We need to experience Him in our hearts. We have scriptures to guide us - however the physical presence of a Master is very important; for with a physical Master the shift in consciousness is speeded up hugely. We need to work on our internal state, be positive and give love!!

In a recent session Dādāshreeji shared a few pointers that need to be implemented for our growth:

- Surrendering to the will of the Divine.
- A healthy diet, sound sleep and daily communication with one's Inner Divine are a must.
- Practice giving whenever and whatever you can for the benefit of others on a daily basis.

We all are aware that Mother Earth is going through a major shift. It is time that we realized our true potential and gear up to serve mankind. Connecting with the Divine within will help us uplift our consciousness and stay positive.

In this month's issue do not miss Divine Friend Dādāshreeji's message as He urges us to observe our actions and walk the path of Truth!

In the section *Dadaleela*, read a profound lifesaving experience of Grace as shared by one of our devotees. Under the '*Soāhā Series*' we share experiences of devotees on havans. The section *Food for the Soul*, brings you *Ek Kshan Prārthanā* – a prayer to the Divine to honour the virtue of patience. The *Wellness* section, brings you a cool summer recipe to beat the heat. Under *Reflections*, we bring you a beautiful poem on the difficulties that lie on the path that leads to the Divine.

Under *Young Impressions*, '*Peace Begins With Me*' presents real life stories of children and young adults, who have true understanding of empathy and compassion 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.

Connect to the Divine within and spread Love!

With Lots of Love,
Team Anahita



CONTENTS

05

PEARLS OF WISDOM

- ▶ Message from Divine Friend Dādāshreeji

07

HIS WORDS

- ▶ Expounded quote of Dādāshreeji

10

DADALEELA

- ▶ Life Saving Grace!
- ▶ Letters to the Divine

12

SVĀHĀ SERIES

- ▶ A Profound Experience

14

FOOD FOR THE SOUL

- ▶ Ek Kshan Prārthanā



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03

Anahita - June 2019

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CONTENTS

17

WELLNESS & YOU

- ▶ Summer Coolers

18

REFLECTIONS

- ▶ Poem

19

YOUNG IMPRESSIONS

- ▶ Peace Begins with Me – Roopa
- ▶ Catalysts for Transformation

21

@MBP

- ▶ Event Updates

22

UPCOMING EVENTS

- ▶ Information about upcoming events at MBP



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04

Anahita - June 2019

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‘Noisy arrogance and Humble truth’

Dādāshreeji:

Dear Friends!

Observe your actions! They speak a lot about your mind. Every word you share with others reveals the state of your mind. On the path of seeking the Truth, one forgets to see their own inner world. Out of desperation to belittle others, you boast highly about your own achievements. You are so engrossed in this, that you don't even realise how or when you moved away from the Truth.

Let me help you to understand this by sharing a story with you. Once there was a crow. He was very proud of himself because he knew 64 techniques of flying. He boasted about it to everyone he met. He would show them different styles of his flight and impress them. But he observed that the people who used to come to see the birds used to love seeing the white swan even more. He thought to himself “why do people come to see the white swan when he does not even have the flying skills like I have?”

One day the crow goes to the swan and challenges him, “I can fly in so many ways. Can you fly like me?” The swan appreciates him and says, “We are very impressed with your flair in flying. We cannot fly like you but we like to see you fly in the sky in various styles.”

The crow, filled with pride, requests, “Since you appreciated me and like the way I fly, would you like to learn it from me?” The swan looks up in the sky towards the Sun, then in the direction of the North and says, “It's time to migrate.”



The crow tells him that he would come with them and show them the various techniques of flying. The swan agrees and they set out on their journey. Soon one black crow could be seen flying in the sky among the flight of white swans. The crow begins to demonstrate the various charms, flying diagonally, flying straight and swiftly turning to the right etc. The swan, on the other hand, simply listened and observed the crow patiently, supportively and admired him for his abilities. Still, the swan did not feel bad for himself that he did not possess the same flying talent as the crow.

