

# MAITRI ANAHTA



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# From the Editor's Desk

**Dear Divine One,**

*Warm and loving greetings of the season!*

We all have seen the image of the 'Laughing Buddha'. Legend has it that He was truly a great Zen master. He lived in China over 1000 years ago. He was very funny and wandered from place to place carrying a big sack of goodies with him. All the children would gather around him and He would give them little gifts from his sack. He would play with them, have fun, tell stories and even roll in the mud. There was a Zen scholar who found this behaviour objectionable since a monk wasn't supposed to behave in this manner. He thought that the Laughing Buddha was ruining the essence of the teachings and decided to confront Him. So one day the Zen scholar pulled out a sword and held it in front of the monk and asked him the meaning of Zen. The monk who was always laughing and smiling instantaneously dropped the sack that he was carrying and then smiled again. The Zen scholar wasn't satisfied and asked how does one realize Zen? The Laughing Buddha picked up his sack turned around and started walking. That very instant the greatness of the Laughing Buddha struck the Zen scholar and he ran to him seeking His forgiveness.

The silent lesson taught by the monk when asked what Zen is, was - drop the burden that you are carrying. It could be mental, emotional, worry about the past/future. All that we need to do is to drop it. As we practice this art of letting go or putting down the burden we will gradually be able to enjoy our lives without getting caught up and making it burdensome. A beautiful way to live life fully whilst being connected with oneself and being playful and light-hearted at the same time.

*In this issue of Maitri Anahita do not miss reading Divine Friend Dādāshreeji's answer to a seeker's question about the significance of both Love and Babaji's Kriya Yoga to achieve the highest on the path of the Divine.*

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 series on Vedic Mantras that will help one understand the significance and their application in the current times. In this issue read the significance of chanting mantras before meals. *Ek Kshan Prarthana* guides us on how we can experience 'true silence' within our being.

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.

Wish you love, peace and harmony all along!

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



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**Question:** Dear Dādāshreeji, If Love is the answer for Transformation, then what is Babaji's Kriya Yoga and its significance as taught by some enlightened masters of today? Does Love replace the need for practising Kriya Yoga OR both are required OR are either of the two sufficient? How does each differ from the other and what is the significance of both Love and Babaji's Kriya Yoga to achieve the highest on the path of the Divine?

**Dādāshreeji:**

**Dear Friends!**

All spiritual paths lead to the same goal. Following any path is your choice. The Divine does not compel you to follow one particular way to experience the highest state of self-realisation. Let go of the thought that there is only one specific path to be pursued for your salvation! Keep your mind open and flow uninhibitedly to explore the Truth. You must know that the Divine reveals spiritual knowledge based on the need and the time. Different forms of the Divine will do this to uplift human consciousness. Kriya yoga is but one of the ways revealed by the Divine to achieve this goal.

Kriya yoga is a way to connect with the Supreme. At the primary level, it is about meditative actions and awareness exercises. Kriya yoga is meticulously designed and structured to facilitate the spir-itual growth of the seeker. To reap the full benefit, the practitioner would need to be consistent, fo-cused and committed to their practices throughout the journey. Right from physical postures (asa-na), chakra Dhyān to deep meditative practices, the practitioner will have to achieve perfection at each juncture and only then move a step further. Even if the practitioner is willing to do all this or makes it through, he must have an authentic Master, one who is not only immersed in the Supreme state but also able to guide you. Kriya yoga is a blessing for the human mind seeking spiritual growth. It deals directly with the mind, memories and endless desires. As you progress on this path, you slowly disengage from worldly plays. You are absorbed within and become stoic. From this state onwards, only an Awakened Master can grant access to the advanced state which is a rare phenomenon in today's time. If you have an Awakened Master, you don't need to calibrate your spiritual state, He will upgrade you.



I would like to clarify one more misconception. The epitome of spirituality, Ageless Divine, Mahavataar Babaji is not the result of kriya yoga. It would be best if you stopped co-relating His Divine Presence to Kriya Yoga. He only revealed the knowledge of kriya yoga to some seekers of truth out of the many spiritual treasures He has. The truth is that for ages, He is the 'Knower of All' and has shared various spiritual paths for the human mind to absorb, apply and ascend. Kriya yoga is but one of the spiritual practices available for your spiritual growth. It is entirely your choice. But if you decide to be like Mahavataar Babaji or someone like Him, deathless and ever young, then please stop. Kriya yoga will not help you. If you have an intense desire to grow spiritually and be blessed with an authentic physical Guide, you should follow the path as taught by the Master.

