

MAITRI ANAHTA

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MaitriBodh
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From the Editor's Desk

Dear Divine One,

Warm and loving greetings of the season!

The minimalist approach is gaining popularity the world over. The mantra is 'Less is More'. De-cluttering is the new detox. Not only does it put an end to the frenzied consumerism but also helps one take a firm hold on one's finances.

Similarly, we could work on de-cluttering our minds of unwanted thoughts. Worrying about the future and brooding about the past is sure to bring about misery and unhappiness in one's life. Mastering the art of living in the moment and experiencing it to the fullest is the key to a joyous life. This can only be practised when one has faith in the Divine, by knowing deep within that the Supreme is guiding us each moment. All that we need to do is be in awareness and silence. As one de-clutters the mind of the unwanted thoughts one will experience silence. It is through this silence that one can listen to the voice of the Divine. With Divine guidance in our lives we need not worry about the future. Let us begin with this mental detox by watching our thoughts and discarding the unwanted ones.

Do not miss to read Divine Friend Dādāshreeji's answer to a query by a seeker on what and why the human mind seeks in life under 'Pearls of Wisdom'.

In the section '*Dādāleelā*', read the experience of Grace as shared by one of our devotees. The section '*Food for the Soul*', brings you a new series on *Vedic Mantras* that will help one understand the significance and their application in the current times. We give clarification of the 'Shanti Path' Mantra in this issue. The article '*Complete the Learnings*' addresses a query by a seeker regarding suffering as the integral part on the journey of transformation. '*Love can change the Planet*' gives you suggestions on adopting the ways and means with which we could be more caring towards Mother Earth. Under 'Reflections,' the author of the article '*Unravel the Truth*' urges us to discover ourselves.

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.

Be safe and stay blessed!

**With Love & Light,
Team Anahita**



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Question: Dear Dadashreeji, as a human mind, what do we seek in life? And why do we seek? Please enlighten us to clear our confusion about these core questions!

Dadashreeji:

Dear Friends!

One can define life in various ways based on one's views and beliefs. Life can be a journey, or a moment to experience, or a series of events, or a cycle of birth and death. It is a mixture of good and bad moments. Given a choice, what would you prefer in life? Only happiness, only sadness or a combination of both. Out of these three choices, if you have to choose only one, what will it be? Undeniably, most of you would say only happiness or some may choose mixed experiences. But none of you would ask for only pain and sadness in life.

Thus we see that the human mind is inclined more towards pleasure and happiness. Unconsciously or consciously, you would expect happiness in your life all the time. Now, shall we see it as a wrong approach towards life? Not at all! This wanting of happiness in life, all or most of the time is an inherent nature of the human mind. Whatever you do or wish, is always intended to attract joy in life. Your ambitions, passion, dreams, loved ones, job, money, and all that you desire, are aimed for happiness. Thus and so, what you seek in life is happiness, and that's natural.

The first thing that you do with happiness is to try to hold it for long. You do not want happiness to sink or fade away with time. You try your best to hold on to the sensations of happiness. When there is no happiness, you become sad and depressed. So, wanting happiness all the time intensifies once you experience it in life. We call this eternal happiness, as 'true happiness'. Your life naturally seeks true happiness. One may grow further inwards with emotions thus experiencing true happiness as joy and bliss. You may derive this joy through any way which you think is right for you at that period of time.

Seeking true happiness is a part of your nature but why it is so, let us learn more about this! In creation, you see nothing existing independently or without the need for a second. No particle, object or being is complete in itself. The same applies to human beings. As a part of Nature, you too are expressed and born as incomplete beings. This state of incompleteness seeks happiness and joy throughout life. Now, for spiritual seekers, this seeking is inwards, and for worldly people, this seeking is outwards. This intense desire to receive happiness and joy remains common and active for both.

Whenever you experience the state of completion within, you get immersed deep within the realm of joy and love. You experience freedom, peace and truth - all in this state. For a human mind seeking happiness, this state of completion appears to be unrealistic and imaginative in the beginning. With right contemplation and under authentic guidance, it will become a reality for the 'transformed being'. To begin your journey towards the Truth, you can do so just by being aware of the seeking and then realise the reason behind the seeking of happiness. The rest will follow automatically! Be ready! Love and freedom await you!

