

MAITRI ANAHITA

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From the Editor's Desk

Dear Divine One,

Warm and loving greetings of the season!

From time immemorial almost all the cultures and civilizations have practiced and advocated the art of prayer. Prayer is a communication process that allows us to talk to Divinity. Prayer elevates the mind and fills it with purity. When one prays, one is in tune with the infinite that links one with the inexhaustible cosmic powerhouse of energy. Heartfelt prayers give divinity the opportunity to act or intervene. In this issue we bring you an article and an experience on 'The Power of 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", says Dādāshreeji.

Under the Grace and guidance of Divine Friend Dādāshreeji, we bring you a new offering 'I Listen U'. MaitriBodh Parivaar offers a trained team of listeners who through their practice of inner silence and non-judgmental outlook are here to help those in need. This team has come into being with a special purpose and for the benefit of all. Use this platform to express yourself completely and witness your life transform. Delve into the pages of this issue for more details.

Do not miss to read Divine Friend Dādāshreeji's answer to a question on how to make a decision when one is in a confused state of mind.

Under 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. With the celebration of the Ganpati festival across the sub-continent we expound on the 'Ganpati Mantra' in this issue. We bring you traditional remedies under the 'Health & Wellness' section as shared by one of our parivaar members.

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.

Wish you love, peace and harmony all along!

**With Love & Light,
Team Maitri Anahita**



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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: Dear Dādāshreeji, in a bewildered state we do not know what heart is or mind. How then do we make decisions and act to achieve our dreams? Shall we wait for our heart to send us a message?

Dādāshreeji:

Dear Friends!

The answer to the question lies within your heart. So, it is heart again. Can't we do anything without accessing our heart? What should one do? 'Love what you do' or 'do what you love' - which one is better?

On one hand, there is the active cerebral part and on another, there is the emotional heart. We do agree as you said, in the state of confusion or being ignorant, that one may not be able to differentiate between the two. Then, how do we deal with such situations? Let us understand this!

Sometimes, one may lack the sense to listen to one's heart. When you can't figure out what your heart wants, you have no choice but to follow the mind. There is absolutely nothing wrong to act as per your mind. You are expected to act and express in the world. If the internal connection with the heart is weak, go ahead with the mind. Instead of waiting for a message from the heart and delaying the action, allow your mind to take a decision and act accordingly. The decision may go in your favour or may not. There will always be a possibility that your choice may be wrong at the end. So, what if it goes wrong, look at it as an opportunity to correct your weakness and strengthen yourself to step up the ladder again and achieve the significant aims of your life.



You need to stop judging yourself and over analyzing the situation. Don't dig deep into a never-ending well of investigation of the self-created reality! It may take years to come out of guilt and self-pity. Remember, it is all right to make a mistake as far as you are aware of it. Acknowledge it positively and flow with it! Uncertainty and lack of self-belief derail your aspirations halting your growth. If you get the essential clarity, you will find a way out in making effective decisions.

The first step towards your growth would be to allow yourself to make mistakes. Simultaneously, be aware of those mistakes. The following step would be to not repeat these mistakes and to correct yourself, consistently till you accomplish the desired dream. When you look towards life positively, life looks at you positively too offering numerous opportunities. The sun of hope and strength will never set for you. It will always be up and high for you, guiding and saying, "Keep working, keep shining my friend!"

Life will be fantastic if you keep acting and expressing your best at that moment. No matter if it is your heart or mind. By now, we know that the mind cannot be as perfect as your heart. When you listen to and follow your heart, you derive true happiness for long. After upheavals and challenges in life, the time-tested message of the heart emerges and shines to settle the turbulence and chaos. Your heart says, "Keep patience, my friend!"

When you act irrespective of knowing its origin, you participate in the flow of life. As far as you are flowing in life, you are growing as an individual. As you are growing, you are moving closer to the heart. As you get closer to your heart, the budding voice of your heart will get active. Your ability to listen to your heart will be enhanced seamlessly. Instead of being idle, act to grow as an individual. Do not judge yourself nor others! Your journey may start by loving what you do but will inevitably culminate in doing what you love. When you genuinely sense your heart, hear its message and work upon it. Many will encourage you, a few will criticise you, but in the end success will embrace you. You will experience pure joy and thus inspire others.

**Listen and Speak!
Heal and Love!**

*Love and Blessings,
Dādāshreeji*



Dādāleelā

..... Devotees' Experiences



A Tribute to Dādāshreeji

The first time I was told of Dādāshreeji, I went on to YouTube to check out who this 'young man' was. This 'young man' came across as very personable even if a little shy! In every moment though, the simplicity of His message and conviction therein shone through. Little did I know at the time that this 'young man' was in fact a Divine Master in the truest sense of the term – that realisation came as I went deeper into my journey with this most gentlest of Divine Masters to walk the Earth. Gentle He may be in His expression and His demeanour but this Divine Master (or Divine Friend, as He prefers to call Himself) is a true Friend with great resolve while being absolutely Divine. He-will-never-let-you-down, you just have to truly surrender to Him and embrace His love and the path of evolution of the soul.

