

MAITRI ANAHTA



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Divine

From the Editor's Desk

Dear Divine One,

"As the year comes to an end and we enter into the new one, we commit the events of the past year into the hands of our Creator and ask for direction and guidance in the new one. May He grant us His Grace!" – Peggy Tony Horton

A year's end means the beginning of a new one with new possibilities and new hope. Whatever our past experiences or conditioning may have been, hereon let us choose to lead a positively fulfilling life. Work on re-establishing and nurturing our connection with the Source so that we begin to shine as the Divine. As you commune with the Divine, worldly thoughts and those that revolve around the self will gradually be replaced by a sense of security, calm, peace, love and complete well-being. With Divine help and guidance, let us work on ourselves so that a time comes when we can be an uplifting influence upon all those who's paths we cross. Pray that with each passing day we become aware of the Divine Presence, guidance and support in our lives.

The issue begins with the elucidation on Divine Friend Dādāshreeji's simple yet profound core teaching - "The cause of suffering is the lack of love."

Under the section '*Dādāleelā*', read the experience of the showering of Grace as shared by one of our devotees. The section '*Food for the Soul*', brings to you *Ek Kshan Prarthana* which elucidates the significance of '*Maitri Mahotsav*'. The article *Mā, Mai, Mummy, Mother* expresses gratitude to the infinite Grace and guidance of the Mother. *Shine with the Divine* under '*Reflections*' addresses the incorrect belief that spirituality makes one complacent. To understand how our protagonist learnt to be more compassionate, read '*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. Our catalyst for this month is Akshay Saxena.

25th December, the birth date of *Mā Nārāyani* is celebrated as '**Grace Day**'. It's a day wherein we offer our immense gratitude to *Mā Nārāyani*, our Divine Mother's infinite Love and Grace we have been blessed with and continuously experience. Grace Day honours the Divine Mother as the epitome of Love and Compassion, as also the Shakti; the source of all creation and the bestower of purity, generosity, abundance and prosperity in our lives.

Join us on **December 27th, 2019** in Mumbai as we celebrate '**Maitri Mahotsav**' which is the birth date of Divine Friend Dādāshreeji. Soak in His unconditional love, to awaken and strengthen the bond with our inner Divine to dissolve known and unknown blocks automatically. *An opportunity to revamp, redesign and rediscover the purpose of your life in the presence of Divine Friend Dādāshreeji. The event will be streamed live pan India at various centres.*

May the New Year see you loving, giving and living!!

With Love & Light,
Team Maitri Anahita



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and experiences to experiences@maitribodh.org



The Cause of Suffering is the Lack of Love

The core teaching of the MaitriBodh Parivaar given by Divine Friend Dādāshreeji is, *"The cause of suffering is the lack of love."* Simple though it may sound at the first instance, if one is able to truly understand the depth of this statement, contemplate on it and implement it in one's life, his/ her entire life might be completely transformed.

We all have experienced suffering at some or the other time in our lives. The origin of suffering is our mind, whose nature is to bind us by creating its own stories. It makes us dwell either in the memories of the past or plans for the future, rather than allowing us to just experience the current moment. Because of its limited nature, the mind keeps extracting meanings out of different situations in the form of perceptions leading us to a confused state. Our mind makes us believe that the perceptions we have about people, situations and our own self is the final truth based upon its conditioning. We start believing in the stories of mind as the final truth and function in life. We are constantly comparing, judging, doubting and experience suffering instead of experiencing Love. In reality, since the mind operates from our five senses - which are limited - it cannot make us experience the truth.



Today, humanity is experiencing suffering because we are disconnected from our Source/Inner Divine and mostly operate from our limited mind. When one is connected to the Inner Divine, one experiences unconditional Love. The lack of this Divine Love makes us experience suffering. This Divine Love, which is unconditional and unlimited comes easily by bonding with one's own Inner Divine. As this Divine connection gets stronger, one will discover and start experiencing this Divine Love within. When that happens, the focus will shift from all the situations, objects or beings that one keeps blaming for one's suffering. We will start understanding that the stories of our mind are false and not the truth.