**Experience and share happiness!
Love life!**

**Love and Blessings,
Dadashreeji**



Dādāleelā

..... Devotees' Experiences



Infinite Grace

A few days back I was asked to share my experience with Dadashreeji. I agreed for the same but then contemplated deeply on what to or how to write, since there are so many experiences occurring in daily life and in such subtle ways that one simply can't keep track of them as they are continuous. It could be as small as expressing a wish to Dada that, "Ek coffee ho jaye toh mazza aa jaye ", and lo and behold a cup of hot coffee is made available to you. The experiences are many and continuous and are a very beautiful part of my life. But the subtlest yet the strongest experiences cannot be conveyed in words.

How can I explain my experiences of that connection, that now when I say 'Maa' internally, my whole being is filled with Her? That, when I say Jesus, I am enveloped by His love, that when I say Ganpati Bappa, I am in His Glory. Whenever I see Shivling within, I experience and, am comforted by the unexplainable infinite formlessness. And, the constant, softer than the softest , sweet and yet firm experience but still not completely explainable feeling/ experience of Dada all the time right in the centre of the chest - My Real Heart.

It goes without saying that with His constant presence and guidance He has helped me respect and nurture my relationship with everything, everyone and everywhere.

Also now, I am absolutely free from being the hardcore smoker and heavy drinker that I was for the 23 years owing to certain internal experiences that Dada gave me without any withdrawal symptoms whatsoever.

Love,
Simit





Poem by the Divine

Writing Marathi poems has been a deep and enriching experience for me for two reasons. Firstly I have never written poems before and secondly, I do not have a good Marathi vocabulary, though Marathi is my spoken language. The poems have been written by Him (Dadashreeji), I have only been the medium. I would sit to write, and after the poems would get completed I would look up the meanings of several words in those poems to understand and appreciate the full beauty of these poems. I offer the poems back at His lotus feet and to the readers of Maitri Anahita.

निर्मळ प्रेम, स्वच्छंद प्रेम
आज अनुभवते मी

ह्या प्रेमाला काही न अपेक्षा
फक्त रमणे हीच पूर्तता

देणे फक्त, मागणे न काही
तव चरणी रहावे हीच कामना

Meaning:

Pure Love, Absolute Love,
Is what I experience today

There is no expectation in this love,
Getting immersed in this love is in
itself the completeness

Only giving, not asking for anything,
To be at Your feet is the only desire.

**Dadashreeji Sharanam,
At His Lotus Feet,
Maitreyi Shalaka**



Complete the Learnings!

A young seeker asks:

Many people take the path of spirituality to end their pain and suffering and they find immediate relief but it is often short-lived. It seems that personal suffering is continuous. Is this suffering a part of our transformation? What role does Divine Friend Dadashreeji play in this journey?

Mitr Parn:

Namaste,

I hope you are reveling in abundant Divine Grace.

Yes, you rightly said that most people come to the spiritual path with an expectation to be miraculously freed from suffering. But in my experience it is the mind's naïve expectation that everything will be easy and smooth on the path of spirituality. There are always ups and downs irrespective of the path we choose. The difference is that the heart of a spiritual person is awakened. Due to this awakened state of being, one becomes more sensitive and thus it might seem that there is intense suffering in life but at the same time the awakened heart also provides the guidance and the strength to deal with it. Actually Divine Grace releases all the suppressed energies, blocks and karmas so that one can grow further in life to move closer to the highest - the Divine. When one has an awakened Master as their guide, they should be reassured that the pain is only to help one grow internally.

In the MaitriBodh Parivaar, we have Divine Friend Dadashreeji guiding each one of us. The

sankalp (intent) of His very Presence on earth is to help humanity truly experience the Transformation within. He is an embodiment of the Divine and is taking us closer to the Divine Love within - which we have been seeking. If one has an illness, one goes to the best doctor for treatment with the faith that one would get healed. Similarly, *Dadashreeji is the Transformation Specialist*. He knows how to work in harmony with the laws of the universe and bring about transformation in a soul and help one get liberated from the current miserable state caused by past deeds. He doesn't follow shortcuts to bring about temporary change; rather, He helps in bringing about transformation by shifting one's consciousness permanently. *He operates on the deepest core of our being and tunes it with the Divine Consciousness and Love*. Thus, one receives direct guidance and experiences Supreme Love within, despite all the challenging external situations.