My journey with Him, as perhaps would be the case with a lot of us, started at a time that I was going through a turbulent and difficult period in my life. Dādāshreeji nudged me through Bodh I, II, III... and He has since not let go of my hand! I remember in particular my experience of the 'Shaktipravaah' wherein I literally felt 'touched' by His love... while Dādāshreeji uses a medium to give the 'Shaktipravaah', the touch on my skin was just so full of tenderness and love that it could have come from Him and Him only. Sometimes we start tossing the word 'Divine' rather casually but in that moment of 'Shaktipravaah' my entire being (body, heart, soul) was flooded with a love so Divine and so pure that it could have emanated only from a representation of the Creator Himself... for nobody can love you like your Creator does! In that moment, as His love washed over my being, it was abundantly clear to me what Dādāshreeji actually is...

While the 'Shaktipravaah' awakened me to what Divine love is, a particular process in Bodh III awakened me to the startling power that this Divine Master possesses. I was stunned and transfixed by the vigour, life and startling energy... I can only describe it as penetrative, powerful and ultimately, transformational. Truth be told, I was so captivated that I did not want that moment to end! That particular experience in Bodh III remains the most enthralling of my life!





Subsequently, I started relating to Dādāshreeji as a Friend while being acutely aware of His Divinity. The beauty of this friendship is that He is completely non-judgmental and you are free to express anything whatsoever to Him – how liberating, no?! What I said earlier about Him being a true Friend while being Divine in every sense was revealed to me when I went on a motorcycle trip to Chitkul in Kinnaur district of Himachal with some friends. The ‘road’ was about 10ft wide with a treacherous drop down a sheer cliff on one side with rocks and loose dirt masquerading as ‘tarmac’ on the road! I actively dislike such terrain and riding conditions but I gritted my teeth and kept reciting Dādāshreeji’s mantra as I rode through such difficult conditions. To my amazement, we made it to Chitkul without me suffering even one heart-in-mouth moment! It was His Divine hand that guided me, protected me. I will repeat this, He-will-never-let-you-down, you just have to truly surrender to Him and embrace His love and the path of evolution of the soul!

If you truly accept Him as your Divine Friend and relate to Him as to a friend in day-to-day living, you will start witnessing miracles on a daily basis. I often talk to Him about work-related problems and He solves those for me! It is incredible! When I am alone with Him I keep chatting away, a friendly, light-hearted banter about anything under the sun – it could be about rock music, about motorcycling, about my dreams, about my struggles... I never hesitate to unload myself on Him while He patiently listens to my banter with a Divine smile on His lips – that smile, by the way, never leaves His lips!! Once I wanted to go for a movie and I did not have any company so I asked Dādāshreeji if He would like to come with me and He agreed and then laughingly said that I need not buy a ticket for Him! We had a good laugh on that! In all of this one has to have faith in His superior, Divine vision and trust in His timing – Dādāshreeji will work for you but He will do it at a time of His choosing, in a way that is good for you and such that it does not add to your karmic load. Absolute surrender and faith in His timing, that is a must!

It has been less than a year in my journey with Him. There is so much for me to learn, so much to understand about myself, so many dreams to be fulfilled, so much to do to help others. But today I tread with a sure step for I know I have found my Living Master, as Divine as can be. His form is of Light and that Light shines on, and clears the path, that my soul has to take. He is my Supreme Friend as He tells me to turn within and become best friends with the inner Divine. His quality is of Supreme Bliss as His message of love permeates and transforms my being toward a state of joyous surrender and consequent bliss. It is to Him, to my Living Master, that I pay my obeisance for His Divine love which shelters and protects my soul.

**Forever in gratitude to you,
Dādāshreeji, I love you!
Bikram S Boparai**





The Power of Maitri Prarthana (Universal Prayer)

Most of those who are associated and are a part of the MaitriBodh Parivaar feel extremely blessed to experience continued Divine Love and Grace in their lives and have innumerable stories and experiences of Grace to tell.

