

# MAITRI ANAHITA



MaitriBodh  
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# From the Editor's Desk

## Dear Friends,

The Editorial team along with the MaitriBodh Parivār would like to wish you a wonderful, Love filled 2020. Much has happened in 2019 both positive and negative. With Divine Friend Dādāshreeji's Grace; Love and positivity have triumphed across the world. Let us work hard this coming year and increase the level of Love and positivity across all corners of the globe bringing more and more spiritual seekers, atheists, agnostics and those who might not be interested in attaining the truth to the path of spirituality. May this wave of Love and Peace heralded by the MaitriBodh Parivār inspired by Dādāshreeji sweep across and envelop the entire world as we march into the New Age of the Maitri Yug.

*In this edition read Dādāshreeji's message of how to harness the energy of positivity to grow oneself and help others grow together with us. The importance of this message and its impact in our lives is crucial as we gear ourselves up to spread love and peace firstly for ourselves and also into the lives of others.*

The importance of the 'Gayatri Mantra' and its significance is tied into Dādāshreeji's New Year message. 'Ek Kshan Prarthana', 'Shine with the Divine', 'Love and Light' under the section Food for the Soul remind us of the Divine Light, the Source and its true essence which is encapsulated within our hearts and all that is required of us is to tap into the inexhaustible source of energy to fulfil our lives purpose. In the article 'The Goal Divine' the author urges us to set a spiritual goal as we step into the New Year.

Let us remind ourselves of the wonderful time that we are in when Divinity itself has taken an incarnation on Earth and we are directly in touch with Him. Let us all share this wonderful experience with all whom we know and those who we are yet to know, for it is our duty and their right to also connect with their own Divine Friend.

*This New Year, may all Shine with the Divine!*

With immense love and gratitude to each one  
for the incredible support and seva that you  
are rendering to humanity,  
**Team Maitri Anahita**



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### **Blessings for a Prosperous and Divine New Year to all our friends!**

Let a new bright Sun rise high in the sky with rays of new opportunities and light of the Divine in your life! The past is over, and a new life is on its way to instill even more happiness in your life. All of you are blessed to enter into the new world of constructive and integrating principles. Perseverance and strength have played a vital role in shaping your life. These factors together with positivity have helped you to move further in time. Keep marching ahead with greater force and increased power to attain the highest and complete the journey of life!

Although the last year had witnessed many dramatic events globally, some of which were good and some bad, humanity stood firm and struck back at many such untoward incidents. The anticipated and potentially disastrous turn of events between countries in the last quarter, was neutralised by the united force of many evolved spiritual beings. When you see worrisome events on one side, you also see the emergence of positivity and goodness in the world. This rise reassures all sane and responsible human beings that the world is changing and it is for the good. The change towards the positive is the need of the hour. If you think it is not for you, it is okay. You can reject the idea of change for yourself. But the stark truth is that the health of our planet is critical and is nearing apocalyptic proportions day by day. You cannot deny this. We can at least work to make our planet healthy! Take a step forward to clean and help our planet breathe freely and happily!

Looking ahead, one needs to assess yourself first and then move forward. If you notice any good in you, cultivate it. If you see any bad in you, dissociate yourself from it. Your focus should be solely on improving yourself. Events might be erratic but will be firmly under the control of the Divine. When the mind is upset or unhappy due to some events, direct it to your Divine. Focus your attention on the Divine! After assessing the self, align your activities as per your need. Apply your best to adhere to it! We have to align all our daily activities in the coming year extending all the way to 2022; to improve the self and thus to attain the desired goal. A systematic and valid approach will be essential. Once you get used to this systematic way of working, it becomes natural.





After assessing yourself and aligning your activities, you will need to elevate the quality of your actions. It merely means adding goodness to your actions. Right actions will not only attract greater happiness but also will keep you mentally and physically healthy. Keep doing good! The jealous mind of others will try to block your path of goodness by concocting up false allegations. In this scenario, you should keep taking right actions and not respond verbally to anyone. Words may complicate things, but actions with patience will ease it. Life is easy; don't complicate it by displaying the powers of the monkey-mind.