Soon, it was afternoon time and it became very hot and tiring for the birds to keep flying to their far distant destination. They were over the vast ocean and suddenly, the crow felt very tired, drained and weak. Losing all its strength, the crow started falling down towards the deep ocean. The swan saw him dropping and immediately rushed to rescue the drowning bird. He placed the fainted crow on his back and kept flying on his journey as if nothing had happened. The entire show of one's abilities was only in the mind of the crow. The entire play existed only for the crow and the swan simply continued along its journey, moving towards his destination. All this while, that the crow had boasted about its prowess in flight, the swan never put him down or mentioned about his own proficiency in covering long durations during his migration.

Sometimes, silence reveals the profoundness of the spiritual experience one has. Even a little gain to the impatient one creates chaos and disturbance within. You remain unaware of the fact that there is someone higher than you who is patient, calm and complete. Humility is the quality of such an evolved being whereas noise reflects one's fallen state. The swan represents the Divine state whilst the crow represents an ignorant mind. Hence, learn from and listen to the swan or even better, be the swan. Observe yourself again and continue your journey on the path of the Truth!

Life is easy; you need to fly like a swan!

Surrender to the higher Divine!

**Love and Blessings!
Dādāshreeji!**



HIS WORDS

“One of the essentials of the ‘Self’ is ‘Knowledge’ – ‘True Knowledge’. Knowledge here does not refer to the knowledge of the world or creation, but about you - the Self Within”

- Dādāshreeji

Knowledge of the ‘Self’ is the most essential aspect of our life, one we never acknowledge because we are forever lost in worldly pursuits. We think that what we read in books or what we perceive through television and social media is true knowledge whilst in reality it is nothing but information. We perceive through our senses which is relative knowledge, for it is dependent and limited to the truth of that moment. We are so used to controlling our lives and the outer world that it soon takes the shape of worldly knowledge for us making us believe it as ‘our truth’. True knowledge is true wisdom. To know and understand that the knowledge of the whole world will not give us anything; but even a little knowledge of the Self within will give us the universe itself. True knowledge can only come with introspection and contemplation. Introspection about who am I?, where am I going in this journey of mine?, what is the purpose of my life and how to achieve it?

Dādāshreeji advises us to go within, in solitude and silence, to understand the nature of the ‘Self’. The Self that is unchanging and unlimited, doesn’t come and go, has no beginning nor end, and is the only thing permanent in this world, the timeless knowledge. All this is made possible only after we get to know our self and acknowledge the truth that our consciousness knows itself and the true being within. Dādāshreeji urges us to stop living in confusion and despair, for only with this true knowledge will we achieve all that is required to live a complete and fulfilling life.



Pādukā Prem Yātrā

One of the beautiful relations on the spiritual path is that of Guru & disciple. Guru Bhakti arises out of the psychic communion existing between the disciple and the Guru in the disciple's heart. The Guru is our Spiritual Father. A true devotee has no sadhana to perform. He simply has to surrender himself completely to the Divine in the form of Guru. The devotee must honestly believe in the spontaneity of surrender, the totality, the absoluteness of it from his heart - not the intellectual surrender. True and complete surrender is the result of the Guru's Kripa (Grace).

Time and again, it has been reiterated that we can attain realisation only through the guidance and blessings of the Guru. When the devotee is ready, the Divine will automatically appear on the scene to take the devotee forward on their journey. The Guru is truly the Divine in human form. Guru Bhakti helps serve with humility, destroy our ego and prove to be a constant source of inner strength. Anything can be attained with the "anugraha" (favour) of the Guru. The relationship between a Guru and the disciple has been hailed as something without a parallel, as being entirely on a supra-human plane. The union between the Guru and the disciple lifts us to the plane of original non-duality.

The very fact that the Divine in the physical form of Dādāshreeji has come into our lives is a sign of Grace in our lives, as is the fact that we are able to study, understand and share that knowledge with others. When we offer our prayers to Him we express that gratitude to Divinity. Let us learn to share this gift with humanity and not hold it to ourselves.

Sant Eknath says. "By the dust of my Guru's feet all the work was accomplished. Sant Eknath has merged his mind in Shri Guru's feet. By holding the feet of the Guru, all ignorance disappeared. I have not performed severe austerities, offered sacrifices, or wandered to sacred places. The means of all means is the feet of the Sadguru (true Guru)."