I too would like to share the power of Maitri Prarthana – the universal prayer gifted to mankind by Dādāshreeji. In the past year or two, as a Maitri Light medium most of the people whom I have come across have been cancer patients. They had all been in their last stages. The unbearable agony and suffering that this disease brings along is unfathomable and shatters one to the core. During the sessions with these patients I was guided to play the Maitri Prarthana (available on Youtube) for them. It is a prayer of surrender, gratitude and forgiveness – the important aspects in our lives that mankind generally finds difficult or has forgotten to practice. The outcome of the prayer has been phenomenal. This prayer has helped in removing the blockages and has helped these souls move ahead. There are many unsaid / unexpressed emotions that need to be articulated in order to clear the karmic baggage that one may be carrying which eventually may prove detrimental for one's spiritual growth. In my experience, Maitri Prarthana helped make their transition through this suffering- smooth. The peace that they felt was evident since they had no regrets and were carrying no emotional baggage.

Following is the Maitri Prarthana -



मेत्रि प्रार्थना

हे सर्वशक्तिमान सृष्टिकर्ता आपके कमल चरणों पर मेरा सदैव आत्मसमर्पण हो।

हमें जीवन देनेवाले और उसका पोषण करने वाले, उस परमशक्ति को मेरा सदैव आत्मसमर्पण हो।

हर एक अणू में, जीवों में, धरती, जल, वायू, अग्नि, आकाश और विशाल महाकाय पर्वतों में अपने अंश को दर्शाने वाले, उस परमात्मा को मेरा सदैव आत्मसमर्पण हो।

मुझे, समाज, देश और इस दुनिया को रचने वाले, उस परब्रह्म को मेरा सदैव आत्मसमर्पण हो।

अनेक रूपों में मुझसे सानिध्य रखनेवाले और प्रेम व्यक्त करने वाले, उस दाता को, मेरा सदैव आत्मसमर्पण हो। मुझे प्रेम, शान्ति और आनन्द का अनुभव देनेवाले उस परमशक्ति, परमात्मा, परब्रह्म, परमगुरु को मेरा सदैव आत्मसमर्पण हो।

हे सद्गति देने वाले सद्गुरु ! सखा ! मुझसे जानते हुए या अज्ञान में हुए, कार्य से उत्पन्न हुए सभी परपीड़ाओं के लिए, मुझे क्षमा करें। हे ईश्वर ! मुझे मुक्ति प्रदान करें।

हे प्रेमरूपी, दयालु, सद्गुरु, सखा ! मेरे विचार, उच्चार एवं आचार से, उत्पन्न हुए परदुःखों से, मुझे मुक्त करें।

उन समस्त जीवों व अवजीवों से क्षमा चाहते हुए, हे क्षमादायी परमात्मा, सद्गुरु, मैं आपसे अनुग्रह की कामना करता हूँ।

हे परमानन्द, परमप्रकाश, परमशान्ति, परमज्ञानी, प्रेमस्वरूप परमात्मा, मिलन के परमपथ पर, सद्गति प्राप्त क्रिया व कार्य में मैं सदैव आत्मसमर्पित रहूँ।

ऐसी कृपा एवं प्रेमवर्षा हेतु निर्मल हृदय से प्रार्थना करता हूँ।

॥ ॐ शान्ति शान्ति शान्ति ॥

Maitri Prarthana

O Supreme! Almighty Creator of this Universe, I surrender at your Lotus Feet.

O Creator, Nurturer and Sustainer of our Life, I surrender to the all-powerful Supreme Energy.

May I always surrender to the Supreme Being whose presence manifests in every particle, each living being, earth, water, air, fire, sky and the mighty mountains.

May I always surrender to the Supreme Being who has created me, society, countries and the world at large.

I surrender to the Supreme Presence in every being and form that bonds with me through the expression of Love.

I surrender to the Supreme Energy, Supreme Presence, Supreme Creator, Supreme Master, whose presence fills me with Love, Peace and Joy

O Supreme Master!, True Friend! I seek forgiveness for all my actions committed; knowingly and unknowingly that may have caused pain. O Divine, Liberate us!

O Compassionate, Eternal Guru and friend who manifests as pure Love, liberate us from the suffering created by our thoughts, words and actions.

Seeking the forgiveness of all living and non-living beings, O eternally-forgiving Supreme Soul, Supreme Master, I humbly pray for your compassionate Grace!

O Supreme Bliss, Supreme Light, Supreme Peace, Supreme Knowledge, Supreme Form of Love, May I always be surrendered on the path towards Divine union, the highest truth.