Our journey of transformation will continue with even more power and greater energy. Our service for spiritual transformation will be direct and profound. The time has come for soul transformation. It is far beyond the deeper states of consciousness, uncharted and untapped layers. The coming time will facilitate the process of spiritual transformation manifold. The mind needs to allow these changes to occur.

As you start experiencing altered states of consciousness, the process of transformation becomes effortless and natural. Additionally, one would receive the results of the right actions you have taken. Your spiritual sadhana and service you did till now will come into play this year onwards. With this boost, you should extract the best offered in this year.

Welcome the new year with a fresh mind! Love life in the form presented to you! Human life is a play of a few years; some get more, and some get less. How you perceive or what you do in life forms fate. Hence, offer the best and receive the best this year! You need to at least consider and implement the following three points in the year. They will help you immensely to flow smoothly through the year, thus making the best of this time.

**1. Balance the mind:** If you sense any mental or emotional imbalance, learn to balance it. One can achieve this through meditation or prayers. One should aim to attain a state of perfect equilibrium wherein your body, mind and surroundings are completely under control.

**2. Disengage from the past depressive memories:** If any past unwanted memories are present and are taking a toll on you, you must disengage from them. You should throw out anything that is burdening your heart, out of your consciousness.

**3. Serve and Connect:** Offer your time to serve others, the less privileged ones! Good karma acts as a driving force in your spiritual journey. Through service, you connect with people's heart and transform them.

The world is changing for good. The change would be unimaginable and unfathomable for a closed and confined human mind. The only way is to flow with the Divine to witness the change.

*At the end, it's all Love....!  
Enjoy the journey!*

**Love and Blessings,  
Dādāshreeji!**



# *Dādāleelā*

..... Devotees' Experiences



## *The Gift of Life*

Dādāshreeji's Grace has touched our lives. He gave us strength and hope when we needed it the most. When my parents told me about Dādāshreeji and Maitri light I didn't believe them at first but when I experienced the power, the energy I knew there was something beyond, something that you cannot explain. My mother had contracted a life threatening disease in which the advanced medical science also could not do much. At this crucial time, Dādāshreeji gave my mother the strength to fight for her life. I should say He gave her life. This is what His leela is. You cry, you are happy; all the emotions burst out of you in His presence. Thank you Dādāshreeji for everything!

**Payal Sodhani**





## *What this Parivār is really all about?*

I've been associated with the MaitriBodh Parivār for the past eight years or so and haven't really thought too much about the fact that we are really here for each other, probably took this for granted like much of my life. I live in Gurgaon amidst a lot of construction activity. Mosquitoes are a fact of life we kind of accept that there is little that we can do. My wife and two sons though having met Dada don't really want to have anything much to do with Him nor the Parivār. They have their reasons and beyond a point I have stopped trying to get them to understand my relationship with Him.

It was the beginning of the winter cold in the first week of December and my younger son Siddharth came down with fever. The fever became a raging 103.8 and we sent for a blood test. Our worst fears came true that he was suffering from dengue fever, with the virus count seven times the permissible level, something which can prove fatal as it had over a decade back, when my niece a mere sixteen-year-old vivacious bubbly girl succumbed to this terrible disease while her mother a renowned doctor could do nothing. This fear haunted the entire family as the fever kept staying at a high for the next seven days. I wrote a request on the Maitri Light group after taking Siddharth's consent and there was an immediate blizzard of Maitri Light givers who came forward to help.

It didn't stop there as I received multiple calls and messages from many many members of the Parivār who were as concerned as I was. I was besieged with calls and messages every day.

They started a prayer group, havans, suggestions to administer Ayurvedic medicines and god knows what else. Each time someone called to inquire about Siddharth I was left with an incredibly painful lump in my throat. I thought again and again to myself. "What incredible love? What an amazing thing Dada has created"! Truly, a family of friends who honestly care and love each other without any expectations. Just pure giving. Even those whom I had not been in regular touch with. Everyone seemed to be calling me. My family watched, Siddharth watched uncomprehendingly as my true family gathered around and supported me.