It is the Infinite Compassion of the Divine, which makes Him leave the quiet moments of Infinite Bliss and come down to live amidst us and guide us to the Truth patiently. No matter what we do for our Divine Friend Dādāshreeji it is never adequately repaid. It is He who transforms the Finite into Infinite through the initiation into Love and Grace.

During a Bodh, Dādāshreeji once described the importance of the Guru's Lotus Feet. He reminded us of how a Buddha idol is depicted in a Buddhist Temple. The feet of the Buddha's idol is at the eye level of the devotee standing in front of the idol. The devotees head bowed at His feet helps in removing the ego of the devotee by literally bringing the ego (represented by the head) to the level of the Guru's feet.

It for the sake of His devotees, the formless Guru takes the form of His Pādukās. The Guru stands on the Pādukās. Our earnest prayer to Dādāshreeji should be "Oh Dada, wherever my mind goes, may your form be there. Wherever my head bows in salutation, may your Holy feet be there." This is the path to liberation and bliss. What can we offer such a Master who ends the misery of many lives and saves us from the cycle of birth and death? Gratitude and Seva are our offerings to Him. This is the least that we can offer.





Paduka Prem Yatra



Experience the **Divine Grace** by inviting

Dadashreeji's Padukas

in your home



14th June - 15th July 19

Contact: +91 99871 53920 / 98204 96050



Dadaleela

..... Devotees' Experiences



Life Saving Grace!

Dādā Sharanam!

I was contacted by a lady 15 days ago for Maitri Light (distant). She was going through a lot in her life. She had been asked to leave her husband's house, had relationship issues, financial problems, employment issues and more. She was living with her parents but they too were not treating her well. After the first Maitri Light session she felt very calm and peaceful. She called me a few days back and was crying on the phone. She said that there was no one at home and that she was going to commit suicide. But just then, she suddenly felt this urge to call me and speak with me. That is why she had called me; I counselled her and was able to get the thought of committing suicide out of her mind.

I am really thankful to Dādā for helping her understand and listen to her inner voice. Am glad that a few days ago she had contacted to receive Maitri Light and connected with Dādā who guided her in the right direction and saved her from taking a drastic step.

Thank you for saving her life, thank you Dādāshreeji !

Regards,
Suchitra Chaphekar



“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 Dādāshreeji

A Profound Experience

The first time I had a Maitri Havan conducted at my home was on 8th Dec 2015. I had expected to get 100 Re 1 coins from my bank. A day prior I approached the bank for the coins only to be told that they didn't have any. I was worried as I had no time left to arrange for the coins for the next morning's havan. The bank cashier suggested that I ask in some shops. It was 9 am in the morning and most shops were closed. I inquired from a few roadside stalls but they only had 5-6 coins as they were just opening their stalls. I decided to take whatever quantity they had. I thus collected 40 coins from 4-5 stalls. The next was a photocopier booth who kindly gave me the balance.

After the havan, I offered prasādam and the blessed havan coin to each of the vendors who had contributed towards the successful completion of the Maitri Havan at my home. Each of them was surprised and grateful to receive the gift of the blessed coin. Although it was recommended that the all the havan coins were for my family, I felt it right to share them. Since that 1st Maitri Havan I have continued to give the blessed coins to many people especially rickshaw pullers, bus drivers, parcel delivery boys, friends, family etc.

In Jan 2019, I gave coins to the garbage clearing person of our building. He said that he had been wanting to ask me for the coins. He reminded me that I had given him some havan coins last year as well. He then shared the power of these coins how they had helped him and his family. Throughout the entire year he said his wallet was never ever empty. This was the 1st time I had heard a person's experience of the power and grace of the havan blessed coins.

I whole-heartedly recommend my Parivār and team members to take the blessed havan coins and distribute them to all. This is how we can make our Divine Friend Dādāshreeji's Love and Grace available easily to all those who may not be able to come to attend any of our events. Dādāshreeji's Blessings are for all and we need to ensure that we make it easily available to all. Thank you Dādāshreeji for this guidance.

