

MAITRI ANAHIITA



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From the Editor's Desk

Dear Divine Soul,

Warm and loving greetings of the season!

It seems just like yesterday that we were celebrating the New Year; and half a year has already passed. With the fast paced lives that we lead, it is imperative that we find the time to focus on ourselves – on our inner growth. One constantly needs to keep a check on our growth chart. Are we a better version of ourselves than what we were yesterday? It is only when we act consciously and in awareness that we will grow. Divinity is here to help us transform and awaken us to our Inner Divine. We bring you insightful and inspiring articles in this issue that will enrich, nourish, nurture and help you grow further in this journey of self discovery.

We invite you to join us for *Dreams, Destiny and Divine- an interactive, experiential workshop with Divine Friend Dādāshreeji* that will provide clear, understandable answers to life's quest that revolves around the three key pillars of our life- our Dreams, the role of Destiny and the Divine as the Universal life-force.

Do not miss Divine Friend Dādāshreeji's answer to a query by a seeker on the growth of the human race as a civilization and its future.

In the section '*Dādāleelā*', read the experience of Grace as shared by one of our devotees. Under the '*Svāhā Series*' we share the experiences of devotees about a havan. The section '*Food for the Soul*', brings you a new series on Vedic Mantras that will help one understand the significance and the application of the same in the current times. We begin the series as we expound the '*Shanti Mantra*' in this issue. Under '*Ek Kshan Prārthanā*' we offer Gratitude to the eternal guru who manifests physically to awaken the love in our hearts! The '*Wellness*' section brings you an article on managing our health if we have an imbalanced '*Thyroid*' gland.

Under the section '*Your Quest Our Support*', read the guidance offered to a seeker's question about how one could help guide someone who is in distress and is unaware of the situation. Young Impressions brings you the column - '*Peace Begins With Me*' which 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. '*Heart to Heart*' subtly features thought provoking illustrations for the young minds.

We warmly invite you to join us as we celebrate the auspicious occasion of Guru Purnimā as Gratitude Day on 14th July'19 – a day to rejoice the manifestation of the Divine in the form of a Master/Guru in our lives and express gratitude for all that we have been bestowed upon with!

**With Love & Light,
Team Anahita**



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and experiences to experiences@maitribodh.org

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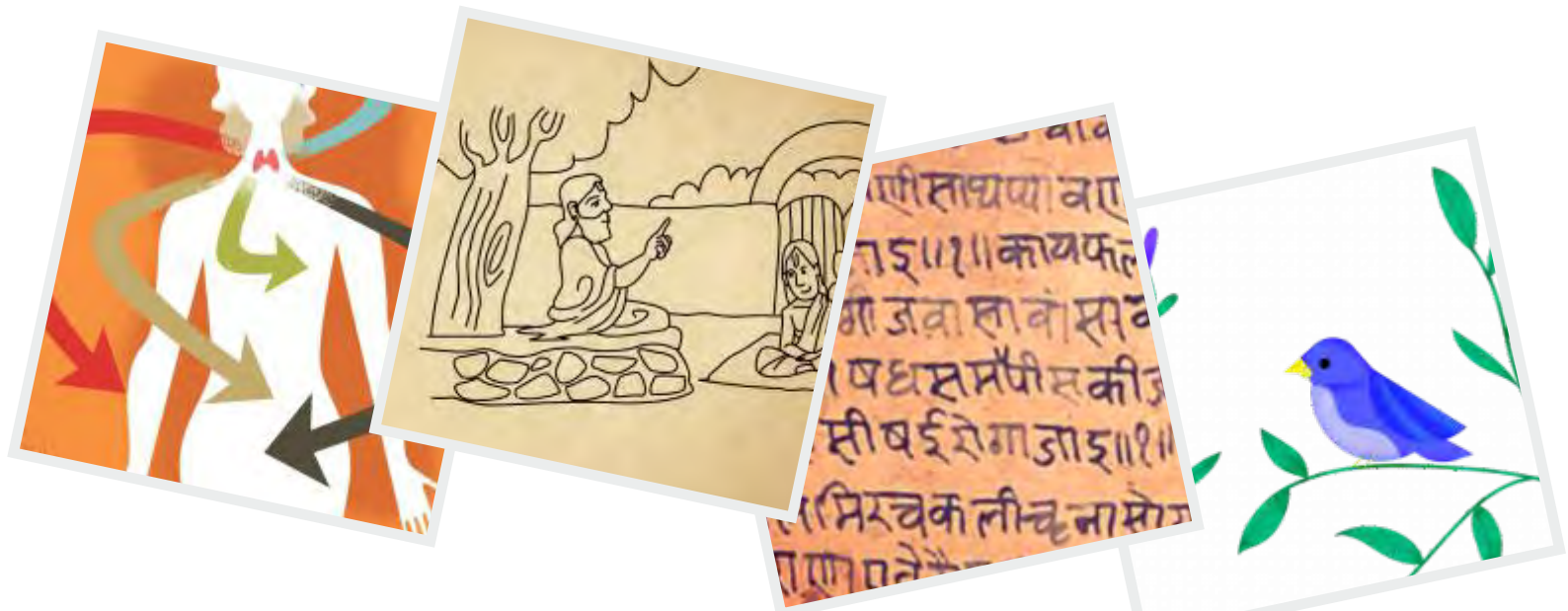
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Please do e-mail us your suggestions and comments on the articles at anahita@maitribodh.org

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Question:

How has human civilisation grown as a community and what is its future?