When we are connected with our Inner Divine we will become open to receiving Divine Grace and guidance. We will become empathetic towards situations, people and ourselves. We will be driven by the qualities of the heart which are patience, compassion, faith, understanding, giving and Love. The situations and experiences in life would still continue to come as per our learnings in life. We just need to be aware of our emotions, experience them fully and move on in life. This comes easily if we are connected with our Inner Divine.

All the efforts that one makes in one's *spiritual sadhanas/* practices, or whatever spiritual path that one is following, be it *gyan* (knowledge), *bhakti* (devotion), *karma* (action), or any other, the final culmination is in the experience of that Divine Love - the Highest, the Truth.

Today Divine Friend Dādāshreeji is in 'that state', that by His very presence and His Grace, a ready seeker receives the direct experience of this Divine Love. Whoever is able to connect to Dādāshreeji or bond with any other Divine form of one's own choice, or with one's Inner Divine/ Higher Sacred Self, will be able to experience the Divine Love.



Maitri Mahotsav

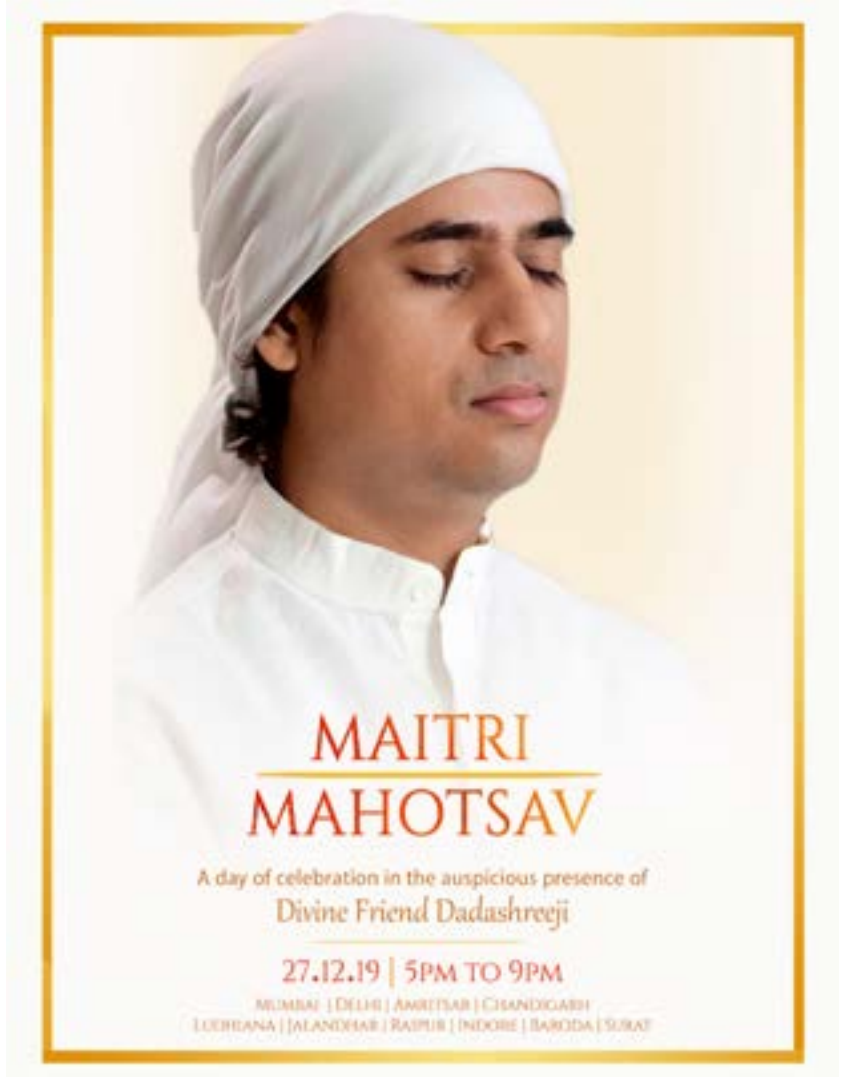
Divine Friend Dādāshreeji as a founder and visionary of the MaitriBodh Parivaar has been working relentlessly for Human transformation through the establishment of love and peace across the planet.