These days' shortcuts are common, that might generally bring immediate relief or gratification. But after sometime, in the future, the incomplete karmas come back and need to be completed. *Under Dadashreeji's Guidance, one goes through pain temporarily and completes the cycle of learning*



permanently. Yes, it is painful. However, this experience makes one very strong which one might not realise at that time but will do so later. The most important aspect is that Dadashreeji, Himself walks with us through these experiences and looks after us so that we complete our learnings. Just like a selfless mother and a true friend, He is present with us during each painful moment, every sleepless night, and each cry for help and with every drop of tear. He is there but due to our ignorant mind, we become oblivious and doubt His presence.

As our Divine Friend, Dadashreeji truly takes the responsibility to help us complete our learnings. I would like to share my personal experience that conveys His earnestness when it comes to our growth.

During the 'Peace within Retreat' in Dunagiri in May 2018, Dadashreeji wanted to explore a new trek before taking the participants there. He asked one of the mitras and myself to go and check the trek. We left for the trek immediately. It was difficult terrain and since we were physically new to the atmosphere our bodies were taking time to adapt. Our destination a mountain top seemed very high and almost unachievable to us. By the time we completed around 15% of the trek, our bodies and minds had given up. We returned without completing the trek with a heavy heart and the sadness that we couldn't fulfil Dadashreeji's wish. On our return, we narrated the whole incidence to Dadashreeji. He listened to everything carefully and didn't say anything.

Soon the retreat started and we were all occupied with the seva at our hands. After two weeks, when there was a gap of a few days before the next group of participants arrived, Dadashreeji said that all of us (sevaks and Him) will go together for the trek. During the retreat, we had forgotten about our incomplete trek but

He hadn't and this time He was coming with us to ensure that we completed it. It was a difficult trek but He took us step by step. He motivated us while walking, with His Words and His Presence. What we couldn't do in one whole day, we could complete in 3 hours, with His Grace. We went all the way to the top. There was an amazing view waiting for us, the fruit of the hard work which Dadashreeji had wanted us to experience. Later, He told me that it is always essential to complete what we start and go through the pain and learnings on the way.

In daily life, we may not see or realise how much He cares for us. We expect things to happen the way we want but as our Divine Friend, Dadashreeji knows exactly what is best for us at that point of time. What He wants or does for us may not be as per our expectations but we need to keep our faith in Him.

As a true guide, He is always there with us, making sure that we walk on our path and complete all our learnings. Yes, there is pain but we also have our Divine Friend always with us, making sure we don't wander or leave our learnings incomplete. Recently, during one of the sessions in Mumbai, Dadashreeji said, *"You all must know, you might not be so serious about your growth but I am extremely serious about it."*

Let's keep our focus on the Divine Presence in our heart,

Face every challenge with faith in His protection and guidance,

Stay happy and be grateful for this divine association in this life!

**Dadashreeji Sharanam!
At His Lotus Feet, Always.**

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.



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

One wonders what the importance of chanting mantras in the current modern age is? We all feel we are scientifically advanced and need scientific proof to convince ourselves. As our Divine Friend Dadashreeji says, a human mind has limitations to understand the vastness and depth of the universal consciousness. These can be understood and experienced, as one goes within and connects with one's higher 'Self' like the ancient yogis and sages did. Nevertheless, scientific studies have proved beyond doubt about the impact of mantra chanting on many physiological and psychological functions of the body, increase in the synchronicity of cardiovascular rhythms and activation of different brain regions, bringing in an overall positive influence.

(References: *Anc Sci Life*. 2012 Oct-Dec; 32(2): 89-92. *Int J Yoga*. 2011 Jan-Jun; 4(1): 3-6)

The MaitriBodh Parivaar provides a holistic and in-depth validated experience, through our various sessions and processes, under the grace and guidance of Divine Friend Dadashreeji.

Today, let's explore the 'Shanti Path' Mantra which is as follows:

ॐ भद्रं कर्णेभिः शृणुयाम देवाः ।
भद्रं पश्येमाक्षभिर्यजत्राः ।
स्थिरैरङ्गैस्तुष्टुवाग्ँसस्तनूभिः ।
व्यशेम देवहितं यदायूः ।
स्वस्ति न इन्द्रो वृद्धश्रवाः ।
स्वस्ति नः पूषा विश्ववेदाः ।
स्वस्ति नस्तार्क्ष्यो अरिष्टनेमिः ।
स्वस्ति नो बृहस्पतिर्दधातु ।
ॐ शान्तिः शान्तिः शान्तिः ॥

Om Bhadram Karnebhiih Srinuyaam Devah ।
Bhadram Pashyem Akshabhir Yajatrah ।
Sthirair Angais Tushtuvagamsas Tanoobhiih ।
Vyashema Devahitam Yadaayoooh ।
Swasti Na Indro Vriddhashrava ।
Swasti Na Poosha Vishwa-Vedaah ।
Swasti Nastaaksharyo Arishtanemih ।
Swasti No Brihaspatir-dadhaatu ।
Om, Shaanti Shaanti Shaanti ॥



This entire mantra is the first passage of the Taittiriya Aranyaka from the YajurVed.