Dadashreeji:

Dear Friends!

Absolute growth! Humanity has taken giant leaps in terms of Science and Technology, especially in the last 30-40 years. Ideas about human life have changed. Things are more quick and fast. There is no doubt that today's man can achieve efficiently, what a hundred years ago man would have found difficult or impossible to achieve. Human design and life has changed significantly. A major factor that propelled this change was the increase in the human population. The population explosion thus demanded material support to meet these needs. The human brain in the act of survival or in providing support to fellow beings gave rise to unimaginable, path-breaking and landmark inventions in the recent history of human civilisation. Each invention was just a beginning or a new milestone for successive chapters in human development.

And of course, as we saw a growth in the quality of human life, there have emerged some shortcomings that we are facing today. In the aspiration for a better and comfortable life, we have disrupted the original harmonious design of planet Earth. Human activities have exploited the natural resources dramatically, leaving dirt and darkness for the future. They have hijacked the role of operating and managing the world from Nature. Their active and corruptive intervention is doing less good and more harm. What you breathe and eat have been mixed with pollutants and toxic chemicals. From soil to sea, nothing has been spared by humans to turn a once pristine world into one filled with pollution and toxin.

Although we have noticed untoward events, fortunately, there is a visible sense of change proposed by many since recent times. All is not yet lost. There is hope. Sensitive and responsible people have started taking appropriate measures to correct the past mistakes. This corrective action itself is going to define the future outlook of the planet and the people. At this juncture of human evolution, all of you need to take a decision. You have to define your path and move in that direction. If there is a machine that paints people with white or black, which colour will you go with? It's not that one is good or the other bad, but you have to make a choice. It's mandatory to get painted by the colour of your choice. You can't act and hide comfortably as grey in the crowd. This will set the direction for you and for the planet as well.



As we have seen in the past, many earlier civilisations progressed as a race, evolved as a being and then disappeared like a drop of water. They contributed and participated harmoniously in shaping the planet to their best. Even in those colonies, there were diverse shades of personalities. People had their views and differences. At various instances, conflicts and disagreement resulted in human loss. A few corrected themselves and a few couldn't. They had ample opportunities to make their choices. They did what they were supposed to do. It seems human beings haven't learnt any lessons from the mistakes made by earlier civilisations. Here is the choice you have to make now.

At this period, we see that human existence will progress into two different categories. These categories will eventually form two types of communities, community A and community B. Here, community A represents a constructive and harmonious approach to life. This community will be based on high values and an all-inclusive belief system. Discrimination due to region, religion and race would cease to exist. The truth will prevail. They would believe in freedom and bonding. Their power and foundation would be love. They would act and think, based on Love. By now, you must have guessed, what kind of community B might be. It represents a destructive and disruptive approach to life. They would believe in divide and rule. This mindset would try to control and dominate. They exult in division. They would never hesitate to destroy anything that comes in their path. Selfishness and greed would be their friends. Their force and foundation would be fear. They would act and think, based on fear.

Assess and decide for yourself! Make your choice. Life gives you freedom and knowledge. Make use of this knowledge to make the right decision! The world is changing and so will you have to. We wish the best for all of you and hope that you dedicate your life to create a better world by participating in and strengthening the process of setting up community A.

Looking forward to see you as a member of community A!

Love and Blessings!
Dadashreeji



Dreams, Destiny, Divine...

An Ordinary Life comes with Extraordinary Experience!

Beloved Friends!

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

As children we were born into this amazing Universe, the vast cosmos, our beautiful planet Earth with its infinite gifts, our wonderful countries where we reside and the loving warmth of our homes and loved ones, welcoming us all to the wonder of LIFE! For most of us the Universe prepared everything for a magnanimous welcome so that we are able to embrace and live life to our heart's content. However, as we begin to grow in age and experience, the contradictions and unpredictability of life brings with it many unforeseen situations and circumstances which many of us are unsure of how to face and overcome the mental, emotional, and even physical churning that begins within. We are caught in the vicious circle of largely two emotions -sadness and happiness. If things happen the way we desired or planned, wonderful - we become happy, life is good! But when a curved ball is thrown at us, it does not take us too long to move into irritation, confusion, chaos, anger, stagnation leading to sadness culminating in deep depression.

As a child everything is being taken care of for us so that we have a smooth sail. Youth and middle age is largely spent on creating and fulfilling our aspirations and desires. If we are fortunate enough many of us also take a deep dive into the more pertinent questions of existence and the purpose of life during our middle age. Old age brings its own challenges. If all goes well then that's the time when most of us feel there might be more to life that one has known and hence

needs to realise and rectify the mistakes or else learn what was missed in our busy youth! Most of us gain the wisdom, patience, understanding and love for life in our old age when the body and mind no longer has the vital energy to experience life in its truest essence.