When the fever abated slowly the next terrifying phase of keeping an eye on the platelet count started. My brothers and sisters in the Parivār kept vigil with me. I was not alone, not once. Yes, internally I kept my prayers and discussions with Dada throughout but what was remarkable was the incredible support and love that kept pouring over me and my family throughout those horrible ten days. I am well aware that I might never be able to call everyone and thank them enough. It's not about the gratitude for it's something far more special, a knowledge that we are all here for each other. For that I and all those who are in MaitriBodh Parivār we shall be eternally grateful to Him whom we call as Divine Friend Dādāshreeji. I bow to Him as my most beloved Father, my love, my own. Thank you Dada forever.

*In utter gratitude,  
Mitra Samyak*





# The Power of Vedic Mantras - Understanding & Application

This is a series of write-ups of some of the most powerful Mantras taken from the Vedas and other sacred ancient scriptures, with an attempt to understand them and their significance and how to apply them in the current times.

## Gayatri Mantra

॥ भूर्भुवः स्वः  
तत्सवितुर्वरेण्यं  
भर्गो देवस्य धीमहि  
धियो यो नः प्रचोदयात् ॥

॥ Om Bhuur-Bhuvah Svah  
Tat-Savitur-Varenyam  
Bhargo Devasya Dhiimahi  
Dhiyo Yo Nah Pracodayaat ॥

- Rigveda 3.62.10

**Literal Meaning:** I meditate on That Sun who is the illuminator of the three worlds – the earth, the heavens and beyond space, who is most adorable, effulgence and of Divine powers. May That Sun illumine our Intellect.

**Aum:** Also called Pranav - the Sound of the Universe. **Bhuh, Bhuvah, and Svah:** These are called the "Vyahritis" which gives knowledge of entire cosmos and also can mean "past," "present," and "future". **Tat** simply means "that" or the "Ultimate Reality." **Savitur** means "Divine Sun" (the ultimate light of wisdom, represents the Divine), **Varenium** means "adore/supreme bliss", **Bhargo** means "effulgence/radiance", **Devasya** means "Divine Grace", **Dheemahi** means "we contemplate", **Dhi** means intellect, **Yo** means

"who", **Nah** means "ours", **Prachodayat** means "requesting / urging / praying."

**Deeper Understanding:** In this first the Divine is praised, which is represented by the Sun (Savitur), who is then is meditated upon (dheemahi) in reverence and finally an appeal is made to the Divine to awaken and strengthen the intellect (dhiyo), so that we are able to grow and understand our true Self. Intellect (buddhi) is the discriminating faculty that only a human possess, which helps to differentiate what is real, truth, the permanent, the divine aspect of the world, separating this from what is unreal, impermanent, false, so that we get the wisdom to finally walk on the Divine path and realize the Truth.





The Gayatri Mantra is one of the most revered and powerful mantras, from the RigVed (it also appears in other Vedas). It is considered as the essence of all the vedas and worshipped as **Gayatri Devi / Goddess and the Ved Mata 'Mother of the Vedas'**. It was first revealed to renowned sage Vishwamitra and profound mythological stories are associated with it. It has its origin in the Sanskrit phrase *Gayantam Triyate iti*, which means - **it is that mantra which rescues the chanter from all adverse situations and bestows divine protection**

The Gayatri mantra is composed of a metre consisting of 24 syllables - generally arranged in a triplet of eight syllables each and is considered as the most sacred of the Vedic / poetic meters and is called as the Gayatri metre. It's important to chant it, in the right meter and swaras (link for one of the correct styles of this mantra chanting is <https://www.youtube.com/watch?v=pxtlZY-qzaRw>, but ideally it must be learnt directly from an awakened person who has been practicing it for long time.

The ideal time for chanting the Gayatri Mantra is at the sandhya, which means 'the transition moments of the day' (namely the two twilights dawn and dusk), and at noon.

**Benefits:** The chanting of this mantra in the correct way and with pure feeling, helps remove obstacles, increases wisdom, leading to spiritual growth.

It's ideal to chant this mantra in the traditional Vedic style to reap its maximum benefit, as the mantra is so impeccably devised that's enunciation of the sound sends a vibration through one's body, which is extremely calming to the mind and automatically changes ones consciousness, aligning with the Divine and imparts immense grace. It also creates positivity within and in the surrounding environment.