We celebrate His birthday on - **27th December as 'Selfless Service Day'** - The day that marks the arrival of the 'Epitome of Love' on planet Earth; a day that marks the beginning of a new era of positivity and divinity on this planet.

Each year, we celebrate this day with us offering a minimum of one act of selfless service for others on an individual level. This year the MaitriBodh Parivaar has associated itself with a **social cause**, to make a difference in the lives of those who are less fortunate.

We come together on this day known as Maitri Mahotsav to celebrate, rejoice and offer our gratitude to our Divine Friend Dādāshreeji for the abundance of Divine Love and Grace showered upon us.

This year we have a never to be missed opportunity to be in His physical presence on His special day. In His transforming presence, we get an opportunity to associate with the Divine and experience the joy of Unconditional Love.



A chance to associate with the Divine and soak in His radiating love, to awaken and strengthen the bond with our inner Divine to dissolve known and unknown blocks automatically. An opportunity to revamp, redesign and rediscover the purpose of your life in the presence of Divine Friend Dādāshreeji.

**Join us on the 27th December'2019 at
Sri Shanmukhananda Chandrasekarendra Saraswathi Auditorium,
Sion (E), Mumbai**

The event will be streamed live across multiple cities pan India



Celebrating GRACE DAY - Honoring the Compassionate Mother!

25th December, the birth date of Mā Nārāyani and celebrated as Grace Day, is a day of great significance for devotees and sevaks comprising the MaitriBodh Parivaar the world-over. It's a day wherein we offer our immense gratitude to Mā Nārāyani, our Divine Mother's infinite Love and Grace we have been blessed with and continuously experience.

Grace Day honors the Divine Mother as the epitome of Love and Compassion, as also the Shakti-the source of all creation and the bestower of purity, generosity, abundance and prosperity in our lives.

Mā's compassionate Grace, gives birth to and nurtures new life, whether a newborn baby, a new relationship, a fresh idea, or a creative manifestation. Without her Divine Energy, there

would be no existence; without her nurturing love, there would be no tenderness and joy and without her compassionate Grace there is neither abundance nor prosperity.

The Divine Mother's compassionate Grace works hand in hand with us and wraps us in her warm and soft blanket of Love as we pray to her for her blessings and abundance. She protects us her children who are safe in her womb.

Grace Day is a reminder for all of us that we are Her own children; She is forever ours..our Divine Mother.

Thank you Mā for being here on planet Earth as we embark towards the Golden Age with your compassionate Grace.

Nārāyani Mantra

|| Aum Kārunyai Padmahastāyai Nārāyani Namostute ||

Meaning

Epitome of love and compassion, Holding the Lotus flower, We bow to you Nārāyani

नारायणी मंत्र

|| ॐ कारुण्यै पद्महस्तायै नारायणी नमोऽस्तुते ||



Dādāleelā

..... Devotees' Experiences



The Longing

Hello Friends,

I am a spiritual seeker who wants to understand the Divine closely. My journey began with the session 'Awakening with Dādāshreeji'. When Dādāshreeji said "I am with you" I tried to feel it but failed. I was seeking a practical experience in my life so I gave myself another chance and also trusted Dada. I went to attend Bodh II and III. The first session of Bodh II was about making an effort to build a bond with the Divine. When I shared that it was not working for me, the conductor advised me to wait until I completed Bodh III to receive the answer. After this I went to the Dhyānmanthan Kshetra and said to Dada that I have faith in You so I will wait. The next day when I sat for meditation before one of the processes, suddenly I had a mystical experience. I had been waiting for this for several years and

it happened with me suddenly, without making an effort. This was only possible only due to the Grace of Dādāshreeji and Babaji.