Ultimately life is lead more or less in this cosmic rhythm of uphill and downhill cycles by humanity until one day it's time to leave! We may admire and be inspired by the well-known achievers in various fields of life, wanting to be like them, thinking or exploring what they do differently, however the pattern of life largely remains the same for most of us born on this planet. More often than not the achievers of this world also have seen a vacuum within, thinking what's next for them? I personally have met many young achievers who having acquired success, name, fame etc. and yet are not quite sure what further is left to explore. Boredom and dissatisfaction then slowly consumes such people. Most people lack the energy, clarity and curiosity or enthusiasm to explore themselves to the fullest.

The question now arises whether we really want to spend a lifetime, so many wonderful years, thoughts, energy, sweat, precious emotions just living a monotonous, mundane existence, caught up in the cosmic rhythm of life or is there something more to it that we would like to discover for ourselves to be able to live many 'aha moments', and live a satiated and fulfilled life?

Isn't it the right of every human being who comes into existence to know more about themselves and this miraculous life?

That may or may not happen for us, however



what is more important for us is to contemplate whether we would now like to have a deeper understanding of how we can get a better understanding about ourselves and the life we are leading, as human beings so as to be able to experience the richness of life. Something which we can pass on not just to the next generation but to many many more who will simply be benefited through our learning and experience. Why not explore and expand myself beyond the mundane known existence to an inspiring, satisfied, gratified and gracious life? In chasing our dreams for a great future, we have somewhere lost our own selves in relation to life.

We want more? But what?
We want higher? But how?
We want better? But when?

Who is going to answer your every question about life and give you the clarity that you have always sought?

Assume you have one such true friend, a genuine guide who can truly answer your questions, provide you with the requisite guidance and experience, hand hold you and provide clarity to you! Divine Friend Dādāshreeji, a humanitarian and guiding force for thousands across the globe, is transforming souls, removing the limitations and boundaries set by the human mind, supporting people live a life of clarity, passion and conviction. Dādāshreeji is here to guide Humanity in a simple, humble and profound way of providing the clarity that a human mind seeks and the heart yearns; to experience everything that it has missed all these years.

Dādāshreeji is here to provide us clarity through an interactive, experiential workshop that will provide clear, understandable answers to life's quest that revolves around the three key pillars of our life- our Dreams, the role of Destiny and the Divine as the Universal life-force.

Dreams - Our vibrant, passionate aspirations of life! Often after a certain age our passion gets suppressed under the pressures of life. Do you wonder whether your passions and aspirations

will ever be fulfilled? What does it truly mean to live the life of your dreams?

Destiny - Unfulfilled desires, vivaciously passionate dreams that once seemed so alive, all seem to have become a mirage. The lack of a solution, leads us to blame this so called ill-fate or the play of destiny. Do life's circumstances depend entirely on our destiny? Is everything pre-decided?



Divine - Many believe in the existence of a Universal force or a higher guidance that's driving this creation. However when things don't go our way, our faith dwindles and many doubts erupt? Why me? What is it that I have done to bear this misfortune in life? Is there a higher governing presence in my life? Is it possible to connect to this force and receive Grace and guidance from this force to live the life of my dreams?



Dreams, Destiny, Divine is a wonderful opportunity to explore yourself and your life in a 2 day experiential workshop with Dādāshreeji thereby gaining an understanding of who you really are? Discover your hidden potential release the suppressed passions, and redesign your destiny.

I was living an ordinary life until I was blessed by Dādāshreeji. I am still living an ordinary life, however with an extraordinary experience of my own true being- that is the greatest gift Divine Friend Dādāshreeji has bestowed upon me and many of us who have been receiving His constant Grace and guidance. With Dādāshreeji's guidance I learnt that every moment is a fresh new opportunity to recreate yourself, every moment is a choice to experience the most positive and the highest. And the best choice that we can make is to rediscover ourselves in a whole new perspective, experience ourselves in a new light – and that will be the greatest gift we can give to ourselves- let the light within us be known to us!

So beloved friends,
Let's Live Our Dreams,
Redesign Our Destiny and
Experience the magnificence of Universal Grace,
Hand in Hand to our heart's content!
With our True Friend, Our profound guide, Divine Friend Dādāshreeji!

I, on behalf of the MaitriBodh Parivār, warmly invite all my beloved friends across India for Dreams, Destiny and Divine, a wonderful opportunity for those with an open mind, limitless curiosity and a sincere desire to experience themselves and life as never before!!

**With Love and Gratitude,
At His Lotus Feet,
Maitreyi Sulata**





GURU PURNIMĀ



*Express your Gratitude
to the Divine*



Gratitude Day celebrations

14 July, 2019

Mumbai | Delhi | Pune | Amritsar
| Indore | Baroda | Raipur

The MaitriBodh Parivār is celebrating the auspicious occasion of Guru Purnimā as Gratitude Day on the 14th of July in the presence of the Divine Pādukās.

Guru Purnimā has a true spiritual meaning and relevance for a disciple. It is the day of expressing one's love and devotion for his guru. This day is an opportunity to express gratitude to the Divine for all that has been bestowed upon us.

Join us to express Gratitude!
Receive Grace! Experience Bliss!

*For any queries, please contact us at
9322290211*



Dādāleelā

..... Devotees' Experiences



The Omniscient Divine

The first time I heard about Dadashreeji was when I attended Smita ji's Chakra dhyana workshop. After that I kept reading about Dadashreeji's miracles on the Chakra dhyana whatsapp group.