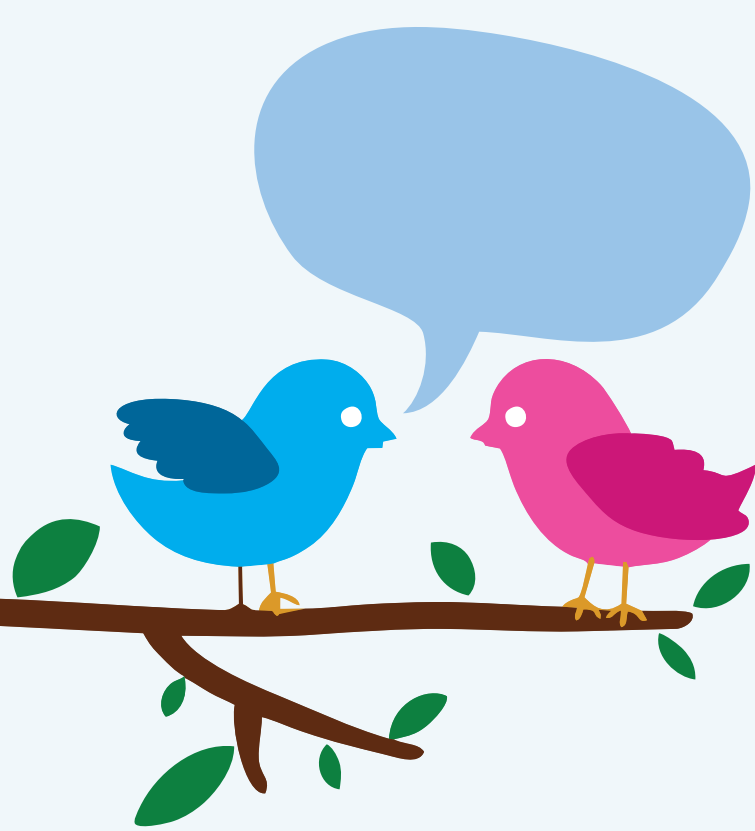
I humbly pray for the Grace and Love of the compassionate Divine.

|| Aum Shanti, Shanti, Shanti ||

I humbly urge one and all to offer the Maitri Prarthana regularly as it helps in uplifting the soul thereby ensuring that one leads an enriched journey of life.

With Love & Light,
Maitreyi Varsha





I Listen You

Most of the actions and choices we make are usually driven by emotions. We tend to perform acts that we like or make us happy and avoid the ones that we dislike.

Emotions are meant to be shared and expressed. Emotions are a dynamic energy that gives direction in life. They need to be released appropriately to allow the energy to flow within. Containing the emotions within may cause blockages and imbalance. Due to the fear of being judged, ridiculed and rejected we refrain from expressing ourselves even with our loved ones. We feel nobody will be able to understand us. Before we know it, these emotions start building up inside us, cloud our thinking and impair our decision making. The way we interact with others becomes a reaction rather than a response, which can hamper our relationships. Solutions to our problems are right in front of us but we're unable to see them. What can one do in such situations?

All emotions need an outlet, without fear of being judged or rejected.

One of the best ways to decompress is by talking to someone in a safe and appropriate environment where we can express ourselves, our pain and our story without being judged. It is like a sponge where all this restless energy can be absorbed by someone else.

A listener, who is trained to practice inner silence, is able to provide this environment to you. A true listener will simply be there for you, without judgments or advice. Through their inner silence, they are able to give you space, where you can

- release all that restless energy
- articulate your story
- understand the source of your emotions better.
- de-clutter your inner world
- reestablish space inside you.

This space removes confusion and brings the much needed clarity in your thoughts. All the answers you were seeking can be clearly seen in this space.

MaitriBodh Parivaar offers a trained team of listeners who through their practice inner silence and non-judgmental outlook are here to help those in need. This team has come into being with a special purpose and for the benefit of all. Use this platform to express yourself completely and witness your life transform.

You can book a session with one of our listeners at www.ilistenu.com

**Love and Gratitude,
Team I Listen U**



Ek Kshan Prarthana - The Power of Prayer



Beloved Friends!

It gives me immense joy to share the completion of one-year of *Ek Kshan Prarthana - A Moment in Prayer*. I take this opportunity to thank each one of you who contributed precious moments from their lives participating in this initiative to strengthen their bond with Divinity through the immense power of prayers. My heartfelt gratitude to Team Maitri Anahita for giving me an opportunity to interact with my wonderful friends and co-travellers on the Path Divine through this medium.

Though most of us may have been offering prayers regularly but somehow we take this precious gift from the Divine either casually or with doubts of being heard during times of pain and struggle. Thus we lose the value of the power and blessings of prayers in our lives.

Let's take a moment to understand the message about prayers to Dādāshreeji deeply within our hearts.

What is a Prayer?

A Prayer simply conveys our heartfelt emotions to someone higher - the source of our existence, whom we may address by any name - God/Divine/Our Deities/Our Guardian Angels, etc. The form and name may vary as per our bond and faith. Every human being is blessed with this powerful tool to access the Divine realm through communication in the form of prayers. It's a wonderful opportunity to

be with your Divine Form alive and face to face in His magnanimous presence, which the conscious mind may or may not accept or realise. The Divine truly listens to you very carefully and compassionately as you pray from your heart.