Since your question is about comparing Love and Kriya Yoga, let me clear your doubt about these two. If you understand what 'True Love' is, you will understand all aspects about Creation. Love is Supreme and above all else. God is Love and Love is God. In the eyes of God, only Love shines. Love is like the Sun and its rays are the myriad ways to reach the Supreme Love. How then can we even compare the Source of Light with the beams of light emitted?

Following any spiritual path is welcomed, but not to the extent that you deny the very presence of the Supreme. Such an approach towards spiritual practices may boost your spiritual ego but as a result, you will never arrive at the final spiritual door you always wanted to reach. You can thus become a good teacher, a wonderful orator but not a truly 'Awakened' or a 'Transformed Being'.



In the Bhagavad Gita, Divine Friend Krishna reveals to Arjun, “That devotee whose consciousness is completely immersed with devotion in my Divine form, is a greater yogi for me than all other evolved enlightened yogis. He is the dearest.” (12:2)

Similarly, in Christianity, it is revealed, “Whoever does not love does not know God, because God is Love.” (John 4:8)

In essence all religions teach humanity to love the Supreme Divine with a pure heart. Islam, Christianity, Hinduism, Sikhism, Judaism, have extensively and openly proclaimed that Love is the only essential element to experience the Supreme Divine. These religions are merely ways to express your love towards the Creator. It’s disheartening and concerning to see people digressing from this core lesson and doing everything wrong in the name of the religion.

Hence, my friend, know that Divine Love stays and all else vanishes with time. Instill drops of love into everything you do! The truth is ‘Love is Supreme’. Kriya Yoga’ is a way like many others, but ‘Love’ is the final result.

We, as members of the MaitriBodh Parivār, with simplicity and humility, teach you to navigate the self towards the ‘Supreme State of Love’. This is the need of the hour. It is liberating, joyful and beyond the state of enlightenment. Why complicate spirituality? The path is such that you have to ‘be’ what you teach. You can’t just read and copy spirituality; instead ‘be’ what you teach. Be realistic! Take the first step today! It is okay to restart your spiritual journey. You may start your journey with the practice of ‘Maitri Sambodh Dhyān’ for three months. You will notice a profound shift in your spiritual state. Explore the Truth!

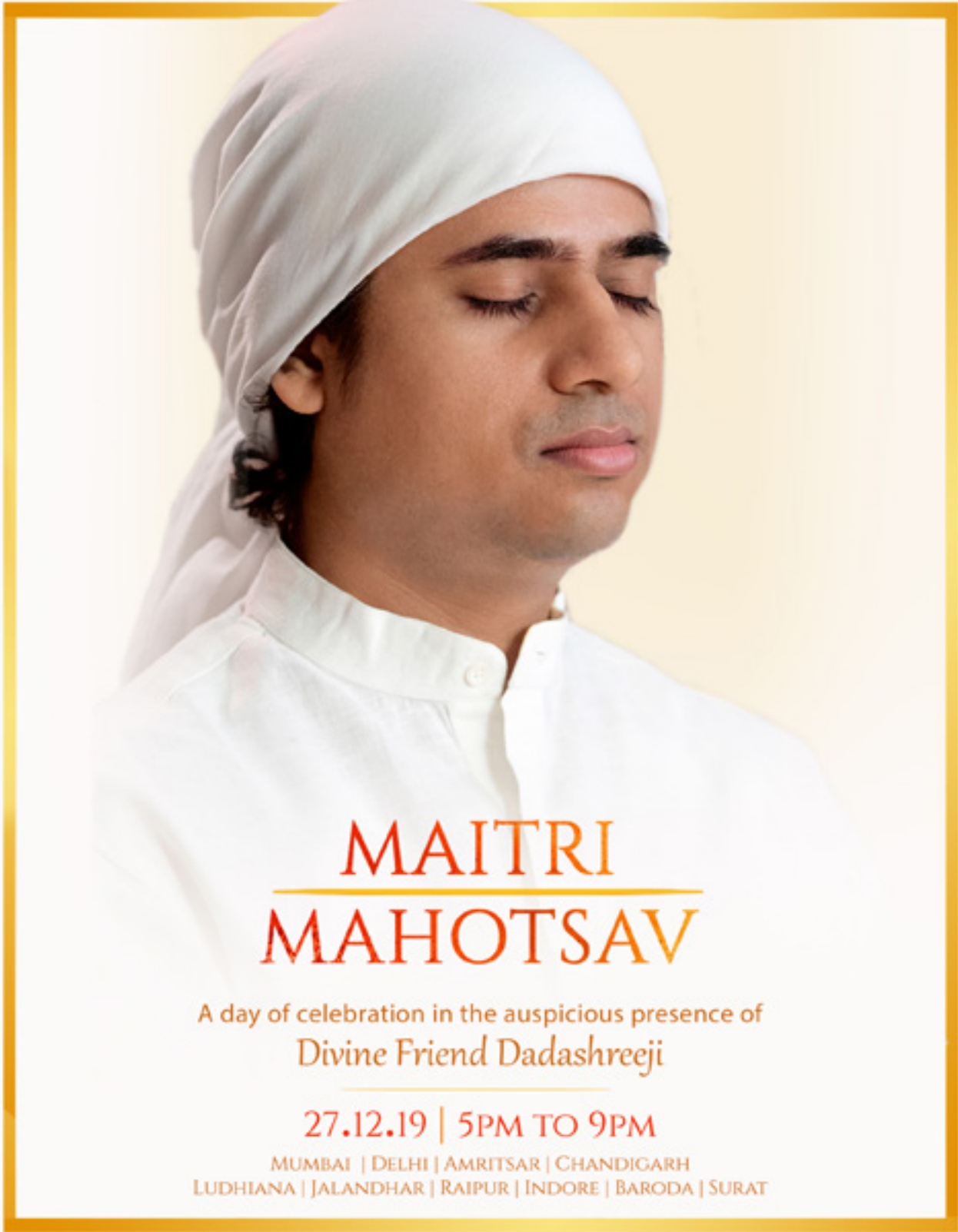
Your heart knows the Master and the Master knows the path.  
Hence, follow your Master’s path to be liberated!  
Follow your heart to be elevated!  
Follow love to expand!