Meaning:

Aum, May we hear what is Auspicious with our ears, Oh Gods. May we see what is auspicious with our eyes, Oh holy ones worthy of worship. May we live a life of satisfaction with strong organs and healthy body. May we Praise the Lord during the life span given to us by the Gods. May God Indra of great fame bless us. May the Omniscient Poosha bless us. May the Protector Garuda bless us. May Lord Brihaspati protect us. Aum, Peace, Peace, Peace.

This mantra is a 'Shanti Path Mantra' or peace mantra and is used during auspicious occasions, while applying *tilaka* or giving blessings.

This particular peace mantra focuses on abundance and positivity in one's life in every aspect, in the form of a prayer. Beginning with one's senses where hearing and seeing only auspicious goodness, with the ears and eyes respectively have been exemplified to include all other senses. What we see, hear, taste, touch, smell with our five sense organs and further what we think with our minds is what we eventually become and manifest. It is a prayer asking only for good positive things and thoughts in our life, including a healthy, organs and a strong body. The body is a vehicle to reach the Highest and thus it's important to take care of it and live a satisfied life.

The next part of the mantra asks one to praise the Lord, all through one's life span given by the Lord Himself. Praising the Divine (also called *araadhna*), is often stressed upon in Vedic mantras, as it helps us to manifest those qualities of praise and at the same time builds a strong bond with the Divine.

The last part is seeking blessings, first from god Indra (where he is referred 'of great fame', which is praising him). Indra, the most referred to deity in the Rig Ved, is the god of the heavens, lightning, thunder, storms, rains, river and is celebrated for His powers and destroying evil. Indra represents an energy form providing vitality and goodness on earth and therefore we seek His blessings. Poosha is a Vedic solar deity and one of the Adityas, helping one to nourish (*poshan*) and Garuda is the king of birds, vehicle of Lord Vishnu, generally a protector with the power to fly swiftly and go anywhere, who is ever watchful of the enemy. Brihaspati is the preceptor of the gods, the regent of planet Jupiter, master of sacred wisdom, charms, hymns, and rituals.

All these prayers to the various deities enable us to remove all blockages on one's spiritual journey and growth to finally reach the Highest Truth. (The importance of reciting 'Aum Shanti' three times has been explained in the previous issue of Maitri Anahita).

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



Love can Change the Planet

For many people, the idea that an abstract concept like 'love' can change the world is often difficult to digest. However as this article notes, due to the inter-connection between nature and mankind this concept called love is capable of healing Mother Earth

To begin to understand our inter-connectedness with nature, we have to go down memory lane to a time in history when man would succumb to fatalities after sustaining a simple cut or wound. Until one day, in a moment of happy coincidence, Alexander Fleming discovered a mold, a simple fungus, that would form the basis of what we call antibiotics today. We are healthy, successful and evolving beings because of the multitude of species, seen and unseen that have contributed to our survival on this planet. To add to the evidence of interconnectedness, there is scientific research (reference 1 and 2 below) to support that each heart is in synchronicity with the electromagnetic field of the earth. This makes it crucial for each one to become aware of this wave of change that is occurring on what we all collectively call Home 'Our Earth'.

We have progressed at a fascinating rate into a modern society; however we have become distant from the beauty and magnificence of nature at an even more alarming rate. Humans are a 66-million-year old species, a small part of a vast, ancient 4.3-billion-year old ecological system that has been functioning in perfect equilibrium. It is similar to a human body in that it breathes, creates, preserves, destroys and regenerates all at the same time. However, when one of the most advanced beings within this ecological system ignorantly shifts the balance, we begin to witness chaos. Across the globe, we see the detrimental effects of man's ill actions towards Mother Earth. We have been wasting our precious reserve of natural resources and littering the entire planet with our waste.

As Mother Teresa says "We can do small things with great love." To be the change we wish to see in the world, we have to begin small and always fill our actions with love, love for nature!



Following are a few suggestions that would help us take the first step.

