

MAITRI ANAHTA



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Change of Age

From the Editor's Desk

**Dear Friends,
Namaste!**

We are witnessing the turn of an Age. This is history in the making. The time for the much awaited shift has come. Let us embrace and accept the profound revelation of Divine Friend *Maitreya Dādāshreeji* as 'The One' who is bringing about this shift - the 'Transformation'. He is here to take us back to the Golden Age. Let us be a part of the 'Maitri Family for Global Transformation' and contribute to the process of transformation. This month's edition has the immensely important milestone viz the declaration of global integration that is a message of the five Spiritual Truths that members of the 'Maitri Family for Global Transformation' believe in.

This month onwards a *sādhanā* will be shared every month, the practice of which will help one immensely and enable us to flow smoothly with the current time making this a blissful and joyful journey for one and all. Read within to receive the *sādhanā* for this month.

In this edition read Divine Friend Maitreya Dādāshreeji's answer to a seeker's question on how to strike a balance in life and manage time better?

The author of the article '*Yug Parivartan - The Change of Age*' gives us a deeper insight of who Divine Friend *Maitreya Dādāshreeji* is and asks us to be a part of the Divine Mission of human transformation. In '*Ek Kshan Prārthanā*' the author reminds us to experience the Divine within us, '*Moving Closer to the Divine*' expounds the spiritual journey in detail initially as an active process that eventually becomes passive. The article '*Kindness*' under the section Reflections speaks about the importance of loving oneself. We also bring to you two beautifully articulated poems as shared by the Parivār members.

Do not miss to read the profound experiences shared by participants of the Maitri Mahotsav and Bodh IV under the section @MBP.

Let us be positive. Let us work and pray for the welfare of humanity, and not miss a single opportunity to help someone in need. 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.

Be the Light to the world!

**With Love,
Team Maitri Anahita**



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Send us your articles, stories, poems, spiritual questions to anahita@maitribodh.org
and experiences to experiences@maitribodh.org



PEARLS OF WISDOM

Question: Dear Dādāshreeji, Your presence in my life has given me a reason to live! I have completed my Bodh IV recently. However, I am finding it difficult to manage my time and practice the sādhanās and everything spiritual that I desire to do although I really want to practice them. I am unable to understand how to bring about a balance in my life and manage my time better. I need your guidance further to tread on this spiritual path that I have been wanting to pursue since a very long time.

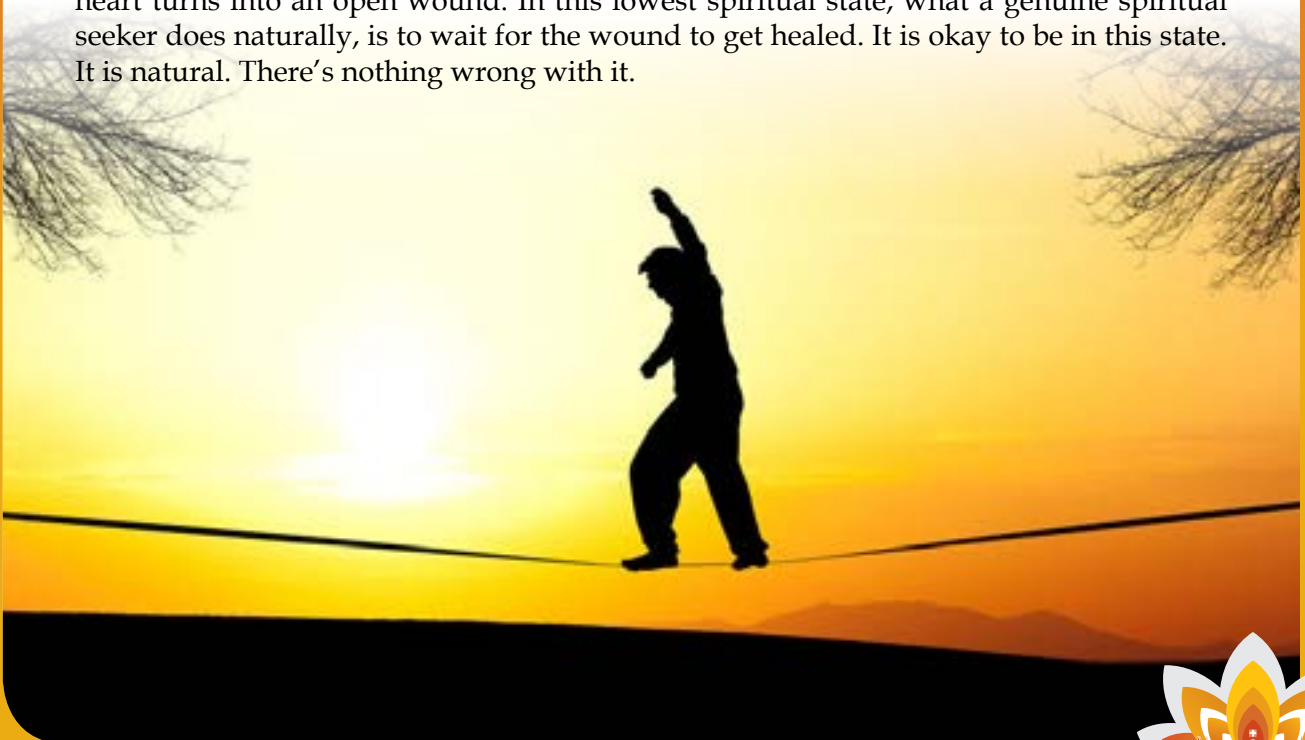
Maitreya Dādāshreeji:

Dear Friends!

At the outset, congratulations on completing Bodh-IV 'Heal the Soul' process! You have already moved up on the spiritual ladder. Since you have attended the process, you should be aware by now of the message We conveyed to all of you. Let Me assure you once again that your spiritual growth is Our responsibility! We always advise you to apply your best and leave the rest to Us. We appreciate your genuine and pressing urge to free yourself from the snares of the illusionary world.

You mentioned that the urge was and is, continuously looking for spiritual upliftment since long. With time, the urge becomes a passion and for many the purpose of life. The seeking for the Divine is like a roller coaster ride, one day you feel depressed and other you feel elated. Being awakened, you continue praying to the Divine with humility to guide you on the path ahead. Upon realising the possibility of experiencing it in this life, especially after attending Bodh-IV, the longing for the Divine becomes an excruciating, uncontrollable pain. It is as if all the food that will satisfy your hunger is right there in front of you. It is close to you, yet you can't have it. I can imagine how helpless and draining the state would be.

To make matters worse, myriad situations, commitments and attachments in your daily life cause further hurt. It further discourages you. It compels many to leave their true seeking and join the bunch of ignorant people. If you overcome it, the deep longing in your heart turns into an open wound. In this lowest spiritual state, what a genuine spiritual seeker does naturally, is to wait for the wound to get healed. It is okay to be in this state. It is natural. There's nothing wrong with it.



If a non-swimmer is drowning, he will try to jump out of the water, gasping for breath – the mind struggles, and so does the body under panic and fear. The more you struggle, the deeper you go. The obvious outcome will be that the non-swimmer will sink. Now, let us understand what you can do to help yourself by understanding the state of a sincere seeker during such a challenging time.

BE FREE!

We will re-visit the Bodh IV. We always kept reminding you of the spiritual fact. Your spiritual growth is the result of the bond between you and your Dādāshreeji. Both of you work as a team and contribute together to your spiritual growth. I only request you to give your best in whatever way you can for your internal growth. I will keep guiding you from inside. Whenever and wherever We see you struggling after applying your best, We immediately deliver guidance to elevate your spiritual state. That's Our commitment! We will make it happen for you. Your growth is Our need more than yours. Hence, I request you again, to leave it to Us where you can't do anything further. Be free!

DO YOUR DUTIES!

Besides, you have to expectedly apply your best, to fulfil your duties. Do not rank your duties lower than your spiritual sādhanās! Both are equal in promoting your spiritual growth. We view both in equal balance. We happily receive your deeds done through duties as well as spiritual practices with the same amount of love. We do not differentiate between the two. Do not see the world as a burden or a forced alien playground you are placed in! You need to enjoy this beautiful journey with positivity and love.