‘There is nothing higher than Love.’  
This is the truth.  
This is the truth.  
This is the truth.

Love and Blessings,  
Dādāshreeji







# MAITRI MAHOTSAV

A day of celebration in the auspicious presence of  
Divine Friend Dadashreeji

27.12.19 | 5PM TO 9PM

MUMBAI | DELHI | AMRITSAR | CHANDIGARH  
LUDHIANA | JALANDHAR | RAIPUR | INDORE | BARODA | SURAT





# *Maitri Mahotsav*

## *27th December' 2019*

The experience of being in the direct physical presence of a God-realised Guru has been described by Hari Prasanna Chatterjee a direct disciple of Sri Ramakrishna as: "I felt in Sri Ramakrishna's room a tangible atmosphere of peace. The devotees present seemed to be listening in blissful absorption to the words which poured from the Masters lips. I don't recall what he said, but I still remember the transport of delight I experienced then as if it was yesterday. For a long time, I sat there, beside myself with joy, and my whole attention was concentrated on Sri Ramakrishna."

"A mitra of the MaitriBodh Parivār had brought along a friend and his wife for the first time to ShantiKshetra Premgiri Ashram in Karjat. They were receptive and open minded and had only come because their friend had insisted. The openness and receptivity amongst everyone present helped them experience the positive energies of the ashram. They spoke about how peaceful they were feeling, the experience of silence in the Dhyān Manthan Kshetra and the profound positive energies of the Shaktipeetham. Though they had not spent much time with Dādāshreeji, they felt that there was definitely something different and just felt very light by simply being in Dādāshreeji's physical presence" - one of the experiences shared by our mitras.

It is said that pilgrimages, other forms of worship, etc. are not as effective as 'one look of a 'realized Being'! "The look has a purifying effect. Purification cannot be visualized. Just as a piece of coal takes a long time to be ignited, and just as a mass of gunpowder is instantaneously ignited, so it is with grades of men coming in contact with Mahatmas", says Maharishi Ramana.

When one is in the physical presence of a 'realized being' it is easy to receive direct and tangible spiritual benefits due to their highly elevated consciousness. One's inner Divine may 'awaken' spontaneously within and strengthen the bond. Many blocks get dissolved automatically. As a result, one's connection with the Divine becomes more profound, one starts moving ahead with the Divine, thereby accelerating one's journey of growth and transformation. A Living Master that one has contact with also has a specific understanding of one's condition and needs and can guide one precisely - something no book can do. The physical presence of a Living Master transcends the seeker into experiencing the Divine personally far beyond thoughts and the state of the limited mind. One look at Him engulfs one into the 'Ocean of Love'. One merely needs to give consent and thereafter the Divine takes responsibility of the seeker who thereafter in time attain the Highest.