1. **Self:** Find one personal item that you use frequently and replace it with an environment friendly option. Such as steel water bottle, coffee mug, bamboo toothbrush.
2. **Home:** Find areas within your home that you can make eco-friendly. Use energy efficient bulbs, fix leaky taps, use eco-friendly products. Decorate your home with plants. Have a recycle bin and segregate waste into bio-degradable and recyclable.
3. **Neighbours:** Going on a regular expedition with neighbours to clean up the surroundings. Introducing and implementing eco-friendly policies and awareness campaigns in your neighbourhood.
4. **Global:** As we now understand that our heart is in synchronicity with the earth's energetic field, it becomes highly beneficial for us to connect collectively across the globe and pray for our Mother Earth.

Divine Friend Dadashreeji, has blessed us with the following prayer for Mother Earth to connect with her and heal her wounds.

Today and now,
I express my Love and care for You.
Forgive me for causing pain to You,
Let me protect and
nurture You once again!
Let me heal Your wounds
with my Love,
Love, love and only Love for You!

References:

1. Alabdulgader, A., McCraty, R., Atkinson, M., Dobyns, Y., Vainoras, A., Ragulskis, M., & Stolc, V. (2018). Long-term study of heart rate variability responses to changes in the solar and geomagnetic environment. *Scientific Reports*, 8(1), 2663. <https://doi.org/10.1038/s41598-018-20932-x>
2. Human Heart Rhythm Sensitivity to Earth Local Magnetic Field Fluctuations Global Coherence Research | Published: 2015 Abdullah Alabdulgade, Rollin McCraty, Mike Atkinson, Alfonsas Vainoras, Kristina Berškienė, Vilma Mauricienė, Algė Daunoravičienė, Zenonas Navickas, Rasa Šmidkaitė, and Mantas Landauskas. VE International LTD. *Journal of Vibroengineering*. Sep 2015, Volume 17, Issue 6. ISSN 1392-8716.



Unravel the Truth Within



As one inches closer to realising the eternal truth within oneself, fears and insecurities become roadblocks that test the strength of one's resolution. As **Maitreyi Sonee** reflects on finding and accepting her truth, she notes Dadashreeji's ever present grace and love in this journey

There comes a moment in every seeker's life when he or she knows deep within that the time has come to go beyond one's limitations; the time to take a leap of faith and courage to experience the Supreme Truth. This leap may involve going through fires of fear and insecurity. The first step is to muster courage to get a glimpse of the world within oneself. The great Sufi philosopher Rumi says, "You are not a drop in the ocean. You are the entire ocean in the drop".

Most people we are associated with, want us to live our life as per their ideologies. They have the need to have themselves and their point of view understood, but none gives time nor a second thought as to what may be going

through you. Life is all about them. We too generally tend to accept this way of life. It wasn't very different for me either. Society, relatives, friends - I was dictated by them all to lead a life as per their set of rules. My chattering mind overpowered me, limiting me and my abilities. Gradually I realized that the more I accepted their version of me, the more restless and frustrated I became, for their version was not my truth. The urge in me was now growing, to go beyond the limitations of my mind and explore the truth. The marvels of life that I was seeking from the external world were all within me. My inner growth happened when I realized that I did not have to experience life the way I had been told to. I could go beyond my limiting beliefs and explore to my heart's content.



Now came the moment when I wanted to live my truth, without the fear or insecurity of hurting or being hurt. I wanted to be heard, to express myself from the heart. This quest to be heard made me go deeper to unravel the truth within. That is when I came to the point of asking myself the most profound question, who am I? Am I just what another being who wants me to be; or was there something more to me. I now wanted to reclaim, reconnect and rediscover the hidden me. Beneath all the layers of my limiting beliefs created by my society, my loved ones, I now wanted to experience liberation.

As I got the first glimpse of the wonderland within me, I also became afraid to let the true one emerge. What would my loved ones say?

Well, if they were truly my loved ones they would be happy to see a new joyful version of me. Yet today for most of us this does not happen. We are afraid of being ridiculed and judged by society. Hence, we keep our truth locked within us, hidden so deep within that slowly we forget our true beautiful self.

For a few fortunate like me, our Divine Friend has come to help unravel the truth within and we have been able to emerge victoriously - a true reflection of our own Divine Self.

Today, let us all pray that the Grace and Love of our Divine Friend Dadashreeji reaches every corner of this world and helps each one unravel the truth and experience the joyful, blissful oneness with the Divine within.