BODH-IV SUTRA

My friend, also remember the essence of Bodh-IV! We have imparted the Bodh-IV sutra to you. Keep it deep within your heart! That should become your truth. Keep reminding yourself of the sutra every day in the morning for at least 21 times! Once you realise that truth, your life will be a totally divine one. You will only witness the Divine. You will get free from the sense of doer-ship.

COMMUNICATE and CHANT the MANTRA

The smallest act that all of you can do and must do is to communicate with your Inner-Divine. It's the most potent connection that one can ever experience in human life. Keep expressing your self to Him with whatever comes to you naturally. Chanting the Dādāshreeji mantra internally will tremendously ease your journey. In this way, you remain connected with Grace and invite the power to transform your inner being. The process of transformation becomes automatic and re-rewards one with liberation and grace. All the other matters of your life will be positively dealt with and peace will dawn within.

*Dump your doubts!
Free your mind!
And ride with the Divine with total faith!*

**Love and Blessings,
Divine Friend Maitreya Dādāshreeji!**





Declaration of Global Integration

The Maitri Family for Global Transformation is a family of friends that believe in #OneWorldOneFamily beyond all geographical, social, economic or political barriers.

The declaration of global integration is a message of five Spiritual Truths that members of the 'Maitri Family for Global Transformation' believe in.

We are all children of the same Source.

We are friends with each other.

We pledge to take care of our friends.

Together we will make our world beautiful.

The World is our family.

We do not support disintegration or division among anyone on any ground as we believe that we have all come from the same Source. In essence we are all part of the same Source and we wish to exist in love, peace and harmony with each other. We are all friends and we will take care of each other. We will strive to make our world beautiful again through #globaltransformation. We discard fragmentation; we embrace togetherness. The whole world is our family and we welcome all to be a part of the Maitri Family for Global Transformation.



Dādāleelā

..... Devotees' Experiences



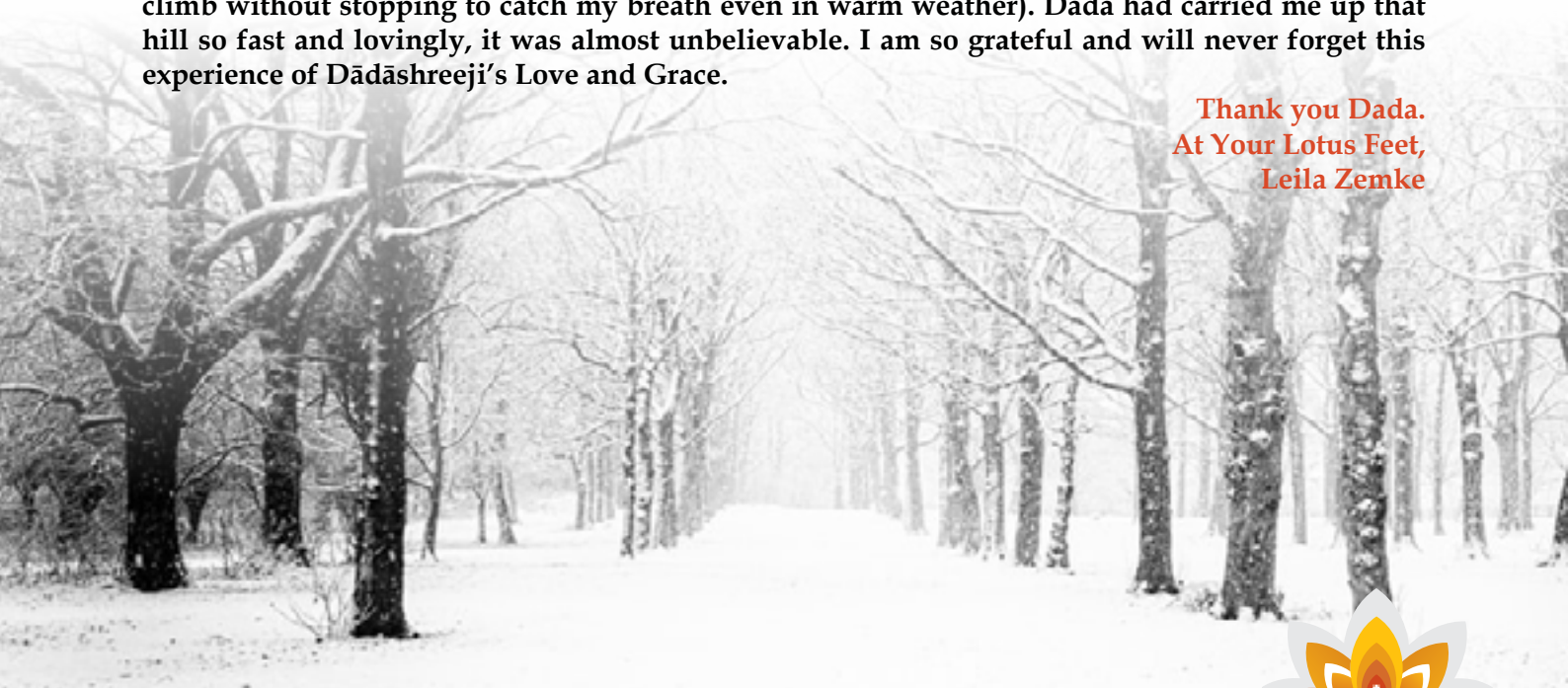
*Dial 'D' – The 24*7 Emergency Helpline*