Fortunate are those who get an opportunity to know the Divine but blessed are the ones who answer the "Call of the Divine" and seek the opportunity to experience the Divine in His physical presence. Such opportunities come once in a while and one should make every effort to channelise their complete energies to attain the purpose of their life. Opportunities knock softly. It's the alert spiritual seeker who hears the softest knock of opportunity and grabs it with both hands.

**Join us on the 27th December'2019 as we celebrate 'Maitri Mahotsav'  
in the presence of Divine Friend Dādāshreeji.**



# *Dādāleelā*

..... Devotees' Experiences



## *Dādāshreeji's Princess*

I attended Bodh I in March and Bodh II on 20th and 21st July 2019. I want to share the wonderful experience with the MaitriBodh Parivār.

My heart felt gratitude to Dādāshreeji, without Whose Grace I couldn't have had this beautiful and wonderful experience.

After receiving Shaktipravāh , while I was lying down and as the last track of music came to end, I felt as if Dādāshreeji came out of the picture frame, all in white , took my hand and made me dance and swirled together with me . I too was

all in white shimmering clothes. Dādāshreeji made me feel like a princess. Then He took my hand, walked me up the steps up to a big door. He opened the door for me and on the other side there was white shining silver light, as if saying this is for you (me). What I feel can only be experienced and cannot be expressed in words. I feel blessed to be a part of this Parivār.

**Thanks and Regards,  
Sapna**



# Poem Divine

The poems which have been written, have reflected my thoughts and mental state at that point of time and also later at various points of time as it's always an evolving journey. They have been providing me guidance on my journey towards the Divine. Thank you Dada for showering your immense love through the poems and pray that the readers too experience your Love, joy and bliss on reading them!

आज एक वेगळी पूर्तता, एक वेगळी भांतता  
मी हरवले पूर्ण, राहिलास तूच फक्त

केवढे करायचे आहे आणि तरी सुद्धा काहिच नाही  
तूच करतोस सारे काही, तुझ्यासाठी तरी करू दे काही

मग हळूच म्हणतोस, तू फक्त प्रेम कर, प्रेम हो  
प्रेम करेल सारे काही, प्रेम होईल सारे काही

## Meaning:

Today there is a different completeness, a different silence  
I am completely lost, only You remain

There is so much to do and yet nothing left to do  
You only do everything, atleast let me do something for You

Then You whisper softly  
You just share love, be love  
Everything will be done by Love and everything will become Love

At His Lotus Feet,  
Dādāshreeji's  
Maitreyi Shalaka





# 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:

"How do you explain the phenomenon of laziness from a spiritual perspective? How can one overcome it in an environment where everything is available abundantly (people do not need to work hard)? Can 'believing' and 'having faith' be considered as 'laziness' from a worldly perspective? What is the source of the feeling of lack of emotional connect (the 'I don't care' feeling)? How can one combat/get over this feeling?"

## Dear Friend ,

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

Thank you for sharing this important question with us, as it will help many seekers struggling with the similar habit of laziness and procrastination. As you have raised multiple questions, let us take them up one at a time. Your first question is how do you explain the phenomenon of laziness from a spiritual perspective? To answer this directly, laziness is simply a habit of the mind. Any indulgence of a habit beyond a point is detrimental to not just our physical and mental wellness, but also our spiritual growth. In other words, laziness is one of our self-created enemies. It is the habit of the mind to distract our attention from the task at hand leading to procrastination and not allowing us to take the necessary action. If you feed this habit of the mind continuously, it takes the form of deeply ingrained laziness into our very being.

For example, we all know that physical exercise is a must for our continued mental as well as physical well-being. However the mind may give every conceivable excuse or reason not to do so and once you have obeyed the mind for long, it then becomes a deeply ingrained habit, a way

of living your life, a way of being. Consequently the body also gets tuned to the laziness and does not co-operate during physical work or exercise. This habit when practiced repeatedly may result in physical diseases and even lack of mental well-being. You may begin to move away from a positive and passionate way of living life and towards a lifestyle indulging more and more in negative thought patterns and disengagement from a positive, energetic and enthusiastic way of life.

This brings us to your second question wherein you have queried **how can one overcome laziness in an environment where everything is available abundantly (people do not need to work hard)?**

The only way to overcome the ill habits of the mind (in this case laziness) is to disengage from the thought of not taking actions or procrastination which one closely identifies or obeys out of habit. The best way to deal with the selfish mind is to be aware of its nature. Do not entertain or engage with the thought patterns that encourage the habit of laziness and procrastination. Awareness itself will support you to help distance yourself from this habit of the mind. Awareness comes with sadhana. Sadhanas given by an awakened Master will



always help you in your spiritual growth. They help you connect with your inner divine and this connection will be enough to guide and lead you towards engaging in actions originating out of the passionate heart and not the troubled and ill-mind.