Dādāshreeji says, "Use all the resources to uplift or improve yourself. When all your efforts end, allow me to work on you. You will witness that transformation you needed for long."

Through my experience I received a validation of the same. Thank you Dādāshreeji! I thank the MaitriBodh Parivaar for making me a part of this family of friends.

**With Love and Gratitude
for my Divine Friend,
Sagar Prithwani**



The Call Within

My life had been very challenging until this moment. My father had recently put himself in a hospice program after a six year roller coaster life of living with metastatic colon cancer. Spending time with him, coordinating and supervising his care eight to twelve hours a day was very difficult but rewarding. My father turned inwards, he became Buddha like, and was honest about his fear of leaving. For the first time in his life he connected to his Inner Divine. Witnessing this process made me realize that human life is very short. I had had my life goals planned out: to get a job, to get married, to have children, then at the age of sixty, to go to a cave in the Himalayas and become enlightened. I realized through my interactions with my father that I needed to get started on my path right now. The name 'Babaji' really resonated with me when I read the "Autobiography of a Yogi" by Paramahansa Yoganada. I went home and prayed to Him with all my heart for a master to guide me, right now. I wanted to embark on my path as soon as possible.

A week later two women arrived at my home by chance to meet my roommate. One was his cousin and the other was her co-worker at Duke. The co-worker and I connected instantly. It was like I had known her all my life. She was a member of MBP and had just moved to

Durham. I found out later than she had prayed to Kali Mā for a friend to meditate with. She saw that my phone screensaver was a picture of Saraswati Devi and told me about the festival of Navratri which was going on at the time. She invited me to come meditate with her. In the next few weeks she came to visit my father and bring him Indian sweets. I remember thinking that she must be very special and kind person to do this for someone she had just met.

I started meeting with her for tea, talks, and Maitri Sambodh Dhyān meditations. I felt so connected and filled with love during these meditations. It was a feeling quite like coming home. I was introduced to Dādāshreeji and learned about the merging of His consciousness with Babaji's consciousness. It was amazing to me that my heart's ardent longing was heard. Since then, things started to flow very naturally and I felt a voice within telling me that I should attend the Bodh programs. Dādāshreeji took me under His wing and started showering Love and Grace on me. Today, the most precious thing in my life is this connection with the Divine that I have. Thank you Babaji and Dādāshreeji!

Meredith Smythe



Ek Kshan Prarthana *-Celebrating the birth of 'The Love Incarnate'*

'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,

27th December 2019, is celebrated as Maitri Mahotsav –Divine Friend Dādāshreeji's birthday. Let us take this opportunity to understand the significance of this day.

Earth has witnessed the birth of many Divine Incarnations, Saints, Gurus and Divine Beings in various periods from time to time to take care of the needs of that particular era. It is believed that these incarnations have come in specific forms with a specific purpose as needed for that period of time.

The Divine's descent on Earth in various forms has been an act of supreme compassion and love, to guide us to the key to our liberation from the monotony of life and in the process discover our own true nature which is love and bliss. The descent of the Divine is for the spiritual ascent of humanity through the experience of truth and love.