Sonee Singh, a woman filled with love and passion, embraces life and its challenges with open arms. A learner and a writer, Sonee, shares her experiences and transformation after she met her Divine Friend Dadashreeji. She soon discovered a whole new side of herself, and found the purpose of life.



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 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.

Peace Begins with Me - Karan

Karan* is in Class 6 and this is an incident, which his loving teacher Neha* observed. She shares this story as she was so moved by the maturity that Karan demonstrated in the face of conflict. It is narrated in her words.

I was on supervision duty during the lunch break. I saw a scuffle break out among a group of boys. A new child, Satvik, was being bullied and was in tears. I could not see clearly but I saw a familiar group of boys from Class 6 - Arjun, Rahul, Deep, Jay and Karan surrounding him. I could also see the Principal, Mr Khanna, approaching the boys. He was walking fast but the boys were faster and quickly began to flee. Karan was the last one to leave.

Mr Khanna caught up with Karan before he could run away. All the others had moved away. Satvik was crying, bitterly and had a blue eye and his clothes were in a disarray. Mr Khanna got hold of Karan and gave him a sound yelling. Several other children in the corridor stared speechless. I had seen the entire scene and knew who the culprit was and it wasn't Karan - but as Karan couldn't run away, he was in the line of fire.

I could not do much then, but went up to him later in the day and asked how he was. I sympathised with him that he was innocent and it must feel unfair that he was yelled at for something he did not do.

Karan smiled and said, "Ma'am, yes - I did not like to receive a scolding, especially for something I did not do. However, right now I am not feeling bad. I can understand that the principal was very worried about Satvik. He must have jumped to the conclusion that I was the culprit. He could not help shouting, because he wanted to make things better for Satvik and to teach the bully a lesson. Our teachers are like our parents, they want the best for us, they want to protect us. So, I guess that is why Sir got angry at me."

Karan was able to put himself in another person's shoes and see the world from what was going on for them. He was able to see the humanity in the other person and his good intention. He models the power of empathy, deep empathy for others - where we can understand their behaviours, makes us generous and free. Eventually I helped the authorities to identify the real bully and corrective measures were taken. The Principal called Karan to his office and apologised for his outburst, though we know that Karan had already forgiven him!

**Names changed to protect their identities*



Catalysts for Transformation



Peter Tabichi

A life well lived is one that leaves a positive impact. We may leave an impression of our presence on the souls of those nearest and dearest to us, but there are a few individuals who leave their mark on entire 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.

“Seeing my learners grow in knowledge, skills and confidence is my greatest joy in teaching! When they become resilient, creative and productive in society, I get a lot of satisfaction for I act as their greatest destiny enabler and key that unlocks their potential in the most exciting manner” - Peter Tabichi

Situated in a remote area of the semi-arid Kenyan Rift Valley, lies the Keriko Mixed Day Secondary School in Pwani village. Many students of this school come from poor families. Some have only one parent while others are orphaned. Many would go to sleep hungry, as the arid region faced a long drought and famine. Such harsh conditions gave rise to problems like teenage pregnancies, drug abuse, young marriages and the likes.

Life certainly seems impossible in these conditions, and perhaps they would have continued to be so, if it weren't for the generous heart and driven spirit of Peter Tabichi, a science teacher at the school. Peter donates 80% of his salary to his students so that they would get better education and lead a better life.

Apart from being a philanthropist, Peter began many science clubs and peace clubs at the school. The success of his Science Club is evident in the fact that 60% of the science projects entered by the students qualified for national level competitions. The Mathematical Science team also qualified to participate at the INTEL International Science and Engineering Fair 2019 in Arizona, USA, for which they are currently preparing. Peter and his colleagues also provide one on one maths and science coaching to their students. To keep his students engaged, Peter downloads online material from

internet cafes to present in offline classes as the school has only one desk computer. Despite working in a poorly resourced school Peter aims to make the quality of education of first-class level for his students.

The fruit of his labour shines through his students amongst whom the rate of indiscipline has dropped from 30 to 3 a week as well as a doubling in enrolment rates. This coupled with the fact that in just one year the number of students going to college and university had increased from 16 out of 59 to 26 out of 59. Apart from focusing on his students Peter also teaches techniques to grow famine/ drought resistant crops to the local farmers. He had also begun a peace club after the tribal violence that tore through the region in 2007. He united 7 tribes - an effort continued by his students who host assemblies for peace and worship.