In an environment of abundance, it becomes the duty of the inhabitants to create an environment wherein abundance is valued with hard work and gratitude and not taken for granted. Abundance is a gift from the Divine which one needs to value. When you value something in your life, very naturally you make every effort to nurture, protect and share what you value and not just let it go to waste through sheer laziness. Know this well in your heart that everything in life is a gift from the Divine bestowed upon us for our inner growth. Ideally one should work diligently and follow the path of dutiful action. Nurture the gift with responsibility and care. Disconnection from the inner divine leads to irresponsible actions as one is unable to discern between love, care and respecting abundance and wallow wantonly in laziness and irresponsible actions.

Thirdly you have asked **can 'believing' and 'having faith' be considered as 'laziness' from a worldly perspective?** Faith is a spiritual or internal state, a way of being. Faith comes with the Divine connection within and the personal experience that our very life-force is divinely guided and protected. Such a person is continuously engaged in work. He is never idle, never wasteful. Hence a person with such an internal state is able to overcome the blows of life with positivity, love and internal freedom. Since such an individual is strongly connected with their inner divine, they live life with great care and responsibility. They take the required actions as per the need of the time, without getting attached with the outcome as within their hearts they clearly know that the Divine is guiding and protecting them at every stage in life. They are constantly active never passive nor

disengaged negatively. Hence they come across as calm, collected and balanced individuals which to the rest of the world is alien because mostly people live their lives with overactive minds, needlessly and continuously engaged in fruitless activity. So this belief that having faith is being lazy is a myth. Since people having faith in the divine presence are quietly comfortable but not complacent. This is misunderstood as being lazy or not worried about anyone or anything which is very far from the truth.

Lastly, you have asked **what is the source of the feeling of lack of emotional connect (the 'I don't care' feeling)? How can one combat/get over this feeling?"**

The source of lack of emotional connect is the disconnect from your heart, which is where the Divine resides. As soon as you disconnect from the heart, the love and passion driving your life dissipates leaving one dry and indifferent. Life is then lead from the conditioned mind with no capacity to guide it in the right direction. Hence a lack lustre life or dryness is very common in such people.

*Divine Friend Dādāshreeji says-“ Let your heart lead your life, not the limited conditioned mind.”*

In one simple sentence, my friend, the answer/solution to all your queries is “connect with the divine in your heart and everything will fall in place”. We at MaitriBodh Parivār, with the Grace and guidance of Divine Friend Dādāshreeji have passionately dedicated our lives for humanity to experience this divine connection within their hearts.

If you need any further support please feel free to connect with us.

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



# *Ek Kshan Prarthana -The Taste of Silence*

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

## **Beloved Friends,**

Last month we studied how finding calm in the midst of activities of our daily lives is truly a challenge for each one of us. We learnt how our mind is constantly abuzz with chatter. While being aware of the nature of our mind helps us use this tool to our advantage and not fall prey to its overpowering and chaotic nature, it's also imperative to understand and experience our own 'sthiti'(the state of being) as the silence within us, which is the nature of our Being!

The mind emits thoughts ceaselessly. These thoughts are all momentary in nature. The mind also plans, strategizes, manipulates and creates many stories about oneself in relation to people and situations. Anxiety, tension, worries, fear are all projections of the mind and discharged as thoughts. The body thereafter simply responds to these thoughts and projections of self-created ideas. However, in all this play of the mind, there is a silent 'being' within each one of us, a presence, a witness, that is neutral and best experienced as 'pure awareness'.

This state of pure awareness brings with it an inherent silence. It's like the sky witnesses many weather conditions, the brightness of the sun, the darkness of the moon, the beautiful rainbow, the dark clouds, the heavy rains, or even the tempests or tornados, however the sky itself is unaffected with the myriad weather changes. The state of awareness is like being the sky. As the mind goes on with its own path of endless

perceptions, judgments and opinions, yet the moment we recognize and connect with the silent 'being' within, we are free from the turmoil of the mind. The silent presence within is like the sky unaffected by any of the harsh weather conditions. This state of awareness holds us from within and does not allow us to be swept away by the stories and false ideas of the mind. The mind instills fear within us. However the state of awareness is a threat to the existence of the mind. As we become aware, we become silent and in this silence, the mind loses its power over us. Hence it does every possible act to distract us or keep us away from the truth of our existence- the silence within our hearts. As we discover the reality of our truth, more and more; the mind loses its influence and the power to create noise through distractions within us.