Last winter, we had received a record amount of snow and lots and lots of wind, which made for snow drifts that are packed down hard due to the wind. I live on a mile long road with a gradual incline that comes to a very steep incline at the end, up toward the cabin. One of the nights, it had snowed all night. I didn't realize how hard the snow drifts were and was on my way down the hill to go to work. Towards the end, I got really stuck on a drift so high that my wheels wouldn't touch down upon the road. The snow on the sides of the road was piled up so high on the sides of the road that I could not get my driver's side door open and just barely managed to get the passenger's side door open just enough to squeeze through.

I started walking back up the mile high long hill. It was still snowing with strong wind and blowing and it was very cold indeed. The wind was blowing snow in my face and I could hardly keep my hood on my head. Sometimes, I would turn around and walk backwards for a few moments to get the wind and snow off my face and catch my breath. I was getting very tired and very cold and had not yet come to the steep part of the hill.

I started to cry and pray to Dada to please help me. I was cold and out of breath. I still kept walking, head down, holding onto my hood. Suddenly, I noticed, I felt warm. Even my face felt warm, I was warm, I was not out of breath and I was all the way up that steep hill (which I cannot climb without stopping to catch my breath even in warm weather). Dada had carried me up that hill so fast and lovingly, it was almost unbelievable. I am so grateful and will never forget this experience of Dādāshreeji's Love and Grace.

*Thank you Dada.
At Your Lotus Feet,
Leila Zemke*



My Eternal Guide

I religiously practice and conduct Maitri Sambodh Dhyaan. My time with Dada involves praying and communicating with Him. I haven't had any mystical experiences until now. But, He has made me experience love in a lot of other ways such as in my interactions with the Mitras and Maitreyi's of the Parivār. His teachings are having a profound impact on me and I see Him as a friend Who is guiding me on my spiritual journey.

Hitesh Shah

Thank You

I attend meditation (Maitri Sambodh Dhyaan) at a mitra's residence every Thursday in Thane. It makes me feel very light and happy thereafter. It helps maintain my sanity in everyday life. Thank you for the wonderful opportunity.

Meenakshi Lalwani





MahāShivrātri

21st February 2020, 11:15pm to 11:45pm

Importance of MahāShivrātri:

This is a day when nature ushers the devotee towards one's spiritual peak. There are two natural forces that afflict man, first (Rajas) – the quality of passion, activity, neither good nor bad and sometimes either, self centeredness, egoistic, individualizing, driven, moving, dynamic and second (Tamas) – the quality of imbalance, disorder, chaos, anxiety, impure, destructive, delusion, dull or inactive, apathy, inertia or lethargy, violent, vicious,

ignorant. The Shivrātri Vrat (fast) aims at gaining perfect control over these two natural forces. The entire day is spent at the Feet of the Lord. Continuous worship of the Lord necessitates the devotee's constant presence in the place of worship. Movement is controlled. Inharmonious energies, such as lust, anger, and jealousy, born out of the first natural forces, are ignored and subdued. The devotee observes vigil throughout the night; and thus, conquers the second natural force as well. Constant vigilance is imposed on the mind.