We have heard stories about the lives of the incarnations of the Divine Beings and their service to Humanity rendered through their compassionate presence through books, stories on the knees of our grandmothers, scriptures and ancient texts, and perhaps as certain rituals were conducted and explained to us by the priests. As a child, my grandfather would tell me stories about how Sai Baba would help people develop their bond with Divinity, the amazing stories of Lord Krishna's playfulness, His stealing butter and playing with the gopikas

and such spiritually uplifting tales. Wonderful stories of Hanuman ji serving Lord Rama were some of my favorites. My grandfather would bring me loads of Amar Chitra Katha comics and I spent many enjoyable hours reading the mythological stories. Hearing and reading these stories I would wonder sometimes with much pain as to why I could not be part of the lives of Sai Baba, Hanuman Ji and Lord Krishna? I too wanted to sit in Sai's lap like other children in those times and eat butter with Lord Krishna. I often wove dreams of fascinated meetings with Hanuman ji with a handshake, flying with Him in the skies and pulling his long tail. I wanted to live with them as they had so much love, compassion, sewa and playfulness as special beings. I wanted to be a part of their lives. My heart used to be filled with love and adoration of these special beings in my life, who to my chagrin were near and yet so far.

Little did I know that one day this dream like fantasy would come true one day to my great relief and satisfaction tinged with much awe! As a youth, I prayed for a Guru to help me in my life and soon I was blessed to find myself in Dādāshreeji's compassionate Grace and unconditional Love. My prayers had been heard and granted. Experiencing the Divine in His physical form is the highest blessing one could ever ask for or be granted. It's the most blessed birth a human being can ever experience if they get direct guidance, presence and protection of the Divine in human form.



We are all so blessed to be born in this blessed era where the Divine has taken birth as Divine Friend Dādāshreeji as our best friend. Dādāshreeji lives His life as a simple being, fulfilling all his duties on the material plane, following all the laws of the land with utmost responsibility so that mankind can feel kinship with Him and emulate the ideal behaviour as a human being.

Being physically present on planet Earth, His consciousness impacts the entire planet in the direction of transformation and evolution wherein Love, Peace and Universal Oneness will be the governing forces in the Universe. We are able to easily relate to Him in His physical form and our human consciousness connects to His Divine Consciousness instantly as our hearts recognizes Him as 'The Truth and Unconditional Love'. Hence through His physical form He is able to directly intervene spiritually and bring about a change/ transformation in our consciousness such that we awaken to our own true nature. Such is the blessing of being in the physical presence of the Divine. Dādāshreeji accepts us unconditionally without any layers of perceptions or judgments which the closest of human relationships cannot possibly give.

In life, we need a teacher or a guide for everything right from childhood, but having a teacher for life, that too in a physical form can only come from the Divine. Dādāshreeji reveals the truth of our existence by granting us pure Divine experiences through His Grace. Learning through personal experience is the most profound learning that stays with us forever. In our own life journey, when we feel blocked and unable to progress, Dādāshreeji reveals the root cause and helps us accept and overcome the obstacles and often even dissolves the bitter and difficult to deal with obstacles to help us grow in life.

Ego coupled with the complex ignorant mind are the two toughest areas which no human being can have control over easily. They easily mislead people and spoil their entire lives. The Grace of Divine Friend Dādāshreeji has awakened people to the dynamics, games and complexities of the mind as well as the play of the Ego. More so, He even purifies us of the deepest, deep-rooted sanskaras lying in our subtle consciousness and replacing it with the seed of the Divine Love. None of this is possible through human efforts.

Dādāshreeji says, "I am here to establish the real truth in you. I am here to erase all past ignorance influencing the human mind and human nature Use all the resources to uplift and improve yourself. When all your efforts end, allow me to work on you. You will witness that transformation you needed for long".

He is here as the Love Incarnate to remind us of the Divine Unconditional Love residing in our hearts,

He is here as our Divine Friend to bestow us with His Grace such that we bind with the Divine in our Hearts.

He is here as a True Guide for us to awaken to the 'Truth' in our Hearts.


He is here to liberate us of all ignorance and unite us with the Divine in our Hearts.

This is the single and the only reason for His presence on the Planet!

Such is the significance of His birth on the Planet....Can one ask for anything more?

Let's celebrate the birth of the Love Incarnate!