Validated scientific study, has shown that regular recitation of Gayatri mantra improves attention and focus thereby enhancing scholastic performance. (Ref: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3807963/>)

Dr. Howard Steingull, an American Scientist has established that recitation of the Gayatri Mantra produces a frequency of 110,000 Hz (> 20 kHz), with the patterns of chanting so designed that they latently contain life sustaining energies emanating from the cosmic energy centre. (Ref: [https://www.researchgate.net/publication/318395933\\_Scientific\\_Analysis\\_of\\_Mantraa-Based\\_Meditation\\_and\\_its\\_Beneficial\\_Effects\\_An\\_Overview](https://www.researchgate.net/publication/318395933_Scientific_Analysis_of_Mantraa-Based_Meditation_and_its_Beneficial_Effects_An_Overview))

It has a healing effect and enhances ones brain power and the overall quality of life. (Ref: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3807963/>)

The Gayatri Mantra is one of the mantras used in the profound MaitriBodh Havans, in the most authentic Vedic style, wherein one can experience its power and grace. Having understood the immense significance of this powerful Vedic mantra, let's begin our New Year with learning it the right way and chant it, to reap its maximum benefits through MaitriBodh Havans.

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.



# *Ek Kshan Prarthana: Honour the 'Jyotiroop' within!*

'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,**

Wishing everyone a very happy, bright and shining 2020.

We are all born to shine with the Divine. We are all born to manifest the Glory of the Divine within us. This is not for some of us, but all of us. The Divine simply expresses and experiences Himself through us. As we experience and express our own Light within, we simply support the same process for those connected to us.

As I took a little year-end break from the rush of the practical world, to simply be with myself, I was honoured and awed by quietly being aware of my existence, the blessing of being alive to experience and express myself in entirety. That moment in time gave me an opportunity to once again thank the Universe for its countless blessings and for me to be able to express and experience myself through it. I also realised that as we begin to express the Divine qualities within us, we also free ourselves from the old habits and conditionings that no longer serve us fruitfully. As we focus on the positive and

the good, the energy generated thereby fills our very being for our betterment and as we share it with others we grow together in Divinity.

As I connected to my inner self deeply, the accumulated reserves of gratitude and goodness began to naturally take expression, a sense of quiet contentment began to fill my very being. Away from the chaotic madness of the world- to a quietude of a silent space within- the place of the very Jyotiroop within. The place where our beloved Divine Friend Dādāshreeji resides as the Supreme Light and it's then that I experienced the true meaning of this word in the Dādāshreeji Mantra. The Divine Flame in our hearts that burns ceaselessly, continuously and effortlessly, patiently awaiting for our awakening to His presence! The energy of the entire Universe encapsulated within the Divine Flame, He who is our best Friend and who is the Highest Bliss; to that Dādāshreeji we offer our obeisance.

The Year 2020 honors the 'Jyotiroop' within each one of us as we experience and express the Divine Light within us to all around- Shine with the Divine!



**Today's Ek Kshan Prarthana is a remembrance a prayer offered in honour of the 'Jyotiroop' within us! A prayer of gratitude for the bounties showered upon us**

**Beloved Divine Friend,**

The sunshine reminds us to Shine with the Divine,  
The moonshine reminds us to Shine with the Divine,  
The skyline reminds us to Shine with the Divine,  
The treeline reminds us to Shine with the Divine,  
The heart enshrines the Supreme Light that shines as the Divine,  
Aum Jyotiroopāya! Aum Jyotiroopāya! Aum Jyotiroopāya!  
We honour the Divine Light in our Hearts.

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.





# Shine with the Divine

The author of this article shares the basic understanding as to the characteristics of the Divine

For us to shine with the Divine, we need to know the following aspects of the Divine:

## What is the Divine?

The Divine is an entity that has made our life possible. Though various ideas have been propagated as to how the Divine looks, most of them are approximations. Some experience the Divine through a form (saguna). The form may be that of a God, Goddess or even a Guru. While others experience the Divine as a formless entity.

Whatever be the approach, the closer one has come to the Divine the better one has experienced the fact that the Divine is indeed 'light'. It is that light by which we perceive both the sunlight and darkness. Hence it is indeed 'Jyotiroopāya'!

## Where is the Divine?

People start their search for the Divine when the time arrives. Most religions have a form of God and a place of worship. While generally the journey begins externally it eventually turns

inwards. Gradually, with prayers, meditation, selfless service and bhakti (devotion) many false layers are discarded and we experience the Divine within us. At this stage the Divine is usually a form and gradually one may experience the Divine within as formless too.