Threatened of losing its preeminence, the mind will make every attempt for us to be attached to our personal identities, egos and personalities. The waves of success and failure, joys and sorrows are all contained in the limited mind. Hence most of our time goes in protecting this false identity and the projection of who we think we are or desire to be.

With Divine Friend Dādāshreeji I learnt, live life naturally, do your duties, fulfill your passions, but with utmost focus on the divine presence within our hearts. Have faith in the Divine Grace that will at all times ensure we experience the truth of our existence, the silence of our Being!





A time will come when this silence will be effortless for it is the nature of our Being!

A time will come when this silence will give us the awareness of the internal freedom and limitlessness that we really are!

A time will come when this silence will be the awareness of our true being!

That's the power of this silent awareness that we carry with us!

Today's Ek Kshan Prarthana is to pray for the experience of the silence within!

**Beloved Divine Friend,**

In this creation's balance,  
May we be blessed with inner silence,  
With silence comes awareness,  
With silence we hear divine guidance,  
With silence arises a calm balance,  
And I experience the Divine presence,  
In the stillness of silence.

**Thank you Dādāshreeji!**

A gentle love within, quiet determination and an unshakable faith in Dādāshreeji's Grace best describe Maitreyi Sulata, who has lived under the Guidance of Dādāshreeji since her formative years. Maitreyi Sulata works tirelessly to spread Dādāshreeji's message of Love and Transformation across the globe to seekers who have been mesmerized by her soft, compassionate and love filled personality. Her discourses have transcended the boundaries of the mind with respect to religious and cultural differences and have touched the hearts of seekers across the world.





## *The Power of Mantras - Mantras before Meals*

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

The current two verses are one of the most profound mantras chanted before eating food. These are from the Bhagavad Gita, Chapter IV, Verse 24 and Bhagavad Gita, Chapter XV, Verse 14, which give us an in-depth understanding as well as the significance and spiritual insight to eating food!

ब्रह्मार्पणं ब्रह्म हविः ब्रह्माग्नौ ब्रह्मणा हुतम् ।  
ब्रह्मैव तेन गन्तव्यं ब्रह्मकर्मसमाधिना ॥

The process of offering is Brahman (the Divine Cosmic Consciousness itself); the ghee (clarified butter) offered is Brahman, offered by Brahman in the fire of Brahman, Brahman shall be attained by one who sees Brahman alone in action.

While the above mantra lists different aspects of yajna (havan), it is also recited before partaking meals. While conducting a havan, one needs to be mindful that everything is Brahman (Divine), the offering, the havi (clarified butter), the





person who is offering, the fire itself is Brahman (Divine)! Similarly, while eating it reminds that the food one eats is Brahman (Divine). You are Divine. The power that enables the process of digestion is Divine. Everything is Brahman (Divine). This very understanding converts the mere act of indulgent eating into an act of worship and love and the person controls indulgence and feeds oneself with the thought of the Divine while eating.

अहम् वैश्वानरो भूत्वा प्राणीनाम् देहमाश्रितः ।  
प्राणापान समायुक्तः पचाम्यन्नम् चतुर्विदम् ॥

I, having become Vaiswanara (fire), the Supreme Spirit, abiding in the body of living beings, united with their Praana (inhalation) and Apaana (exhalation), digest the four type of foods (solids, fluids, semi-fluid and liquid).

The Divine force acts as the Vaiswanara (fire) within the body, due to which the various types of food get digested. It is to be noted that without this Divine force digestion cannot happen!

Scientifically, much is known about the digestion of food, the various body juices, gastric, from

liver pancreas etc. However, one forgets the force that enables these organs and the entire process of digestion and assimilation in the body. This is the Divine force or God, or whatever name that one may wish to give, which is beyond the human mind!

It is this 'fire of digestion' *vaiśhvānara*, which is ignited by the Divine force, as is stated in Brihadāranyak Upanishad:

*'ayamagnirovaiśhvānaroyo  
'yam antahpurushedyenedamannampachyate (5.9.1)*

*"God is the fire inside the stomach that enables living beings to digest food."*

These mantras when truly understood and chanted with awareness and the knowledge of their meaning, will become part of one's being and help make the entire process of enjoying a meal a Divine act.