Peter's selfless hard work was rewarded when he won the prestigious Varkey Foundations Global teacher Prize for 2019 with a cash prize of \$1 Million. Now he has been appointed by the 'Education Cannot Wait' global fund for education in crisis as its first 'Champion for Children in Conflicts and Crisis'. Peter says that he is honoured by the appointment and looks forward to working with enthusiasm and passion to help children around the globe.

“Remember, it is not achieving your material desires' that gives you everlasting contentment. Rather it is pursuing your heart's dream and being 'there' that gives everlasting happiness and bliss. This automatically radiates to all those around you, thus transforming them too within - freeing them forever” - Dadashreeji



Lessons from Nature

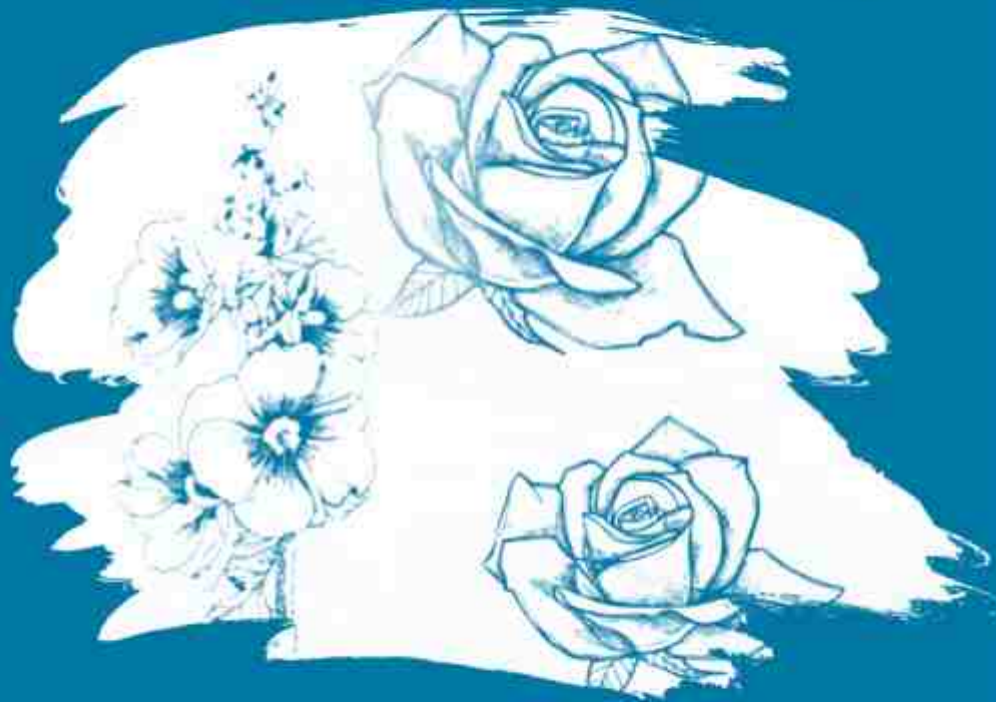
Heart to Heart

The Flowers Say ...

Spread Joy
(Bring smiles on others faces)

Be your Brightest self
(Radiate your uniqueness)

Share Sweetness
(Give others what will help them grow)



In Giving there is Growing



Our contributors to the section Young Impressions:
Nishtha Basu, Vaidehi Maheshwari, Maitreyi Shreshtha,
Maitreyi Cecilia and Maitreyi Jagruti



Pādukā Prem Yatrā: 13th June'19 - 16th July'19

Centuries ago in the absence of the Guru's physical presence, disciples worshipped the Guru's Pādukā (footwear). The Purānās (sacred texts) mention that a Guru's Consciousness resides in His Pādukās. Paying obeisance to the Guru's Pādukā is as good as touching His Lotus Feet. Fortunate are those who receive the opportunity to connect with the Divine's consciousness through His Pādukās.

Like every year, devotees all over India celebrated the Pādukā Prem Yatrā, a month long event, from June 13th to July 16th, 2019. Our Divine Friend Dadashreeji's Pādukās travelled to devotees' homes, spreading love and joy in Mumbai, Thane, Pune, Bangalore, Hyderabad, Amritsar, Baroda, Indore, Aurangabad, Satara, Gurgaon and Delhi.

Inviting Dadashreeji's Pādukā home is an act of love, an expression of gratitude that a devotee offers to the Guru. Being in the presence of His Pādukā is like being in the presence of Dadashreeji.