Around April 2017, I started going to the house of a Maitreyi from the MaitriBodh Parivaar for Maitri Sambodh Dhyaan every Thursday. It was then that my connection with Dadashreeji had really started. My bond with him grew stronger with each Maitri Sambodh Dhyaan session that I attended.

I also started taking Maitri Light. I was always anxious, nervous and fearful but taking Maitri Light helped me overcome this. Thank you Dada.

The Maitreyi kept telling me that I should take another step forward in my spiritual journey by doing Bodh II and III as I had already done Bodh I. So, I agreed to go for the Spiritual Week in April'19 in Karjat.

Before I left for Karjat, I told Dada that I wanted to meet him or at least experience him during the Spiritual Week.

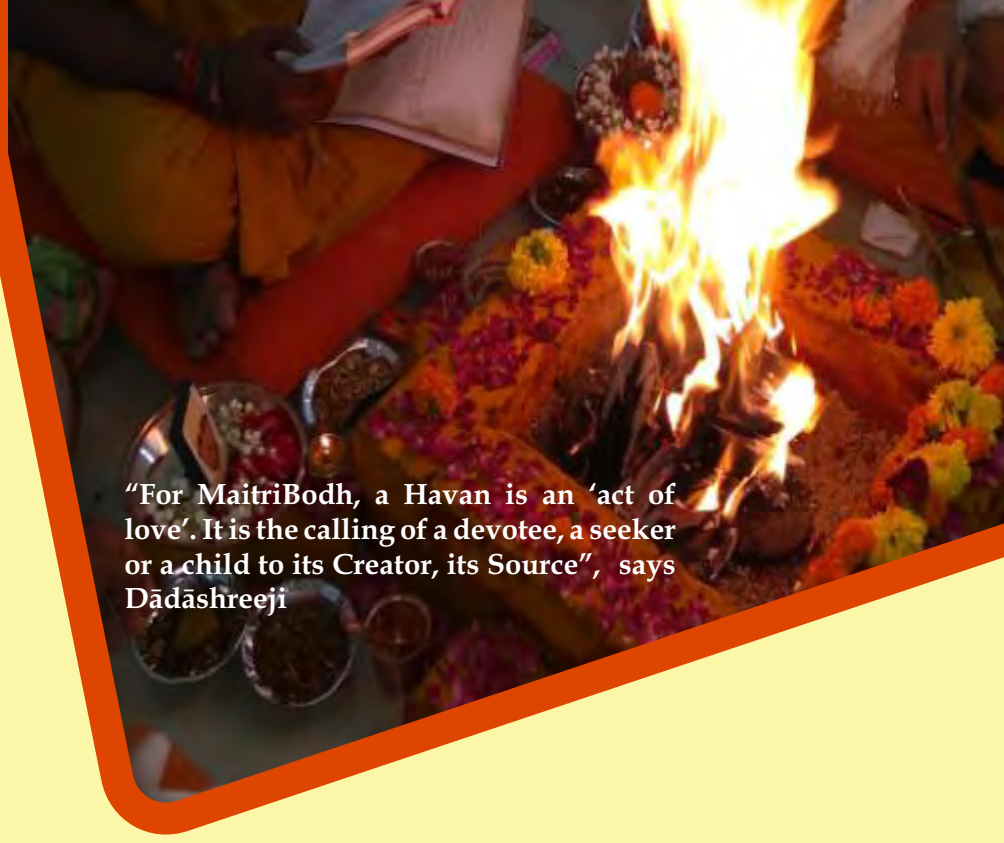
I felt very peaceful during the Spiritual Week; those four days were sheer bliss; with chanting, meditations and havan.

On the final day in the morning as I was getting ready to leave, Jyoti ji, my roommate went out for some fresh air and since I was in the midst of something, I did not lock the door from inside. After some time, I heard a knock on the door. I started to wonder why Jyoti ji was knocking instead of entering the room? So, I went to check and found that the door was locked from inside. For a minute, I froze, thinking how did this happen because I clearly remember not locking the door from inside.

Then it struck me that this was Dada's way of telling me that He was there with me.

Thank you Dada!
Binita





“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

Blessings Galore

A Maitri Havan was conducted at my factory premises in Thane in Mar-2018. After the havan I am feeling blessed. More business opportunities have started coming my way. My new venture at Ambarnath has also kicked off and is progressing well. My entire staff of 30 workers attended the havan. Each one felt calm and peaceful. All my staff are now more energetic and doing their work more diligently.

**Thank you Divine Friend Dādāshreeji,
Tushar Dedhia**



The Power of Maitri Havan

I have been blessed to conduct a havan every morning with the Grace of my first Guru Swami Hari Har Ji Maharaji. When I came to ShāntiKshetra Premgiri Āshram for the first time I heard about the Maitri Havan. As I believe in the power of a havan, I decided to have a Maitri Havan conducted during Navrātri for the good of my family and I am happy to share that it changed my life completely.