## How to Shine with the Divine?

When we realise that the light (jyotiroop) is within us, initially with continued effort and later with the Grace of the Divine one may merge with It. Once we merge, we become one with the Divine. All the actions are performed through us for the welfare of everyone and everything around us. These actions are without a sense of doership - Nishkama Karma. At this stage there remains no personal desire, one acts as a medium and fulfills the desire of the Divine. This is when we begin to shine with the Divine!

*Aum Jyotiroopāya Paramsakhāya Parmānandāya  
Dādāshreeji Namō Namah!*

A doctor by profession, the author writes under the pseudonym of 'The Sadhak'. He believes in living every moment to the fullest and is a true seeker in every sense.



## The Goal Divine

The year ahead holds new opportunities to grow and shine, **Maitreyi Shraddha** shares with us her unique and Divine resolve and urges us to set a spiritual goal as we step into the new year

Goals are an integral part of our life. They add value to our purpose in life and help us move forward with determination. We need to be true to ourselves, work hard and give a hundred percent to achieve any goal. The New year is the time for a new beginning, a fresh start, a ray of hope for our growth. This is usually the time when most of us set goals. Sometimes, goals are achieved, sometimes they are modified, and many a time ignored too. I have been setting goals for myself since many years now. I have observed a difference in the nature of my goals ever since I met my Divine Friend Dādāshreeji. My goals now focus mostly on my transformation.

As I sat down to set new goals for myself for this New year, I could think of just one goal, a Divine goal. Suddenly, this goal seemed to be my lifeline and the only thing which is the ultimate for me in this lifetime. My goal for this year is to strengthen my bond with my Inner Divine, Dādāshreeji. I want my bond with Dādāshreeji to be so strong that there is no separation between Him and me and I experience the truth that 'I am Love: Dada'. I have faith that Dādāshreeji will bless me with His Grace and Love to fulfil this goal. As soon as I thought of this goal, it just seemed like the purpose of my life and existence. Imagine, a life where instead of seeking Him you become Him. You become His purest medium so that He shines through you and people experience Him.

To achieve this beautiful goal, I just need to have long and short personal meetings with Him every day at a very special and a sacred place. That place is His abode which is my heart. I am going to communicate everything with Him about myself, my family, my work and all other mundane things. I am also going to share my happiness, joy, love, insecurities, anxieties etc. with Him. I will eat, drink, play, sing, pray and if needed fight with Him too. I will let Him take care of me, guide me and love me in abundance. I will let Him express through me. While I write this, all the above actions seem so simple and filled with love. I also know that my Inner Divine is waiting and longing to hear His name that I recite with much love and a smile on my face.

When our bond with our Inner Divine is very strong, He has no choice but to be fully awakened and be present with us all the time. All our thoughts are governed by Him and all our actions are guided by Him. We will be open to experience His Grace. We will serve selflessly and give Love. We will have positivity in our thoughts, words and actions.

This one goal has the power to establish Love and Peace on Mother Earth. If all of us prioritise this goal and implement it in our life, we will experience transformation and the Divine will shine through each one of us.

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





## Grow with Selfless Service

Maitreyi Lori shares on how seva or selfless service helps one grow spiritually and at the same time contributes to the improvement of a community no matter how small the act

Getting started with selfless service didn't come easily in the beginning. With the hectic pace of life that is so common today, it felt as if my life was too busy and too full. Divine Friend Dādāshreeji has taught us that selfless service is one of the ways to help us reach the Highest. Keeping this in mind, in 2016 we started small by adopting a nursing home and going there regularly to visit the residents and bringing cheer to them. Many such folk simply look for someone to chat with and not feel so alone. This initial outreach helped us realize the value of seva.