Hundreds of devotees experienced His Grace through various sessions like Bodh, Maitri Light, Maitri Sambodh Dhyān, havans, bhajans and Maitri sessions. Immense positivity, peace and joy were experienced along with an internal assurance that the Divine is with them at each moment of their lives.

The Pādukā Prem Yatrā concluded with a grand celebration in all the selected cities on Guru Purnima, celebrated as Gratitude Day.



Below are a few experiences shared by devotees:

Ganesh and Tanuja Deshpande, Vadodara

Initially there was anticipation and excitement about Dadashreeji's Pādukās coming to our home. When the Pādukās actually reached our home, we could feel Dadashreeji's presence and blessings and a very positive and calming energy. We could feel all worries and troubles fading away because of His Divine presence. His mantra still reverberates in our ears and we find ourselves chanting it without even realizing that we are chanting it. We feel blessed to have been able to have Him bless our home.

Priti Patil, Vadodara

Dadashreeji coming home was like a blessing for me. I felt as if I was waiting for the Divine to come home..... Feeling connected to myself..... Totally surrendered to Dadashreeji.... He is there to take care... Like a true friend.

Geetanjali Tuteja, Pune

We were immensely blessed to have Dadashreeji's Padukā at our home and the experience was just divine. Since morning, even before the Pādukās arrived, the energy level was very positive. The opportunity to conduct Pādukā Aaradhna and the presence of Dadashreeji's Pādukās during the entire day will remain eternally in our consciousness.

Our entire home was filled with Divine energies in the presence of Dadashreeji's Pādukās. All the devotees who were coming for darshan were experiencing peace, bliss and happiness. The day was marked with bhajans, chanting and our heart full thanks to the MaitriBodh Parivaar Pune family members who made this all the more special with their presence."
Lots of love and gratitude!"

Kanchana, Pune

"Society members, friends and devotees visited our home for darshan and mahaprasad. The Maitri Light, Maitri Sambodh Dhyān and Maitri sessions were well received by the participants and they suggested that we conduct weekly sessions. Dadashreeji and I had a long conversation at night. Tears rolled out of gratitude. He (the Pādukās) was supposed to leave the very next day which I didn't want. But He replied from within that He was always there with me ...My true Divine Friend."

Always surrender at Your Lotus Feet Dadashreeji. Gratitude with every breath.
Seeking your HIGHEST DIVINE LOVE!

As shared by a devotee from Pune

"One of the participants who came for Maitri Sambodh Dhyān experienced profound peace, she said it was feeling very different while the other shared that it was after a very long time that she was able to actually meditate. The atmosphere was full of love and positivity, each one felt calm, peace, a different kind of stillness and silence."



15 year old Richa Manjre from Mumbai shares

It was a warm morning, sharp and fresh. It was quiet until the sun came shooting over the towers, lifting the mist from the sky. This was my first year to invite our Divine friend Dadashreeji's Pādūkā at my place. It was blissful to experience his love and care throughout. Dada has always assured us that you are protected, no matter how dark it may be. His light will always gleam as sunrise in your life. Dada has influenced my life with His simplicity, humility and most importantly 'the unique experience' which I receive at every step on my way.



Guru Purnima (Gratitude Day) Celebrations: 16th July '19

The Guru is the Enlightened One- the One who removes the darkness of ignorance, the One who guides us on the path of awakening, learning and realising our true Self. The Guru wants nothing in return for all the knowledge, wisdom, support, compassion and love that He nourishes us with. Celebrated on the day of the full moon, during the month of Ashadha, the auspicious Guru Purnima is our moment to pause and thank the One whose sole purpose is our internal growth and upliftment.

Guru Purnima was celebrated across the country, at all the MBP regional centres, Mumbai, Pune, Delhi, Amritsar, Indore, Raipur and Baroda with fervour and devotion.

The month long Padukā Prem Yatra culminated on 16th of July with Padukā Abhishekam, bhajans and havans. In Mumbai, devotees accompanying The Divine Light and Pādukās took to dancing on the streets to the beats of the dhol. The thunderous showers from the skies also joined the celebrations and devotees were soaked in joy. It is said that you never come away empty handed when you visit a Guru. Dadashreeji blessed us with a gift, His video message, played at all the centres. The Guru, even when we bow in gratitude for all that He already has blessed us with, blesses us still more.





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

**Purification (Bodh II) &
Path Divine (Bodh III)**
For registration contact:
8976812070

15th - 18th Aug 2019

Lonavala



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