It is beyond my power to express what I experienced during the Maitri Havan. The state of my devotion was heightened to a peak and I felt the astral presence of Dādāshreeji and Bābāji so strongly that it overwhelmed me completely! I was in a state of bliss that I had never experienced before. As the havan kartā-started reciting the mantras, I felt I was in another world where only Dādāshreeji and I existed. The Maitri Havan has been the most powerful experience I

have ever participated in. Also whatever I needed in my material world was fulfilled completely.

With every beat of my heart I am in gratitude to Dādāshreeji, the havan karta and the sevaks who offer the required seva with devoted hearts. Their selflessness contributed to the energy completely.

Every time there is an energy dip a Maitri Havan energises my home with the love of my Almighty Dādāshreeji and manifests the beauty of this beautiful Universe.

A million prostrations at your Lotus feet Dādāshreeji

Maitreyi Poonam Rawal

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.



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, Mitra Shankh or Mitra Parn** through this column

Question: "I have difficulty controlling anger when I see others being oppressed or hurt and realize that the oppressive person has no regard, compassion, empathy or feeling for those hurt. I can pray for this person. I can assist and love the victims. Is there anything more I can do to help the oppressor?" - **Patricia**

Answer:

Dear Friend,

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

Thank you for sharing your feelings with us regarding this particular situation you have encountered in life. I truly empathize and acknowledge the agony and compassion that you have been experiencing and your desire to seek guidance on how to deal with such situations in the best possible way.

Let me help you understand the situation better from all perspectives. Firstly, as an observer of a situation wherein someone is being hurt or oppressed, it surely becomes our duty to act out our heart's calling which you have been doing correctly through your love and support for the victims and as well as prayers of right guidance for the oppressor. Your honest and emotional prayers will definitely carry the requisite energy required to remedy the wrong. Inaction in such a situation makes an observer equally responsible for the misconduct because it was an opportunity he/she received from the Divine which was lost and might lead to further damage to both the victim and the oppressor. So, thank you dear friend for taking the right action at the right time.

Further, a victim can be given a compassionate listening with an open heart (not just hearing

with our ears, but being compassionate to their current situation). A compassionate listening will help you as an observer, to understand and appreciate the situation better and extend the best possible guidance and support to the victim to not only be able to come out of the situation, but also never allow them to be in such a scenario again. Your guidance should be such that the victim is empowered to help themselves and never again fall prey to such situations of being overpowered ruthlessly by anyone in life. One should be able to stand up for oneself and face life with courage and conviction. You may help the victim understand that inaction and acceptance of such behaviour from others (unless absolutely truly helpless) is akin to being party to the misconduct. Divine connection within their hearts will give them the required courage and guidance in situations which otherwise might seem truly difficult or impossible to deal with. As an observer you may help the person with the right guidance towards establishing the Divine connection within their hearts through prayers, meditation or associating with people who can help them on this path. Here the MaitriBodh Parivār can be of real support as we under the Grace and Guidance of our Divine Friend Dādāshreeji are working for the transformation of mankind.

The oppressor's action clearly shows the lack of love within them. In reality such a person has moved away from their heart's space and has lost the divine connection from within and in



reality is himself in agony, pain and suffering yet unaware of this truth. Such people mostly live in fear and the only way they have learnt to live through life is by controlling and hurting others in ways best known to them. Since they are themselves suffering, hurting others is their expression of inner hurt and suffering (literally a cry for help) impelling them to such actions of making others suffer as well. Such people usually may not be open to the space of listening or personal guidance. In case they are open to guidance, then all possible help should be provided to them to help them reconnect to their inner divine and be healed. However if they are not open, then you may offer prayers for them (as you mentioned) but the prayer from your side has to be powerful and focused for Divine Intervention to intervene in the situation. You can also visualize the oppressor in your prayers and speak to them internally explaining to them the harm they are causing through their destructive actions. Your internal communication along with the powerful prayers for divine intervention will surely bring a change in the situation for the highest good of everyone.

Thank you dear friend for helping humanity transform through your kind actions!

May the Love and Grace of the Divine be with you in your noble intent, action and prayers!

If you require any further support or clarification please feel free to connect with us.

**With love and gratitude,
Dādāshreeji Sharanam,
Maitreyi Sulata**



The Power of Vedic Mantras - Understanding & Application

Mitra Sut expounds some of the most powerful Vedic Mantras through this series, with an attempt to understand them and their significance and how to apply them in the current times.

To begin with let's start with a 'Shānti Mantra' or Peace Mantra, which is seen in the beginning of many Upanishads, in the Vedas.

Shanti Mantras have an in-built prayer, which calms the mind of the reciter and environment around him/her and is also believed to remove any obstacles for the task being started. It is to be noted that each vedic mantra has a particular intonation and metrics, the practice of which when chanted perfectly in the traditional way, its vibrations leads to enhanced positive energies within and the surroundings helping one's spiritual growth.

शान्ति मंत्र

ॐ सह नावतु ।

सह नौ भुनक्तु ।

सह वीर्यं करवावहे ।

तेजस्वि नावधीतमस्तु

मा विद्विषावहे ।

ॐ शान्तिः शान्तिः शान्तिः ॥

Meaning:

AUM, may we all be protected

May we all be nourished

May we work together with great energy

May our intellect be sharpened

Let there be no Animosity amongst us

Aum, Peace! Peace! Peace!