**Love You Beloved Dādāshreeji,
Maitreyi Swapna**



Magic of Divine Grace

I was shifting from Kandivali to Mulund for getting easier access to my office which was close to Mulund. Selling the existing house at a good price and the right time to an appropriate buyer was difficult. Also getting a new house within my budget at the desired location was an uncertainty. I was worried that if any of the transactions gets delayed or goes awry the losses would be huge. There was a lot of uncertainty and anxiety on how this transaction would go through considering the hardships that I had faced in a similar transaction 5 years ago.

After I had a havan conducted during Navrātri there was a strong inner feeling that everything would go well. The ease with which the selling of the old flat and purchase of a new flat happened in terms of receiving the money, finding an appropriate house, ease of registration was just amazing.

This experience reiterated my Dādāshreeji's immense love for me. Thank you dearest Dādā for the immense Grace bestowed on me.

**At Your Lotus Feet,
Your Devotee**

Note:

Maitri Havans are performed

- On special occasions such as birthdays, anniversaries, house warming.
- On auspicious days such as Chaitr Navratri, Navratri, Ganesh Utsav, Pādukā Prem Yātrā
- 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 ShāntiKshetra Premgiri Ashram at 7.30 am for establishing Love & Peace in the world.





Ek Kshan Prārthanā

Patience - A virtue for peaceful living!

A Moment in Prayer is your personal time with the Divine. Maitreyi Sulata warmly invites all to join her in the offering of a moment in Prayer as a regular practice to bond with our Divine Friend residing within our hearts!

Beloved Friends!

As the month of June completes our mid-year journey around the sun, let us introspect on the virtue of patience.

During my corporate life, we had a concept of working lunches. We were so hard-pressed to deliver by a specific time that we had no time to even eat in peace! Why can't the page refresh on my computer faster than the current few nano seconds? Look around and we find that everyone is in a rush. What's the hurry? Where's the fire? Our environment gives a clear signal - speed and efficiency are the two key energies emitting everywhere. If you don't have these, be ready to be declared incompetent or redundant! Technology may have given us a certain pace and comfort of life, but it has certainly taken away the virtue of patience within us and hence when the challenges of life arise, we are worried and stressed, unable to cope up. Unfortunately,

the measure of success in today's society is also determined by speedy delivery. Hence anything that does not meet up with that requirement is discarded by all as unacceptable! The message we are giving to our current and future generation is that waiting is unacceptable! Speed has become a mandatory criterion for the measure of success. There is a rush for everything in life.

The Insane Rush!

In this rush to sustain or prove our mere existence have we forgotten to live in the real sense of the word? Can a baby be born in a time frame based on our convenience? A baby will take nine months to fully develop inside the mother's womb; a plant will take a few years to become a tree. In certain situations, we have no option but to wait and if we have to wait then better do it patiently and calmly. If we want a garden in our house overnight, then the only way is to get artificial plants, flowers and



artificial grass. For a real garden we need to nurture the seeds, the plants with immense love and patience as they will take their own sweet time to develop and blossom into a beautiful garden one day. Similarly, we nurture our children with love and patience, create a positive environment and then we wait patiently for them to become wonderful human beings. To see our children grow into wonderful beings we need an enormous sense of love and commitment. When we love someone, we are naturally patient towards them. Nature is constantly teaching us that everything comes at a specific time and pace, however we have ignored the message far too long and hence have landed up into a unnatural way of being!

Take a Pause!

Humanity must realise that somewhere we have taken a wrong turn. Everything that we are doing in the pursuit of our own peace and happiness but are we actually getting it? We are the most materially comfortable and technologically advanced generation and yet we are suffering, crying and complaining all the time! The incessant rush has caused a constant turmoil in our life. Time to take a pause and see what are we missing? The efficiency of technology has surely enhanced the pace of life at an unbelievable rate! And then we complain of stress, anger, physical and mental ailments! We all agree we have paid too heavy a price for achieving material comforts because of working at this rapid pace!

How to develop the virtue of patience?

How about inculcating a little patience- a step towards our own transformation and eventually the transformation of our entire society? Patience does not mean waiting endlessly for the fulfillment of desired actions or desires but rather it's the acceptance of the existence of a Higher Force - the acknowledgment of 'Divine Will'. That the Creator has designed this planet and our lives in a magnificent way with a higher

intelligence and its operation with its own divine timing and wisdom. All we have to do is accept and go with the flow. Acceptance of Divine Will as per Divine timing only results in love and peace in the heart.