Today's Ek Kshan Prarthana is an offering of gratitude
for the birth of the Love Incarnate

Beloved Love Incarnate,

Thank you for bonding as Divine Friend in our
hearts,
Thank you for flowing as the Ocean of Love in our
hearts,
Thank you for awakening as Truth in our hearts,
Thank you for the blessings as Peace in our hearts,
Thank you for our ego's dissolution,
As we merge into Your serene presence in our hearts.

Your birth is a celebration of life!
We humbly pay our obeisance at thine Lotus Feet !

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.



Mā, Mai, Mummy, Mother...

As a popular quote reads, “Love is the Divine Mother’s arms; when those arms are spread, every soul falls into them.” As an ode to Her infinite Grace, **Maitreyi Shraddha** through this article expresses gratitude for Her existence and guidance

Each of these words is filled with pure and sacred emotions and reflects only Love and selflessness. Our first experience of receiving true, unconditional Love in life is through our mother. A mother is born as soon as she realizes that there’s life growing within her. She is the one who nourishes us within her, with her love and energy. A mother continues to be the source of Shakti for us throughout our life.

She is the pillar of strength. Her blessings help us overcome challenges and move forward in life. A mother is the epitome of selflessness, affection and compassion. She nurtures, protects, motivates, inspires, guides, and encourages her children. She works relentlessly for their well-being.

She teaches us to love unconditionally. All her children are equal in her eyes. Each is as special as the other. We also learn the virtue of forgiveness from a mother. She epitomizes courage and fearlessness.

Similarly, Nārāyani Mā is our compassionate mother who is guiding us in achieving our mission to establish Love and Peace on Mother Earth. She is the source of our strength and energy, encouraging us each moment to keep walking forward to fulfill the purpose of our life. 25th December is celebrated as ‘Grace Day’ on the occasion of our dearest Nārāyani Mā’s birthday. Let us express our heartfelt gratitude to Nārāyani Mā on this day for showering Her Love, Compassion and Grace on us each moment.

Maitreyi Shraddha is a student of life, she finds joy in being with her students with different abilities.



Shine with the Divine

Addressing the incorrect belief that spirituality somehow makes one complacent, **Maitreyi Varsha** explains that in actuality, spirituality imbues one with a feeling of determination because of the understanding that all acts are Divinely willed and all work is for the Divine

“Oh, I didn’t know you were such a stickler when it came to work!” remarked a friend.

It is a misnomer that spirituality makes people get contented and satisfied very easily. That they easily accept whatever comes their way, they are happy-go-lucky and do not strive hard to achieve anything.

With all due respect to my friend, some of the many traits that spirituality develops in one’s being are as follows- it makes one highly positive, ever giving, all encompassing, conscious, compassionate, forgiving, thankful, focussed, devoted, systematic and much more. Thus, the outcome of any task undertaken by such a person is generally going to be free of mistakes, ideal and immaculate. Their entire being is devoted to their job. They see divinity in all that they do. If we too consider each act of ours as an offering to the Divine it will become sacred for us. We will use the best of the resources available, work on the details, and try to make the best from whatever is available. While we may not pray day and night we can worship the Divine through our little acts by being mindful while performing them. Everything that we do, every act, it could be something as simple as sweeping or sending an email or conversing, we must do as an offering to the Divine.

It is said that we are made in the image of God. As one connects and moves closer to the

Divine, one starts imbibing Divine attributes that eventually begin to radiate through one’s actions, speech, work and the entire being. Every action that is performed then is in the service of the Divine, for the Divine and by the Divine! When one operates from this level of understanding each act is performed with great focus and diligence as if it were an offering to the Divine. The perfection or the need for it comes naturally, like there is no other way to go about it. No task feels too small or big, complex nor easy, less nor more; for you know that you are working for the Divine. When one works with such devotion and conviction even the Divine assists you despite all the odds or challenges that one might have to face.