This particular peace mantra is mentioned in the beginning of the Taittiriya, Katha, Mandukya and Shvetashvatara Upanishads respectively. It is generally recited during the sharing of spiritual knowledge, before a teacher starts a discourse. It is to be chanted by the teacher and the student, together. The selection of the words and grammar brings one to a mode of surrender and prayer, which helps the student and the teacher immensely.

The words in this particular mantr are so perfectly chosen by the sages then, which are so true and practically applicable to the current situations.

It begins with AUM / ॐ , which is the universal Mantra, powerful by itself.

The first line prays for the protection of all and the second for nourishment - both of which are the basic necessities, whenever one embarks on any journey or desires to achieve any goal, be it spiritual or material!

Then there is the prayer to work together, which means to feel oneness with each other, which is a most important requirement to be successful in any team work or sharing of spiritual knowledge. With this one gets vigour and energy.

Intellect or buddhi is a very important part of one's being which is the ability to discern between the truth/ permanent and false/ perishable, the transcendental and the world. So, the sharper the intellect, the more easy and

faster is the understanding of the subtle spiritual concepts and their application in life. So, this is a plea to enhance one's intellect.

The sages knew that while imparting the subtle high spiritual knowledge there are likely to be misunderstandings and arguments, that might create an unhealthy negative environment. One needs to be constantly aware of this during any teacher-student learning and therefore the second last line prays for this.

Finally, reciting ॐ शान्ति / Peace 3 times has a very important base, as it helps in calming and removing obstacles in the three realms:

- Adhi-Bhautika or physical realm, with obstacles from the surrounding nature, such as from wild animals, people, natural calamities etc. (this was very important as in the past most of these sessions happened in wilderness).
- Adhi-Daivika or subtler/ astral realm, with obstacles from the extra-sensory world.
- Adhyātmika or internal realm, wherein obstacles arise from one's own physical body, mind / emotions.

One will experience a huge shift and positivity, if one recites this Mantra with the correct technical intonation / swar, full understanding of every word and feeling/ bhaav.

A doctor by profession, (currently working as a Consultant Radiologist in P.D. Hinduja Hospital, Mumbai) Mittr Sut - as he is fondly called also teaches and conducts spiritual sessions and shares the insights gained from his Master Dadashreeji.



Ek Kshan Prārthanā

Guru Purnimā - A Celebration of the Eternal Truth!



Beloved Friends,

Guru - The Absolute Truth, The transcended One, The Supreme Being, awakens us all to the eternal truth. Guru - A discovery of your own true being! Guru Purnimā is thus a day of celebration of the Eternal Truth in our hearts - our own true being that resides in our heart! 16th July 2019 - the auspicious day of Guru Purnimā gives us all an opportunity to offer our heartfelt gratitude to our spiritual guide, our Guru whose real guidance and blessings have helped us all grow in our lives. This month's Ek Kshan Prarthana is an opportunity to deeply understand and experience the profound need of a realised Master - Sadguru in our lives.

When I met my Gurudev, Love Incarnate Dādāshreeji the very first time, I asked Him about the purpose of my life and the way forward. Dādāshreeji with a benign look, exuding love and warmth said - "You cannot make it on your own." Perhaps 15 years back I did not quite understand the subtle yet profound voice of the Divine. However with time and His Grace, life began to unveil

the serious need of a physical Master in one's life.

A realised Master, with His sheer presence is able to redirect the lost one from the veil of the ignorant mind and the arrogance of the ego back to the Source of all - the pure heart! It is with great joy that the Master watches His devotees and disciples being transformed from ignorance to reality and truly arriving back into their heart's completeness.

Although the Divine is beyond the physical yet He is present in every micro particle in this vast cosmos. Our limited mind can only imagine His all-encompassing presence. If our hearts are open we can feel His hands blessing us at every step in our lives. Imagine how wonderful and beautiful this life could be when the Divine is in the physical form as a true, genuine guide, holding us like a parent and guiding us at every step in life with only one pure intent - our inner growth! To light a candle, you need a burning candle. Even so, an illumined one alone can enlighten another desirous of this illumination! Only the man



who has already been to the Himalaya Mountains will be able to guide us to the road leading to them. In the case of the spiritual path, it is even more difficult to find our way. The mind will mislead us very often. The ego distorts the reality and makes us claim about anything and everything as our own, we begin to lead life lost in a never ending illusion. The Guru removes the illusions and obstacles, and leads us along the right path. He will tell us: "This road leads you to Liberation; this one leads to bondage." Without this guidance, we might wish to reach the Himalayas, but find ourselves at the ocean instead.

The Guru manifests in a physical form to remind us that He is simply awakened in our hearts as our own inner Guru, our own Inner Divine. He will never allow us to be attached or dependent to His physical presence, but with time He will only awaken within our hearts as our true friend and guide. In the physical presence of the Guru, the Light which was hidden in our hearts simply makes itself known through His Grace.

As a seeker of truth, we can surely make our efforts, but who knows what the Truth is! Who will validate our understanding and direct the energy generated out of our efforts in the right direction? Only a realised and awakened Master who knows the source of our existence and our journey so far, is able to give fruit to our sincere efforts through His Grace. Effort can provide us knowledge and understanding, but the experience is bestowed only by the Awakened Master.