A prayer is indeed the most precious divine gift that every human being is blessed with! Each of us have been blessed to be able to connect to the Divine and seek clarity, guidance, blessings and grace in our lives as well as all those connected to us.

To whom do I offer my Prayer?

Anyone and everyone can offer their prayers to the Divine. This includes those who may not bond with any specific form of the Divine or Deity so much so that even an atheist can pray to the Universe for the fulfillment of their human life and for others in need.

It's a simple offering of your heartfelt need to a presence whom you feel is Higher than your own existence- whether in a form or formless. If you do not believe in any Divine existence, then pray to the Universe or Mother Nature. The Universe will come to your support.

How do I pray?

Divine Friend Dādāshreeji shares the five integral components of a Prayer.



Honesty: Firstly, a prayer is truly a communication with the Divine only when it **comes straight from the heart** and not a story from the mind. It's not a mere want out of comparison but a genuine need that you truly seek help for. A prayer from the heart is an **honest prayer**. A prayer from the heart out of genuine need reaches the Divine immediately.

Form: Secondly direct your prayer to the **form of the Divine** you have complete faith in. Direction is very important for you are offering the prayer to be heard and acted upon by the Divine.

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

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

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

There is no sequential process to be followed here. You must remember these in your heart and the rest is a natural process that will become an experience for you as you pray from your heart. Pray without guilt, as every situation in life is a process of learning and growing.

Pray simply with honesty, love, clarity, faith, humility and gratitude.
How do we know that our prayer has reached or is heard by the Divine?'

Peace is the answer. If you are at peace after you have offered your prayer, be rest assured it has reached the Divine.

What if my prayers are not answered?

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

We cannot compel the Divine to deliver as per our expectations for only He knows what is good for us. Then it's not a prayer but a business transaction. The Divine knows how to nurture us what is good and beneficial for our growth. What we see as problems and challenges or bitter and painful situations are in reality opportunities for our spiritual growth. Pray from your side, connect to the Divine with love in your heart and stay focused on the most



positive and constructive situation. This will change and move your life in a direction which is the best and highest for you. The Divine listens to every prayer with deep compassion, patiently assisting us in every situation to grow as a human being. A prayer for someone else brings a smile to His face benefitting both who is praying and whom the prayer is offered for. What a wonderful thing isn't it?

Let's always articulate positivity through our prayers. Your prayers can change someone's life!

I pray that you and your loved ones are always blessed with the Love and Grace of the Divine.

Today's Ek Kshan Prarthana, is an offering of gratitude for the blessing of prayers in our lives.

Beloved Divine Friend,

The most precious gift you gave us all ...a
simple heartfelt prayer,

A moment with the Divine we share,

Let the Universe know we truly care,

For our loved ones as we share,

The precious blessings of a simple heartfelt
moment in prayer!

**Thank you Dadashreeji!
With Love and Gratitude,
At the Lotus Feet of the Divine,**



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.





The Power of Vedic Mantras - Understanding & Application

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

ॐ गणानां त्वा गणपतिं हवामहे
कविं कवीनामुपमश्रवस्तमम् ।
ज्येष्ठराजं ब्रम्हणाम् ब्रम्हणस्पत
आ नः शृण्वन्नूतिभिःसीदसादनम् ॥
ॐ महागणाधिपतये नमः ॥
(Rig Ved 2.23.1)

The month of September this year 2019 showers all devotees with the blessings of the 'Lord who is removal of all obstacles' (Vighna Vinashaka), the son of Shiva and Parvati, the one who has an elephant head.

The above mantra is taken from Rig Ved, the most ancient of the scriptures and in the entire vedas this is perhaps the only mantra dedicated to Lord Ganapati (This Mantra also appears to be addressed to Brihaspati / Brahmanaspati in the 3rd line, who is the preceptor of the gods, the Master of sacred wisdom, rituals and rites, but since time immemorial this mantra has been referred to Ganapati, so lets try and understand it, the important thing is to utilise it for the current times and receive His grace).

Ganapati Atharvashirsa, is an upanishadic text added later in the Atharvaveda, which describes in



details His importance, with many mantras in His praise.

The above mantra means:

Aum, O Ganapati, To You Who are the Lord of the Ganas (Celestial Attendants or Followers), we
Offer our Sacrificial Oblations,
You are the Wisdom of the Wise and the Uppermost in Glory,

You are the Eldest Lord (i.e. ever Unborn) and is of the Nature of Brahman (Absolute
Consciousness); You are the Embodiment of the Sacred syllable (Aum),
Please come to us by Listening to our Prayers and be Present in the Seat of this Sacred Sacrificial
Altar.