Faith and Patience are two sides of the same coin. One can't exist without the other. Patience comes with immense faith that there is a Higher Force governing our life and this entire cosmos and the faith that every situation in our lives is only taking me towards growth and evolution for the better. When we have faith in Divinity doing the best for us, patience in every situation is a natural outcome.

An important aspect to realise here is that we have created some kind of false and weird ideas about our own selves, an exaggerated sense of importance of who we are. If we take some time and be aware of the reality of the life, sooner rather than later we will realise that we are a speck in the cosmos, our existence in relation to the vast cosmos is too small and too insignificant and hence there is absolutely no reason to rush and create stress around us making life miserable for ourselves and everyone we are connected with.

Patience is a way of being! An exalted state. This comes with the realization of our true existence in relation to the universe and the faith in the Divine; that the Divine will do the best and the highest for our soul's journey and learning's to be completed in this lifetime - in the best possible way.

The fruits of patience!

Patience gives you the time to discover yourself, work on yourself and groom yourself so that when the right time comes, you are prepared to face any situation. Patience gives you the faith that the will of the Divine is the best for you. Patience gives you the peace which is the basic requirement for any human being on this planet. Patience allows us to suspend reactions long



enough to make informed decisions, thus paving the path to a happy and peaceful life. Patient hard work helps us nurture inborn abilities into real achievements. To achieve your dreams, you must have the zeal to overcome challenges and the power to overcome roadblocks which only comes from patience. Patience transforms relationships and makes us empathetic towards others in a relationship. Patience helps acquire positive attitude and acceptance of the people and the situation at

hand. If things are not going the way we want them to, instead of getting frustrated, we must learn to be patient. We need to see things and situations in a positive light to make life happier. And to get that positivity, we need to be patient. Being patient, you can overcome any challenging situation with more flexibility and in a better way.

Let's learn to be patient for a simple and happy living!

Today's moment of prayer (Ek Kshan Prārthanā) is to offer our heartfelt prayer to the Divine for blessing us all with the virtues of patience.

Ek Kshan Prārthanā - A Moment In Prayer

Beloved Divine Friend,
When I am engulfed by the demands of life,
Your Grace grants me the patience to strive!
When anger strikes my hasty life,
Your Grace grants me the patience to thrive!
When weariness and confusion obscure my vision,
Your Grace grants me the patience to take the right decision!
O beloved Dādāshreeji, hold me in your love – ocean,
And bless me with humble devotion,
May 'Love' and 'Patience' be my guiding inspiration!
Thank you Dādāshreeji!



A gentle love within, quiet determination and an unshakable faith in Dādāshreeji's Grace best describe Maitreyi Sulata, who has lived under the Guidance of Dādāshreeji since her formative years. Maitreyi Sulata works tirelessly to spread Dādāshreeji'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.



Summer Coolers

With the mercury soaring to new heights every day, it's time to make the best of summer without the sun raining on your parade. To beat this heat, try out the recipes of the 'cool' drinks shared by **Dr. Sheetal Maniar**

Natural Electral

Ingredients:

Water 1 ltr
 Powdered jaggery 2tbsp
 Salt 1/2 tbsp
 Sabja seeds 3 tbsp (tukmuriya, basil seeds, chia seeds)
 (Sabja should be soaked in 1 cup of water for an hour before adding it to the drink)

Method:

- Take chilled 1 ltr water in a container or vessel
- Add salt to it
- Add powdered jaggery to it and mix all the ingredients well
- Finally, add soaked chia seeds or (takhmariya) to the liquid
- Serve cold

This natural electral is very refreshing and energizing. During the summer or after strenuous exercising one loses electrolytes because of sweating. Adding this natural electral to one's diet during summers replenishes the vital electrolytes in the body and is completely energizing. One can carry this to work or the gym.

People suffering from high blood pressure or diabetes should limit the amount of consumption or avoid this drink.