Story:

Once upon a time there lived a king, who ruled over the entire Indian sub-continent. He was observing the MahāShivrātri fast together with his wife. A sage came on a visit to the court of the king. The sage asked, "O king! Why are you observing a fast today?" King who had the gift of remembering the incidents of his previous birth explained the reason.

The king said to the sage: "In my past birth, I was a hunter in Varanasi (present day Kashi). My livelihood was to kill and sell birds and animals. One day, I was roaming the forests in search of animals. I was overtaken by the darkness of the night. Unable to return home, I climbed a tree for shelter. It happened to be a bel (Wood apple) tree. I had shot a deer that day, but I had no time to take it home. I bundled it up and tied it to a branch on the tree. As I was tormented by hunger and thirst, I kept awake throughout the night. I shed profuse tears when I thought of my poor wife and children who were starving and anxiously awaiting my return. To while away the time that night, I engaged myself in plucking the bel (Wood apple which is offered to Lord Shiva during worship) leaves and dropping them onto the ground".

"The day dawned. I returned home and sold the deer. I bought some food for myself and for my family. I was about to break my fast when a stranger came to me, begging for food. I served him first, and then took my food".

"Much later at the time of death, I saw two messengers of Lord Shiva. They were sent down to conduct my soul to the abode of Lord Shiva. I learned, then, for the first time, of the great merit I had earned by the unconscious worship of Lord Shiva in the form of the Linga during the night of Shivaratri. They told me that there was a Lingam at the foot of the tree. The leaves I had dropped throughout the night had fallen on the Lingam. My tears, which I had shed out of pure sorrow for my family, had onto the Lingam and washed it. I had fasted all day and all night; thus unconsciously worshipping the Lord



and offered food to a stranger before partaking of it myself thus pleasing the Lord.”

“I lived in the abode of the Lord and enjoyed Divine Bliss for long a time. I am now reborn as king. I have now realized about the Infinite Love and Compassion of Lord Shiva. Even unconscious acts of goodness are blessed in such a way, then what to talk of our conscious acts of expressing our love, respect, and reverence for Lord Shiva. He is, indeed, Ashutosh – one who gets pleased very easily. Lord Shiva is, indeed, an embodiment of infinite love and compassion – that is why He is so easy to please. He showers us with His blessings at each moment of our lives”.

May we all devote this day auspicious day of MahāShivrātri to express our gratitude unto His feet.

Kriya for Devotees:

1. On this auspicious day, devotees should chant the holy name of Lord Shiva for the entire day and night. One may fast throughout the day and night, breaking it next morning. The purpose is to devote and surrender oneself to the Highest Supreme Consciousness, to the Creator of all, who has appeared in the form of Linga. It is the best day to unite with that “Source” by chanting the holy name of Lord Shiva.
2. Take a bath at or after Sunrise while chanting the holy name – “AUM NAMA SHIVAAY”
3. After your bath, worship your Shiva and deities residing at Puja Sthala by offering aarti. Offer garlands and prasadam (Milk, Kheer, Bananas, Apple, etc.)
4. For the entire day practice Mauna (noble silence) if possible; while silently chanting Dādāshreeji’s mantra or AUM NAMA SHIVAAY within.
5. At night if possible, devotees should sing Bhajans or continue chanting the holy name of Lord Shiva.
6. Dādāshreeji has asked us to initiate prayers and kriyas after 11.15 pm till 11.45 pm (Night of 21st Feb 2020). It has been said that punyas earned on this day are adequate for the entire year, to keep one happy and healthy.
7. If devotees have the Linga at home they can do kriyas with the Shiva Linga or sit and meditate at the heart centre and visualize the presence of Shiva Linga to perform the kriyas as explained below.
8. After the Linga Kriya, devotees should chant Babaji’s Mantra and Dādāshreeji’s Mantra 3 times each, conveying your prayers to Them.
9. At the end, offer aarti to the Shiv Linga, your deities and the Master with gratitude to them with love and devotion.