Aum, our Prostrations to the Mahaganadhipati (the Great Lord of the Ganas).

The Sanskrit word Ganesha is made of 'gana' meaning a group and 'isha' meaning the leader or the master. Lord Ganesha is also known as Ganapati; gana meaning a group (of beings) and pati means the ruler who protects.

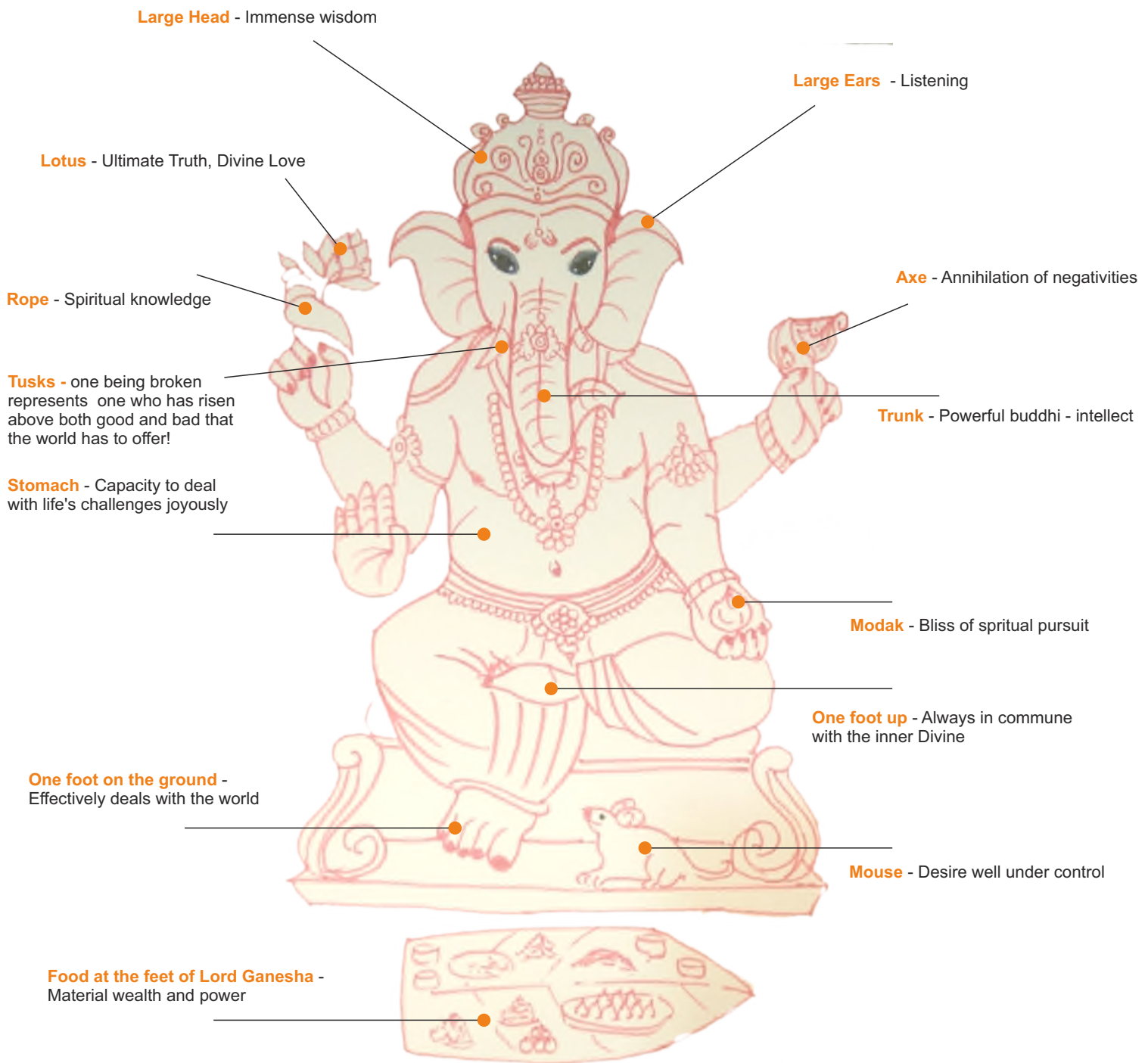
Lord Ganesha represents wisdom, imparting a sharp intellect 'buddhi'. One offers 'Durva' a type of grass (botanical name is Cynodon dactylon), is offered to Lord Ganesha, which represents the neurological system-the nerves.

The beej (root) mantra for Lord Ganesha is 'गं', which is recited as **॥ ॐ गं गणपतये नमः ॥ (Aum Gam Ganpataye Namah)**, which is a powerful stimulator of brain, chanting of which imparts wisdom and His Divine protection.