Tomato and Mint Cooler

Ingredients:

Big Tomatoes 4 nos
 Coconut milk 3/4 cup
 Mint leaves 10
 Black Pepper 5-6 nos
 Salt to taste

Method:

- Dice the tomatoes into small pieces and put it into a blender to make a puree
- Sieve the puree
- Add 1 cup water to the puree and boil for 10 minutes
- Once the boiling is done add mint leaves and let it cool
- Cool the puree till it reaches room temperature
- Add coconut milk, salt and freshly ground pepper to the boiled tomato puree
- Refrigerate and serve cold

This refreshing cooler has many benefits. Salt balances sodium levels, pepper balances magnesium which absorbs the calcium present in the coconut milk and tomatoes are a very rich source of vitamin K which help the blood to clot and in the healing of wounds.

Enjoy your summer and stay hydrated with these two lovely and tasty coolers.

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.



Bhaav Bandhan

लोग कहे,
 प्रभु बसे ऊत्तुंग शिखर
 राह में विषधरों का घर
 चमरी जलाती शोले
 मन खिलवाये हिचकोले
 हड्डियाँ ठिटुराती टंड
 भूखा पेट, ढूँढे कंद
 ऋषि साधे, आँखे बंद
 मिले ना आसानी से
 तब भी प्रभु का संग

लोग कहे,
 प्रभु माया में बाँधने वाले
 आँखों से नहीं दिखने वाले
 प्रभु मांगे
 व्रत, तप व नियम
 जल, फूल व वंदन
 श्वसन क्रिया व योगासन
 तरह तरह के समर्पण
 तंत्र, मंत्र, अनेकानेक साधन
 संन्यास, वैराग्य, वेदाध्यायन

मीरा कहे,
 प्रभु हमेशा उसके साथ
 हृदय में बसे हैं नाथ
 बहे अविरल प्रेम धारा दिन रात
 स्वतः निखरा मन निस्वार्थ
 'स्वयं' का ख्याल न रहा
 प्रफुल्लित रोम रोम समर्पित होता रहा
 प्रेम भाव के भूखे भगवान
 प्रेम में बंध कर
 मीरा के हो गये श्याम

Rashmi Kaushal

Meaning

It is believed that the Lord (Divine)
 resides on mountain peaks,

To reach Him one has to cross
 valleys and lava peaks,

Sages perform penance, so that He
 is pleased!

It is believed that the Lord cannot
 be seen so easily,

One needs to meditate, perform
 rituals, and surrender totally!

While, Saint Meera says that the
 Divine resides within our hearts!

With Divine Love flowing day and
 night,
 She has lost herself in sublime
 surrender!

Meera says that the Divine longs
 for our Love!

Bound in Divine Love,
 Meera has become one with Shyam
 (Divine)!!



Peace Begins with Me – Roopa

Dādāshreeji 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.

Maitreyi Roopa is someone who believes in the power of truth and standing up for what we believe in. She contributes a moving story about her love for nature, protecting trees and miracles.

We have a playground in front of our house. A few years ago it was used by children during the day and rogue elements during the night. As it was a nuisance to all of us, my husband and a few other like-minded neighbours decided to plant trees in this area and take care of them to help solve the problem of the bad elements who used to hang around at night.

The neighbourhood team would water the plants daily and in time, they grew into young trees and soon it was a sight to behold. In time the rowdy activities reduced as the bad elements stopped frequenting the place which was a big relief for of us.

It was then that the municipal corporation decided to build a wall around these trees to protect the playground area. Though it was a good step, there were many trees which fell in the path of the compound wall. Soon a excavator arrived and started to uproot the trees in the path of the soon to be constructed wall.

None of our neighbours spoke up against the tree felling. They seemed to accept it silently. Being silent and bearing this inhuman act was not easy for me and I rushed out to the excavator driver and spoke with him. I explained to him about the effort put in for planting the trees and the care we had taken of them as they grew. I had become emotional by then. I told him that as he uprooted these trees, simultaneously I felt as if he was cutting my limbs.

Saying this, I came home and sat in prayer to the Divine to protect these trees - a very earnest prayer to save them from this onslaught. Next day a huge mound of mud greeted me in place of the trees. I was crestfallen. My worst fears had come true.

The municipal corporation constructed the compound wall and it was inaugurated grandly, but we did not go for the function.

A few months passed and suddenly one fine day I saw that a small sprig had sprouted from the place where the tree had been uprooted! Other small trees around it were sprouting as well!