We discussed together as a team for some time before embarking on our next efforts to offer seva starting with a new direction. Knowing that we have a population of individuals in our community that are homeless and in poverty, we decided to begin to offer what we could to them. In the Midwest (USA), winters can be brutally cold and in fact the winter of 2018-2019 broke many records for the lowest temperatures and huge amounts of snow. One shelter home that we were in contact with served as an emergency shelter so people could come in off the streets and stay warm for the night. Hot meals are served on certain days. Working directly with homeless persons was something most of us had not done personally and we didn't know what to expect. We learned as we grew to understand their needs. Many had loose teeth and needed soft foods. Others could not tolerate spicy foods

due to health conditions. We learned how much they loved and valued fresh fruit, which wasn't often on the menu most times. As the emergency shelter closed at the end of winter, we began to serve many of the same community at a new venue – Café on Vine. We truly loved to serve there since the people are treated very nicely; in an environment that feels like a typical diner. They eat off of ceramic plates with real silverware and drink from glasses. They can eat with dignity at no cost in a dining room like a restaurant. Additionally, we loved that it is more environmentally friendly, as plastic and styrofoam are not typically used which is in line with our aim to care for Mother Earth.

Most importantly, we truly experienced the value of selfless service. We are caught up in our own daily struggles and tasks so much and because one can become so entangled in getting A-Z accomplished, we don't actually see the needs of those around us. Stepping away from that and truly giving selflessly helped me learn that seva is like an engine, giving fuel to our life. We have seen how loving actions, such as serving a meal, brings a smile to each person – served as well as the server. In addition to helping us bond together as a family of friends by offering seva together, we have grown individually. Nothing in life is quite as joyful as knowing that you have been an extension of the hands of the Divine, when the Divine needed hands to give freely.

Lori Monzyk is a holistic healer living in the USA. She is devoted to her family, enjoys reading and spending time in nature.



## Herbal Tea

A Parivār member shares the recipe of a perfect health drink this winter that boosts immunity and vitality

Herbal tea is our best friend when it comes to building immunity. There are many varieties of herbal tea. It is preferable to have herbal tea on an empty stomach (generally in the morning). It's easy to grow herbs at home in pots which can be harvested as per need.

### Ingredients:

- ½ litre water
- ½ cup Lemon Grass
- 8 -10 Basil leaves (Tulsi leaves)
- Ginger – one small piece (approx. 8-10 gms.)
- ½ tbsp. Lemon juice
- 2 tsps. Honey (optional)

### Process:

- Cut the lemon grass into small pieces
- Boil water along with the above ingredients (except honey) for 5-6 mins.
- Strain the concoction and add ½ tbsp lemon juice
- Add honey (optional)

Sit back and enjoy this hot and invigorating herbal infusion.





## *Bodh IV - Heal the Soul*

December 2019, Amritsar & Karjat

Heal the Soul – Bodh IV is an experience in itself. The healing takes place to align and reform our tormented state (dormant since long on the unconscious plane) to the natural and original state of being. Shared below are some experiences of the participants:

“I recently attended Bodh IV in Amritsar, each and every day I spent was extremely blissful and full of love. When we reached Amritsar, it was very cold and it was raining for the first two days, but soon everything settled, the climate and the whole atmosphere. I saw Dādāshreeji for the first time, and I have no words to describe that feeling. It was like seeing a Pure Soul sitting in front of me, in white clothes. He saw us and was showering His Love and Grace on each one of us. I was staring at Him, with a complete blank state internally and I don’t know when He filled me with all His Love. I was feeling so blessed and fortunate to have attended Bodh IV - ‘Heal the Soul’, to be able to soak in his Love and Grace. Each time I try to recollect the moments; it fills me with love and tears of bliss flow. Eternal gratitude Dādāshreeji for blessing me with Your Love, for making me experience Your love, for emptying me of everything and filling me with only and only Divine Love. Bodh IV has been an unforgettable experience for me.”

Uma Tuteja

“Life has been smooth now. Thank you Dādāshreeji!”

Charika Thakur



*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>Awakening to Self Realisation (Bodh I)</b> For registration contact: 9781108880	11th Jan 2020	Amritsar
<b>Awakening to Self Realisation (Bodh I)</b> For registration contact: 9872167800	16th Jan 2020	Ludhiana
<b>Purification (Bodh II)</b> For registration contact: 9872167800	18th & 19th Jan 2020	Ludhiana
<b>Awakening to Self Realisation (Bodh I)</b> For registration contact: 9781108880	26th Jan 2020	Amritsar
<b>Awakening to Self Realisation (Bodh I)</b> For registration contact: 9781108880	5th Feb 2020	Amritsar



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