He is the first Deity worshipped, before any ritual or a venture. He is the ruling deity of the Muladhara Chakra and blesses his devotees with wisdom and ability to face challenges and obstacles in life.

Every part of Lord Ganesha's body has a spiritual significance as depicted in the artwork.





Having understood this, let us all try to consciously make an effort to learn and absorb Lord Ganesha's quality, sing His praises and seek His blessings to help remove all the obstacles and blockages hindering our growth.

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 Dādāshreeji.





Traditional Home Remedies

Seethalakshmi ji, a homemaker shares the age old home remedies for common ailments that have been passed on for generations

Dādāshreeji Sharanam!

Who says you need a prescription for every health issues we face today? A simple home remedy is all that it takes for one to feel better. We have a lot of things in/around our kitchen that can be used to treat common ailments. All these remedies are being regularly used at home. The source of the knowledge has come from my grandparents, books, and of course, experience. In Tamil, it is called 'Paati Vaithiyam', these are traditional medicines or remedies that have been passed on from generations to generations and are proven to be effective. Here are a few of these remedies that can keep one in good health.

Remedy for relief from cough and sore throat

Ingredients:

- 1/2tsp Ajwain (carom seeds)
- 1tsp Haldi (turmeric powder)
- 1 cup milk (aprox 150 – 200 ml)
- Sugar as per taste (optional)

In a pan, heat the ajwain (carom seeds) and powder when it cools off. Bring the milk to a boil and add turmeric powder and ajwain powder. Add sugar as per taste. Strain and drink it warm, continue for 2 to 3 days.



Remedy for relief from cold

Ingredients:

- Coriander seeds (Dhaniya) 1/4 tsp
- Cumin (Jeera) seeds 1.5 tsp
- Fennel (Saunf) seeds 1.5 tsp
- Fenugreek (Methi) seeds 1/4tsp

Dry roast all ingredients and grind them into a coarse powder. Store it in a container. When required add 1 tsp. of this powder in 1 cup of water (approx. 150 -200 ml) and boil for 3-4 minutes on a medium flame with a lid on the vessel. Strain the concoction and drink warm.

Digestive Powder

Ingredients:

- Carom (Ajwain) seeds 2 tbsp
- Cumin (Jeera) seeds 2 tbsp

- Fennel (Saunf) seeds 2 tbsp
- Sesame (Til) seeds 1 tbsp
- Fenugreek (Methi) seeds 1 tbsp
- Asafoetida (Hing) 2 tbsp
- Rock salt 1 tbsp
- Black salt 1 tbsp OR
- Regular salt 2 tbsp (if the above two salts are unavailable)

Dry roast carom seeds, cumin, fennel, sesame, fenugreek seeds for 3 to 4 minutes on medium flame. Remove from the stove, allow it to cool and add the remaining ingredients. Grind it to a smooth powder and store in a container. Add 1 tsp of this powder to a cup of water (approx 150 -200 ml) and boil. Strain and drink warm after meals.

More remedies in future!

Seethalakshmi ji is a home maker, animal lover and passionate in her quest of serving humanity.





Peace Begins with Me

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 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 is so closely connected to joy and spreading good cheer among people. This month's story, brought to us by Cecilia, inspires us to do just that!

I had a beautiful experience at my workplace. We are a small group of colleagues who work in one room and I typically like to start the day by greeting all of them, to make the atmosphere pleasant. One of my colleagues is usually in a slightly hassled state and does not reciprocate my greetings with the same warmth. There is no issue between us, but it seems she is just caught up with the stress of work at the start of the day.

Over a few months I observed that I would stop several times during the day to talk to people, connect to them and help new colleagues who were feeling lost. I was doing this very naturally and not even aware of it. Then one day, the colleague who tended to be stressed, turned to me and remarked on how she saw me being

helpful to everyone. I accepted her appreciation and shared that it brought me joy to be helpful to others, and that it was a big part of my day because I enjoy having good relationships with others.

After a few days, I noticed that she was changing. She began to pause and reach out to others asking if she could help them. To me it felt like she was observing and making a positive change in her own life. It was heartwarming to see her in her new behaviour – smiling, responsive and helpful.

This experience taught me the power of just being the change we want to see in the world. By connecting to others and helping them out, I was bringing my Dādāshreeji to work and it had the power to inspire someone else to also become a more joyful person and spread good vibes around. This is one way of bringing more peace to our world.

" Everyone you come across, is here to help you grow. Everyone associated with you is here to teach you something so that you move ahead in life" - Dādāshreeji



Catalysts for Transformation



Bai Fang Li

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.