It was amazing, all the trees which we thought had perished were lying dormant. They were not uprooted. Thanks to the driver who left them and to the Divine for hearing and answering our prayers

Today when I look at these majestic trees standing tall in front of our house, I feel immensely peaceful and ever grateful that we are part of each other's lives. We feel complete, to be with Nature!

Sometimes all it takes is to express yourself completely. When we raise our voice for a good cause, people listen and they do help. That was my realisation. Never hesitate to express and stand up for what you believe in. Had I not stood up and expressed myself that day...I would not have been at peace with myself.

“Be vocal about your opinions and wisely and maturely express them to others!” - Dādāshreeji



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.



Jean Dreze

“For me, development is about expanding people’s freedom” – Jean Dreze

When one thinks of visiting India the imagery that flashes to one’s mind is of towering monuments, mouth-watering food, busy crowds and a colourful and diverse culture. One cannot help but fall in love with India in such scenarios. However, one man’s love for our nation and its people has gone above and beyond the norm. Jean Dreze, a Belgium born Indian economist, calls India his home and the land where he has rooted much of his work.

Born in Leuven, Belgium, Dreze belongs to family of scholarly folk, his father being a famed economist himself. After attaining a degree from the University of Essex, Dreze’s interest soon turned to development economics which brought him to the Indian statistical institute in New Delhi. There he met the celebrated economist Amartya Sen, with whom he went on to write 4 books on economics. His newspaper columns were also published in a book interesting title ‘Sense and Solidarity – Jholawala Economics for everyone’. The essays cover a wide range of themes; from food security to healthcare to the rights of children to the threat of nuclear war.

Amongst his activism work Dreze is known for fighting for the right of the homeless for shelter in London. His work in India is perhaps its well-known with Dreze having a hand in the Right to Information Campaign which subsequently led to the Right to Information Act being implemented. He played a major role in drafting the National Rural Employment Guarantee Act 2005 (NREGA), and he still monitors its implementation. He continues to work for the Right to Food Campaign in India.

Having obtained Indian Nationality in 2002, Dreze now lives in Ranchi. Throughout his life Dreze has refused the luxury life and instead has continually lived in small huts in slum areas of New Delhi and Ranchi. He prefers to travel by train or foot, like a nationalist hermit living under open skies and with the village and tribal people. His connection is deeply rooted to the poor of India and working towards their progress and development. Currently his aim is to create equal opportunities in elementary education for all children across India, especially those of the rural region.

“Speaking on absolute Truth is useless if you don't offer yourself in Selfless Service. If there is anything highest in one's life, it's the joy of serving others!” – Dādāshreeji



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." – Dādāshreeji

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.

Dear Friends,

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

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.

For those seeking spiritual counseling/ guidance from Mitra Shankh, please send an email to: meeting.mitrshankh@gmail.com requesting an appointment for the same.



Upcoming Events

Need of the hour For registration contact: 9810340557	9th June 2019	Gurgaon
Redesign your life For registration contact: 9711560364	9th June 2019	Indore
Awakening to Self Realisation (Bodh I) For registration contact: 9422987330	9th June 2019	Pune
Awakening to Self Realisation (Bodh I) For registration contact: 9216822222	9th June 2019	Amritsar
Maitri session - Expression module For registration contact: 9930436236	14th June 2019	Deonar
Pādukā Prem Yātrā For registration contact: 9987153920	14th June - 15th July 2019	Mumbai, Pune, Indore, Thane, Delhi, Amritsar, Baroda, Raipur, Satara
Children Bodh For registration contact: 7718805555	15th June 2019	Powai
Awakening to Self Realisation (Bodh I) For registration contact: 9322290211	16th June 2019	Andheri (East)
Purification (Bodh II) For registration contact: 9216822222	18th June 2019	Amritsar
Children Bodh For registration contact: 7718805555	19th June 2019	Andheri
Children Bodh For registration contact: 7718805555	19th June 2019	Andheri
Purification (Bodh II) For registration contact: 9716511672	22nd June 2019	Delhi
Awakening to Self Realisation (Bodh I) For registration contact: 9930451905	29th June 2019	Kandivali (West)



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