Our work should be an act of worship to the Divine. If work is done to gain personal recognition, for promotion or advancement, one might eventually be discouraged and disappointed. One must tune out the distractions and obstacles, with the focus on the Divine. The result of such work would be unparalleled.

Hence, let us perform each task with utmost devotion as if it were to be offered to the Divine.

“DEVOTION gives you unflinching commitment towards your dream. It gives you a single pointed focus to walk the challenging yet fulfilling path towards your dream” - Dādāshreeji

Maitreyi Varsha is a student of life and takes joy in simple things.



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.

Jagruti was travelling in America and the United Kingdom, the 'developed' regions of the world where she witnessed a moving encounter between a homeless person and a young woman.

It was quite chilly and I was glad to finally be on the train or the 'tube' as it is popularly known as in London. I was also glad to have a seat, and was then involved in one of my favourite sports - people watching.

A young woman was sitting across the aisle. She was listening to some music and appeared to be in her early twenties. The seat next to her was empty. At the next station, a passenger got on to the train and with him entered a very foul smell that was very strong even several feet away.

He was shabbily dressed and definitely old. He sat down in the empty seat next to that young woman. He smiled at her and then coughed and I saw he had few teeth and the coughing was also spewing some phlegm around. He was most probably one of the homeless persons, and was quite aged as well. He made loud noises and spoke incoherently as well.

Most of all, the smell that was emanating from him was really awful. It reached my nose in an instant and it was all I could do to not get up and walk away. I also felt some silent revulsion rising in me in reaction, something I could not control.

In those moments I watched his neighbour, the young woman, continuing to sit next to him without flinching or leaning back. She smiled at him and gave him the newspaper she had in her hands when he asked for it. She seemed so calm and serene and it felt like he was welcome in her vicinity.

I was so moved, it was difficult enough to sit across the man, and I could imagine how it might be next to him - both uncomfortable and maybe scary from the sounds he kept making. However, she was unflustered through it all. It seemed like even without saying a word, she could convey dignity and respect to that individual for his existence.

It was a brief encounter with what true human kindness looks like. Anyone might have walked away from the old man because of his condition, but she stayed and through that, she taught me to deepen my compassion, self-connection and love for humanity.

"Start sharing goodness with everyone. This is the least or best that you can do to transform humanity"
- Dādāshreeji



Catalysts for Transformation



Akshay Saxena

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.

Akshay Saxena believes that the tipping point in his life came from when he realised that he was more sheep than human. Caught in a never ending spiral, he explains that most of his life was spent trying to achieve the next big thing - first IIT, then being a management consultant, then working for a large non-profit organisation, then getting into a reputed business school etc.- until he felt that it was all worth nothing.

Many call him that man who put Harvard on hold, but he would say otherwise. While working for a Boston consultancy, he was sent to Wadi in Karnataka to work on a cement plant where he stayed for a year or so and established some good friendships with the local people, especially the driver who used to drive him everywhere. Fast forward a couple of months, as he was on his way out of the country when he received a call from the same driver, asking him for some money as his wife was pregnant and she needed to go to the hospital urgently. Being on a plane he couldn't help them and the baby died. Reflecting on this experience he says that were it possible to give some paltry sum of money or perform some act of charity everyday, it still would not have made him happy or satisfied. He had to think about the real purpose of life, the real reason which would motivate him even on the darkest days, and he found the answer - in teaching kids math.

Akshay is no stranger to the cumbersome education system in the country, where knowledge is commoditised. Expensive tuition classes which are almost a necessity nowadays to pass any sort of examination disproportionately affect poor income households who can barely afford to send their kids to school. Saxena created an affordable alternative with the help of social workers who facilitate the classroom while structuring learning through peer education models advanced by research from institutes like Harvard. Avanti, the organisation set up by Akshay offers a two to three year program for students from government schools in grades 9 to 12 that enhances their science and math education and prepares them for undergraduate courses.