He checks our growth at every point and as soon as the head of the poisonous snake

risers to bite us in the form of the ego, the Master is there to slash it before we are consumed by the venom. It is only the Grace of the Master that can deal with the Ego within each being.

It is only and only the Grace of the Master that can liberate us from the cycle of birth and death. Reaching the Highest is only possible with the bond of love that one shares within one's heart. In return, He seeks nothing from us, not even our love and devotion. It is we who require this devotion to grow as a human being. The Master simply loves and is only there to awaken us to the truth of our very being that we are love and it is this love that binds us all together as One. Just like honey ,its stickiness, its gentle flow, its sweetness is tempting and we want it more and more, similarly in the current times we are all part of the river of awakening to this sweetness of love, binding us all together as One. So many beings are waking up to the reality of life, the communion with the Divine in their hearts!

Dādāshreeji as our Divine Friend, Love Incarnate and True Guide comes with abundant ocean of Grace to ensure 'The Awakening' ripen in us with beauty, grace, peace and above all Love! He says -"You will be remembered for what you give to the world and only one thing that is worth giving is love. Make 'love' the highest to be achieved, attained and experienced in this lifetime."

The Guru is the Divine in our heart!
The Guru is the eternal love in our heart!
The Guru is the truth in our heart!



Today's Ek Kshan Prārthanā (A Moment in Prayer) is the offering of Gratitude to this eternal guru who manifests physically to awaken the love in our hearts!

Ek Kshan Prārthanā - A Moment In Prayer

Beloved Divine Friend,

Who manifests as our eternal Guru, our best friend and
our true guide

Thank you!

Gratitude flows with our every breadth, and every
heartbeat

Thank you!

Such joy, such blessings, such grace you have showered
upon us

Thank you!

May our heads forever rest at your Lotus Feet and our
hearts in your magnificent Divine heart

Thank you!

May we awaken to the truth in us, that there is only You,
only You and only You!

Thank you!

To the timeless, infinite, boundless love - My Eternal
Guru we offer our love and gratitude!



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.



Taking Care of Thyroid

Problems caused due to an imbalance in the thyroid gland can lead to a lot of discomfort for those who suffer from it. **Bhairavi Mehta** shares tips to control this hormonal imbalance with the help of Yoga and other natural remedies



Today there is increasing prevalence of Thyroid disorders. The thyroid is the butterfly-shaped gland in your neck. This gland produces hormones that regulate many metabolic processes including growth and energy expenditure. Women are more susceptible to this disorder than men.

Symptoms:

A thyroid dysfunction may be in the form of -

- Hypothyroidism
- Hyperthyroidism

The basic difference between the two is the quantum of hormone output from the thyroid gland. If the secretion is not enough as per body's requirement it is called as hypothyroidism, while hyperthyroidism means that the thyroid gland is producing too much.

Some symptoms regarding hypothyroidism are lack of concentration, dry skin, feeling sluggish, muscle pain and cramps, thinning and coarse hair, constipation, repeated menstruation, constipation, sensitive to cold temperature, etc. People with hyperthyroidism have unexplained weight loss, missed periods, accelerated heart rate, difficulty in sleeping, nervousness, anxiety, diarrhea, etc.

Managing Thyroid with Yoga

Yoga brings overall health and wellbeing to an individual. Several studies have been conducted, which have shown the positive effect of yoga on improving thyroid function. However, it is important to check with your doctor whether and the type of the thyroid disorder you might be affected with. Before starting the practice of yoga for thyroid disorder make sure you have consulted your physician.

Although all yoga asanas are considered to be good for both hypothyroidism and hyperthyroidism patients the following poses help to cure thyroid dysfunction.

Āsanas:

- Paschimottanāsan
- Ustrāsan
- Matsyāsan
- Ardhmatsyendrāsan
- Sarvāngāsan
- Halāsan
- Dhanurāsan
- Parivritta Trikonāsan
- Simhāsan
- Grivāsan

Surya namaskār and Tibetan Rejuvenation rites also have a positive impact on thyroid dysfunction.



Pranayām:

- Ujjayi
- Anulomvilom
- Kapālbhāti
- Bhastrika
- Brahmari
- Surya bhedan pranayam

Bandh: Jalandhar Bandh**Mudrā:** Shankh Mudrā

In Sanskrit, Shankh means conch.

This mudra resembles the shape of a conch. It is believed that the conch sends sound waves far and wide and removes ill effects of bad elements.

Formation:

Place the thumbs of the left hand at the base of the right thumb. This is the reflexology point of the thyroid gland on the palm. Fold the fingers of the right hand covering the left thumb. Join the index finger of the left hand with the thumb tip of right hand. The other three fingers of the left hand are placed on the back of right palm. The mudra can be performed with reversing hands too.

This should be performed for 45 min. It can be performed in three sessions for better results and should be accompanied by Prāna mudra (10/15 Min.)