In the MaitriBodh Parivār, we inculcate the habit of connecting and bonding with the Divine within, during all activities including partaking of meals, to make them acts of Love.

A doctor by profession, (currently working as a Consultant 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.





## Friend, Philosopher and Guide

Mitra Kunal shares on how Dādāshreeji has been guiding him at every step in his life; in whom he found not only a philosopher and guide but also a best friend that one could ever have

A friend of mine had raised his hand with the intent of asking a question during an English lecture at school. When asked he had queried "Miss, I have heard the term "friend, philosopher and guide" quite often. What does it mean?" I don't remember what the teacher answered. I don't think the answer was of the kind that would register within me for I was all of 12 years old then.

Years have passed since and while I have discovered friends and philosophers and guides of various natures and different capacities. I never could find all these attributes rolled into a single individual, nor was I looking for one. 'Friends' have often been relegated to the job of 'hanging out' by today's urban youth, 'philosophers' of various point of views can be heard on YouTube - some effective, others not so much and 'guides' - you will imagine that people with more experience in life would perhaps be able to suggest what best to pursue in your life

I never thought I would feel the need to define any person with these three attributes and here I am feeling the compulsive need to let the world know that in Dādāshreeji I have found all three.

**A Friend** - He has always been there with me and for me. Through thick and thin, sun or rain I may have swayed away from my responsibilities towards Him as a friend but He has stood there rock solid behind me, holding my hands lest the troublesome winds of change in my life topple me over. From among the three words "Jyotiroopaya, Paramsakahaya, Paramanandaya", it was "Paramsakhaya" ( the eternal friend ) that I used to lay the most emphasis on during the early days at the ashram,

after-all that's the earthly trait which people can associate with most in a person who otherwise embodies all that is and needs to be good on this planet. Like a friend I have expressed myself to Him, asked, quarreled with and demanded of Him and He has responded in ways that would be best for my growth.

**Philosopher** - There is none better than Him with the choice of words when He enthalls His audience delivering His principal message of bringing about transformation in the world through love and selfless service. One would sit transfixed while He would roll out concepts of divine connotation with all His wit in a simple and effective manner that appeals to both the mind and the soul. I may hear the most profound orator anywhere in the world but no one can deliver the philosophy of life's lessons more effectively than Him.

**Guide** - There may be people with more experience in life who may advise you on what choices to make in life. But are those the most effective pieces of advice? Everyone's journey is different and what works for one might not work for the other. This is where Dādāshreeji asks us to connect to our Inner Divine for guidance as that is the more effective source. There may be widely accepted principles in the world on leading life in a certain way which may no longer be tenable. Connecting within will help you find the most relevant guidance for your growth. And what a revelation this has been!

"Bin maange moti mile, maange mile nabheekh" (One is blessed with riches even when you don't ask) such has been my friend, philosopher and guide - helping me at every step of the way.

Kunal Ashok is a banker at Citibank and a spiritual seeker.



## Peace Begins With Me

Dādāshreeji teaches us, that if we work on our inner peace it would result in 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.

*Vishrut\* had just joined a non-profit organisation, with an intention to give his time to serve the needy. Seeing his talents, he was given a special responsibility to lead an important team. This story is from his experience of that time.*

It was a significant moment, I was given a special role to lead the team in the non-profit organisation that I had volunteered for. I had to ensure that things got done and that we achieved the targets we set for ourselves. I took my role seriously and maybe too seriously – because I began to push everyone. I pushed those in the team I was associated with and the team that was more senior than us. I was quite critical about the way everything was being managed.

This wasn't acceptable to my colleagues and they spoke to the Management, to the CEO of the organisation and asked to function independently. So, the CEO dissolved the special role I was holding. It was very painful for me – I wanted so much to contribute and things were far from perfect, I had so many ideas and strategies. But now, there was no scope to influence anything. My ego was badly hurt. At the same time, I was also observant and had an understanding that it was my mode of communication and my actions that had created a disconnect, and I needed to take responsibility for that.

Over the days that passed, I was still a part of the organisation but not in the leadership position anymore, and over several days I had a hard

time keeping myself from offering suggestions for everything that I saw going wrong in the team. With time, I became more observant, I learnt to step back and let go – maybe things did not happen as I wanted them to, but they were moving towards the desired outcome. I saw that everyone had a different way of making things happen.

Through this time, I learnt to come to inner peace through acceptance and respect for diversity. I learnt to become outcome oriented – what matters most is that the jobs get done and not the very particular way they happen nor who does the work. It made me more patient. Ultimately, God takes care and the world moves on.