Linga Kriya:

- Devotees would do Abhishek on the Shiva Linga with water, milk, honey, curd and sugarcane juice.
- One can use sandal, kumkum and turmeric during worship. After cleansing, devotee would offer Bel leaves (Wood apple leaves) for 108 times, to the Shiv Linga. The mantra to be chanted is given below.

|| *Aum Shreem Aum Mahākāleshwarāya Namah* ||

|| ॐ श्रीं ॐ महाकालेश्वराय नमः ||

- One can chant the above mantra as many times as one desires. The mantra is very powerful and mystical. It has the power to dissolve obstacles and difficulties, blessing the family with growth and prosperity as well as society in general. During this time, Dādāshreeji and Babaji would be in their “exalted state” to bless you, your family and entire humanity with their love.

Happy MahāShivrātri!

Dādāshreeji Sharanam....!



Sādhanā for the month: Learn to Appreciate the Good

Dear Loved Ones,

As the world moves towards the Divine Age, the MaitriBodh Parivār, guided by Divine Friend Dādāshreeji has been at the forefront guiding humanity towards the new era of Love & Peace. Since 2013, we have been shifting everyone's focus to 'internal transformation' rather than trying to change other people or the situations around us. As we pave the path for a better future, it becomes of utmost importance that we start becoming aware of our own thoughts, words, actions and behaviour patterns and gradually correcting ourselves to become more and more Divine. Going forward, we will share one practice (sādhanā) to follow for each moment of each day for the month.

For this month, we request you to **"learn to appreciate good in everything that you see or witness"**. For instance, if someone is annoying you, understand that it is good that he/she is expressing it to you and not suppressing their feelings. Here, you need not appreciate that person physically. You have to internally appreciate goodness about the concerned person or the situation. If a fly is let into a room full of filthy and decaying vegetables, and you place one sweet in the corner, the fly will make its way straight to the sweet. It will not be attracted by anything but the sweet. Similarly, no matter how negative or disturbing a situation maybe, one should select only the positive out of it, i.e. appreciate the goodness in it. Even if there is an unfavourable situation at the work place where you are being intentionally chided by a colleague, look at the positive aspect. Normally, this situation would fill you with anger or even hatred towards the other person. But now, you have to consciously remind yourself to see the positive in this situation. At least the colleague is making his message reach you. Please remember that you need to take the practical steps required

for clarifying your standpoint on practical terms but at the same time internally recognize the good in the other person. Both these actions are separate and should not influence each other.

There may also be situations where you may find yourself unable to find goodness in the other person or situation. Here, you may seek the guidance of your Inner Divine. It may be difficult at first but as you make a deliberate and dedicated effort to move from cribbing and complaining about the situation, it will happen more naturally the next time. Gradually, this practice will implant "goodness" within you. As Dādāshreeji says, *"It is not about 'that person' or 'that situation' but about 'you' and what you receive from your surroundings. There might be ills all around, but with wisdom select only the positive. In the end, this would form your character."*

Please note that this sādhanā or practice of "Learning to Appreciate Good" is to be followed along with your other sādhanās and not to replace any other. This simple sādhanā will benefit not only you but also the entire humanity. Your regular and consistent endeavour to apply this practice in every situation will help you and those associated with you immensely. This particular practice will help you immensely and enable you to flow smoothly with the current time making this a blissful and joyful journey for one and all.

Thank you for joining us in this endeavour of individual and collective transformation of mankind. Your individual effort for personal transformation is your service to humanity that you can practice in the comfort of your home or even while being caught up in a busy work schedule. We hope you will practice this sādhanā with love and passion for your personal growth and for the betterment of humanity.





Yug Parivartan - The Change of Age

The MaitriBodh Parivār is here to herald the coming of a new era, the times of which will be defined only in terms of endless love and cathartic transformations through the Grace of Divine Friend Maitreya Dadashreeji. Join us as we witness and take part in the creation of a new zeitgeist says **Mitra Parn**

Dear Friends, Namaste!

Hope you had a very positive start to the New Year.