Diet:

- Take adequate amount of milk in your diet
- Increase in take of rice, barley, bengal gram, moong dal and cucumber
- Coconut oil helps in improving body

metabolism in thyroid patients

- Avoid heavy, starchy, fried and sour foods
- Thyroid needs iodine to work well but be careful of excess iodine intake (fortified salt) which may cause other problems
- Green vegetables like spinach, lettuce are other examples of great sources of magnesium which play an important role in the body processes
- Several herbs like Ashwagandhā, Gum guggal (Commiphora mukul), Trikutachuran, Baheda (Terminalia Bellerica), Sheesham (Rosewood) leaves, Neem (Azardirachta indica) - Tulsi (Ocimum sanctum Linn) leaves have been known to improve thyroid function
- It is a good idea to limit the intake of brussel sprouts, cabbage, cauliflower, kale, turnips as these may block the thyroid's ability to utilize iodine

Few Do's & Dont's in case of thyroid dysfunction

- Check the thyroid function regularly
- Drink lots of water
- Perform yogic āsanās, pranayama, etc. after consulting your physician and under supervision of a trained yoga teacher
- Eat foods rich in selenium, tyrosine and antioxidants
- Avoid alcohol and smoking
- Stay away from sugar and caffeine
- No self-medication

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





Peace Begins with Me – Trupty

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.

Trupty is a passionate teacher who runs a small coaching class. She narrates this incident when there was a conflict and groupism in her batch. She played a new role and magic happened.

Since many years, I have been nurturing a few children's learnings by conducting tuitions to help them do better in school. The group is small and has been steady through the years. One year, a few new girls joined the batch. The older students were not very welcoming towards them.

Over a few weeks I observed that things were getting worse. A few of the older students did many things to make the new students uncomfortable. This was subtle, but continuous. I tried to soothe things out, but I faced a lot of resistance from the older students.

The dynamics became a dilemma and a disturbance for me. I felt torn between the two groups, which I loved equally. I did not wish to take sides and I also saw that the new students needed my support. I also sensed that the older students did not wish to be 'advised', they were not open to see the situation and their negative role.

Suddenly, it seemed like I was burdened with an additional job of helping them emotionally and it was also disturbing the academic learning. If I did not intervene I could lose the new students and if I did intervene my older students may

'shut down' and view me as dominating. One day, I made up my mind to step in and take the risk. I began to spend time to help them get in touch with their feelings.

I worked with them individually and then in small groups. Very gently but firmly I helped them to develop empathy and understanding for each other. I worked with love, faith and patience and slowly they all bloomed. Just like a flower which we cannot see the blooming occur, but it just blooms fully over time. Today, the entire group is well knit and are good friends with each other.

As I look back, I am glad I listened to my heart's voice and stepped in. I went beyond my call of duty as a 'mere' tuition teacher and I took responsibility to help these children learn human values. I stretched myself and took the risk of being seen as 'preachy' and be rejected by my students, but I wanted to guide them well. I helped them learn about true love - very patiently, gently and firmly.

"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"

- Dādāshreeji



Heart to Heart

The Mountain says ...

Be Stoic.
(Stand tall no matter the season.)

Watch from the top.
(Be it any situation, have
an overall viewpoint.)

Keep good company.
(Birds, trees, rivers, animals, saints,
adventurists, achievers choose your
friends wisely.)



What goes around comes around



Divine Play conceptualized and illustrated by Dr. Balkrishna



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.



Alaa Salah

“Sudanese women have an active role in what’s happening. We need to take a stand now, to ensure we have a place in Sudanese politics”

- Alaa Salah

Protests in Sudan have been ongoing since December 2018, the country is in a grip of a crisis that threatens the safety and freedom of the people. The country faces threats to its economy along with the rising cost of living.

Sudan was declared to be in a state of emergency by the president Omar Al-Bashir. Subsequently the president himself was removed from the post by the military, ending a 30-year rule. However, this transitional military government has seen been the cause of grief for the people as peaceful protestors have been gunned down by the military sparking outrage across the country as well as the world.

In the midst of this strife, a 22-year-old engineering and architecture student, Alaa Salah has shone out as a beacon and iconic symbol of the Sudanese protests. She has since gained mass following with many protestors chanting her poems.

A student of the Sudan international university in Khartoum, Alaa has been participating in the protests since the very beginning. She has addressed many rallies and demonstrations.

She expresses no fear and encourages women to take charge in these protests as women form 70% of the protestors. Their collective demands are for a civilian government designed to ensure a better standard of living for all citizens and especially improving the working conditions and rights of women.

Her love for her country has manifested her into this powerful female leader in one of the most troubled times in Sudan’s history. Her struggle continues and she is joined by millions of women in her cause to protect her country. She has received praise from people all across the world comparing her to ancient Nubian Queens called Kandakas in the past, as well as Lady Liberty and an icon that will forever be remembered in history as the face of Sudanese protests.

“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”

- 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

Children Bodh For registration contact: 9687605712	11th July 2019	Baroda
Children Bodh For registration contact: 9687605712	12th July 2019	Baroda
Guru Purnimā For registration contact: 9322290211	14th July 2019	Kasturba hall, Matunga (Mumbai)
Awakening to Self Realisation (Bodh I) For registration contact: 9321293599	19th July 2019	Ghatkopar (Mumbai)
Awakening to Self Realisation (Bodh I) For registration contact: 9819007459	20th July 2019	Jodhpur



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