“I only want them to study hard, get a good job, be a good person and to give back to the country.” - Bai Fang Li

For many hardworking physical labourers, retirement is a blessing. It signals the end of a hard and laborious life and the beginning of peaceful relaxation. Bai Fang Li too looked forward to his retirement as he travelled back home to his home in Cang County in the Hebei Province, China. At this point in 1987, Bai Fang Li was 74 years old. As he was returning, he saw young children working in the farms. Their families were unable to pay for their education. Moved by this scene, Bai Fang Li decided to go back to work in Tianjin as a pedicab driver.

It is almost unimaginable for a man as old and frail as Bai Fang Li to continue working at his age. Even his family was astonished and begged him to stay at home. But Bai Fang Li's heart was set. He was young at heart and in spirit and so he returned to work despite having weakened bones due to his age. This time he worked for almost two decades, working up to 24 hours a day, living in modest accommodations and wearing mismatched and second hand clothes, like a beggar! He would eat the simplest and lightest meals, in an attempt to save as much money as possible.

During this time, he made multiple donations to schools, colleges and universities. It is estimated that he helped put 300 children through school and donated approx. 350,000 Yuan, an enormously generous amount for a humble rickshaw driver. He maintained no record of the number or names of the children he helped and to this date there is perhaps only one photograph of him with the children he helped. It was only during the end of his life that the Chinese media honoured him with the prestigious 'Heart Touching Personality' Award.

At the age of 90, Bai Fang Li was hospitalised with terminal lung cancer and breathed his last on 23rd September, 2005. Even during his last moments, he was surrounded by his adoring students who fervently prayed for him till the very end.

Bai Fang Li's legacy is not just one of selfless devotion to charity, but the hundreds of students who remember him with fondness and respect and pass on the kindness they received from him unto others.

“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



Heart to Heart

The Ocean says ...

Explore
(Life is an adventure)
Express
(Don't suppress, let the tide
run high)
Erase
(Move on from the past)

A True Friend is an Honest Friend



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



Dreams, Destiny, Divine 3rd & 4th August (Mumbai), 10th & 11th August (Delhi)

Profound yet simple. These words can be ascribed to any project associated with Divine Friend Dādāshreeji. However, they are particularly apt in describing the 2-day workshop
- Dreams, Destiny, Divine by Dādāshreeji

After a successful premier in Europe; Dreams, Destiny, Divine was launched in Mumbai on the 3rd & 4th of Aug followed by Delhi on the 10th & 11th of Aug to a packed house. 108 participants could be accommodated in Mumbai and 72 in Delhi.

The 2-day workshop helped participants explore and understand the nature of their dreams, look at concrete steps they can take to realise their dreams and more importantly, explore and discover their own nature and qualities that make them the personalities that they are. Dādāshreeji helped participants understand Destiny and the role of Destiny in our lives. HE also helped participants understand the role of the Divine and how to access Divine Energy. Participants took away practical and ready to implement tools and techniques to help them live the life of their dreams. The program ended on a high note with a guided process conducted by Dādāshreeji to help participants awaken and access the source of their power within, to fuel their purpose.

The program received an overwhelming response from both non spiritual and spiritual seekers. Dādāshreeji's response to the many questions that participants had, helped them find solutions to their personal challenges. Here is what some of participants had to say -

"It was like a Divine experience. Got Divine guidance about how to change our lives, be better human beings and help others." - **Leena Dev, London**

"It was excellent! Easy to understand and I experienced the change." - **Yeshma Sawlani, Hong Kong**

"Very profound. The biggest complexities of life explained in the most simple and practical way. A very overwhelming experience and so much revealed. Best user manual for life!" - **Simit Raveshia, Mumbai**

"Transforming experience. Feeling rejuvenated and more connected with myself. Reconnected with my dreams and more aware about the Divine. Thank you Dādāshreeji!" - **Vikrant Narang, Delhi**

Registrations are open for the next
Dreams, Destiny, Divine by Dādāshreeji to be held in -
Amritsar - 12th and 13th of Oct 2019 &
Indore - 9th and 10th of Nov 2019





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 Maitri 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

Awakening to Self Realisation (Bodh I) For registration: 9321293599	14th Sep 2019	Ghatkopar (Mumbai)
Awakening to Self Realisation (Bodh I) For registration: 888216172	20th Sep 2019	Indore
Purification (Bodh II) For registration: 888216172	21st Sep 2019	Indore
Purification (Bodh II) For registration: 9781108880	21st Sep 2019	Amritsar
Awakening to Self Realisation (Bodh I) registration: 9958892184	22nd Sep 2019	Aurangabad
Path Divine (Bodh III) For registration: 9810816545/ 9810530407	28th Sep 2019	Gurgaon
Purification (Bodh II) & Path Divine (III) For registration: 9833075979	31st Oct - 4th Nov 2019	Lonavala