Akshay explained in a forum that the most significant decisions in life are induced by fear, a sense of inferiority or shame. However, one must rediscover the passion within and use it to fuel one's search for meaning in life. Be selfish and have a clear purpose in mind. Ask yourself, what makes you truly happy and keep asking that until you actually do what makes you happy.



Spirituality in Daily Life: 24th Nov'19, Pune

The session helped the participants understand spirituality in its true essence. It helped them discover the secret to true happiness and peace. It was followed by the powerful Maitri Light process wherein the participants felt a tremendous feeling of internal peace, something that they had never experienced earlier.



Sharing below the experience of a participant:

“The session, ‘Spirituality in Daily Life’ is very apt in today’s fast paced world wherein all of us deal with so much uncertainty and anxiety every day.

It covered simple yet insightful answers to questions on how to deal with tough situations and practice spirituality in our daily lives.

Maitri Sambodh Dhyān is a very beautiful process and helped me connect to the internal Divine bringing in immense peace and contentment.

I hope more of such sessions are organized by the MaitriBodh Parivaar since it has the potential to make us more aware and lead us to experience true internal happiness.”

Sumit Juneja



Following is an experience shared by a participant of Dreams, Destiny, Divine held in Delhi on 10th & 11th August'2019

“Having been closely connected to Dādāshreeji for about two years now, I feel so humbled and honoured to share yet another example of His unending grace and compassion.

My father’s brother, who lives in the US was struggling with a lot of health issues and had developed strange growths all over his neck and back. However the doctors were unable to determine anything conclusive in the investigations and it took them close to three months to finally arrive at a diagnosis which showed cancer of the lymph nodes. The scan showed that the cancer had spread all over his body and he had lost 30 pounds, leaving him with no energy at all to even talk or indulge in normal activities. The situation seemed hopeless.

Around this time, the workshop Dreams Destiny Divine by Dādāshreeji was being conducted in Delhi in August and my father decided to attend it. During the program, ‘wish cards’ were handed to all of us where we were asked to write down one wish which was our deepest desire/soul need. My father asked for my uncle’s cancer to be completely cured and for Dada to bless him with a long life. The card went to Dada who signed on it and wrote the words ‘God bless’. The wish was approved. From that day, my father who was already a devotee of Dada’s just surrendered completely to him and would pray to Him every day for his wish to manifest. We also arranged for my uncle to receive Maitri Light regularly once a week while he was undergoing his chemotherapy.

Last week, his follow up scans showed something that we could never have imagined in our wildest dreams...his cancer was in complete remission, and he has since then gained 15 pounds and is able to resume normal activities and goes about his day as if the cancer never existed!! His energy level is back to what it was before the cancer and he feels absolutely normal.

Dada had told us in Dreams Destiny Divine...with faith and prayer, even destiny can be changed. He gave us that experience too. My father had nothing to hold on to, besides his faith in his creator. What we learnt-walk by faith, not by sight. With Dada, all you need to do is hand over the reins to Him and He paves the path, no matter what the obstacles, no matter how many boulders the path has. He does it all for us. All we need is love for Him in our hearts, and unflinching conviction and faith. It is said that being in the physical presence of the master peels off layers of our karma. Those two days with Him were life-changing not just for us but even for those whose lives are connected to ours. He is the ocean of grace, compassion and boundless love. Dada only gives, gives and gives. We just have to open ourselves out to receive the Grace that He wants to shower us with. Words can never do justice to express my gratitude to him so I shall try and do that with my love.

Love you, love you, love you Dada!!!!!!”

Maitreyi Aradhna Lanba



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

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

Heal the Soul (Bodh IV) For registration contact: 7355553355	11th to 15th Dec. 2019	Amritsar
Heal the Soul (Bodh IV) For registration contact: 982052419	18th to 22nd Dec.2019	Karjat
Maitri Mahotsav For registration contact: 9769593971	27th Dec.2019	Mumbai



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