\*name of the protagonist has been changed to protect the identity.

*“We want you to grow all the time. Each and every day should be better than the day before. And it's all about your internal state. We just refine you internally all the time. This process within, is going to change everything for you externally making things automatic, effortless. Then you will realize how naturally life is flowing towards a positive direction” – Dādāshreeji*



# Catalysts for Transformation



Anand Malligavad

A life well lived is one that leaves a positive impact. We may leave an impression of our presence on the souls and the lives of those 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 such personalities that truly made a difference in the world.

Ever since rebranding itself as a tech hub, Bengaluru today seems to be paying the price of excessive industrialisation, rapid urbanisation, and population explosion in terms of the lack of water. It has come a long way from being the 'city of lakes' to seeing several of its precious natural resources either being encroached upon, or polluted to the extent that we might finally see water catch fire. From the 262 water bodies in Bengaluru in 1960, this figure has declined to an abysmal 81, of which only a few are currently 'alive'. Poor water management has led to drying taps, falling groundwater levels, with many wondering if Bengaluru is fated to go down the same path as Chennai.

In a city bubbling with pollution, over-population, traffic, and dying lakes – Anand Malligavad decided that enough is enough. His childhood memories of playing near a water body prompted this city-based techie to restore one lake - the Kyalasanahalli Lake near Anekal in just 45 days. Anand designed and executed the rehabilitation procedure without the help of any industry experts, architects or engineers, but with the help of nearby communities. They reached out to the nearby community by going door to door and covering almost 400 houses to spread awareness and secure volunteers. Within 45 days, Kyalasanahalli lake was transformed from being dead for more than 3 decades to becoming a fresh, water filled oasis once again for flora, fauna and man alike.

Turns out, this was just the beginning. Having realised that he had found his calling, Anand

soon left his job and began to work on other lakes, all on his own. He along with the Lake Revivers Collective has worked on reviving and restoring dead lakes, foaming lakes, and poisonous lakes as well. Quite notably, he had no prior experience in this field and had to learn the basics of lake restoration and water management from scratch. What motivated him was just a sense of urgency regarding the debilitating conditions of the lakes and a steadfast resolve to do something about it. Through his efforts, we now have a lake revival model that can quickly and cheaply be replicated across different terrains, potentially saving thousands of dying natural resources in the country thus transforming the lives of millions of souls.

It is not enough to simply state that the earth as we know it today is going through a climate change. It is a climate 'crisis'. And now more than ever we need climate warriors like Anand and his team of volunteers who are selflessly contributing their time, money and efforts to resolve some of the most pertinent issues affecting our lives.

*"When it comes to the specific purpose of life for an individual – each seems to be different. For some it may be to meet financial requirements, for some finding healthy relationships, to attain recognition, to serve people, for others to contribute through dissemination of knowledge and so on. You too have your own specific purpose of life; first to realise, and thereafter to accomplish it" - Dādāshreeji*





## *Rise & Shine: 23rd & 25th October'2019, Coimbatore*

39 children participated in the two sessions of Rise& Shine held in Coimbatore. They were eager to know and explore about themselves through an activity. Towards the end of the session they were able to express themselves very well, they were joyous and enjoyed it thoroughly. May each child blossom into a beautiful loving and vibrant person. Pray that the seeds of love that have been sown grow to be big trees that lovingly nurture and nourish one and all.



Regular Awakening to Self Realisation (Bodh I), Maitri Sambodh Dhyān 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](mailto:invokedivinegrace@gmail.com)

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

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

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

## 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](mailto:anahita@maitribodh.org)

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

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



# Upcoming Events

<b>Dreams Destiny Divine</b> For registration contact: 9752531945	9th & 10th Nov 2019	Indore
<b>Purification (Bodh II)</b> For registration contact: 9781108880	16th & 17th Nov 2019	Amritsar
<b>Path Divine (Bodh III)</b> For registration contact: 9781108880	26th & 27th Nov 2019	Amritsar
<b>Heal the Soul (Bodh IV)</b> For registration contact: 7355553355	11th to 15th Dec 2019	Amritsar
<b>Heal the Soul (Bodh IV)</b> For registration contact: 982052419	18th to 22nd Dec 2019	Karjat
<b>Maitri Mahotsav</b> For registration contact: 9769593971	27th Dec 2019	Mumbai, Delhi, Amritsar, Chandigarh, Ludhiana , Jalandhar, Raipur, Indore, Baroda, Surat





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