All friends of the MaitriBodh Parivār who have been associated with Dādāshreeji for sometime now as well as the ones who are going to experience Him for the first time through this article, let me ask you a question, take a moment and answer this. Have you been seeing a shift around you in the surroundings as well as within yourself?

If yes, then it shows that you are connected to the source within and are being guided by the Divine. If you can't identify it then just look for signs where you will realise that more and more people are being sensitive towards the environment, responsibly consuming goods, growing awareness towards non-violence and living in harmony; more people are wanting to help each other and trying to make the world a better place to live in. All these are signs of a change - a positive, uplifting shift in the Human Consciousness.

This shift was supposed to happen; it was meant to happen and it is happening NOW! The human mind might not be able to comprehend it but if one connects to the heart they will know the truth. In creation, there is nothing which is stationary or static. The One who created this creation is absolutely dynamic, changing as per the need of the time. Thus, to facilitate the current shift which is occurring on the Earth plane, the Divine - Himself changes His form and comes on Earth. But do we realise it?

Throughout history and mythology, there are many references to divine beings descending on Earth for a larger purpose, for the greater good of humanity. We refer to or call them as - Divine Incarnate (*Avtaar*). When the Divine incarnates in a human form, He chooses to live a life similar to the human beings at that time. He dresses, talks, walks, eats in a similar manner as those around Him so that they can relate to Him. However, the human mind takes this visual to be the only reality. It starts believing and treating the incarnation to be just another human being, maybe a little special.



During the time when Shri Krishna was on Earth, fulfilling His role to re-establish Dharma (righteousness, positivity, divinity), giving the experience of Devotion, Love and Friendship; people didn't really worship Him or see Him as God or the Divine. They knew He was special but they were probably worshiping Lord Ram who had come before Him. Something similar happened at the time of Lord Buddha, when He was helping many souls to get enlightened, people knew that He was someone exceptional to be giving this experience however, they could not see him as an 'Incarnate'. It was only many years later after they were gone that we started to worship Krishna and Gautam - the Buddha and identified them to be Divine Incarnations.

What could be a way to identify an Incarnation while they are on Earth? How will we know if there is someone right now on Earth who is here for such a higher purpose and is a Divine Incarnation?

It is very simple. Leave aside the mystical aspect of being an 'Incarnate', leave alone the Leela (mystical experiences) that He may bring but just look at Him as a being who is here on Earth not for Himself but for the good of others, not to experience the pleasures of this world but to help others overcome their own suffering. While Divine Beings and Awakened Masters can be identified by the selfless work that they do while being on Earth but amongst those Divine Beings, a 'Divine Incarnate' is the one who comes with a very specific purpose which is the need of the hour for humanity and He is the only one who is capable of bringing such a huge shift that changes the course of time itself.

In Indian mythology, there are 10 incarnations (Dashavtaar) of Vishnu (the preserver of the creation) that have been mentioned, namely Matsya (the Fish), Kurma (The Tortoise), Varaha (The Wild Boar), Narsimha (the human with a lion's head), Vaaman (The Dwarf), Parashuram (The one with the Axe), Ram, Krishna, Buddha and Kalki and the life purpose of each of these Avataars has been to bring a specific shift in the human consciousness, to uplift planet Earth from the worst possible situations, to set the course of time in a specific direction. For example: Lord Buddha's purpose was to take human consciousness to a state of Enlightenment and only He could do it which He did.

The world today needs only one thing - Transformation of the Human Mind. We will be able to experience Love, Peace and Harmony in our surroundings as well as within - only when this happens. Dādāshreeji has come to Earth only for this particular purpose. He is the 'Transformation Specialist', 'The One' who possesses the power to break us free from all the past impressions, memories, samskaars and karmas to help us experience that state of Transformation, the experience of Love within. He once mentioned to a group of people about how they were when they had come to MaitriBodh Parivār for the first time. He mentioned that they were carrying the burden from the past; mental and emotional suffering which was so heavy that it had made even their physical bodies stiff. Slowly and gradually, Dādāshreeji worked on each one of them removing the layers of past impressions and karma from every cell of their bodies. And now they themselves experience that their bodies feel light, full of joy and positivity. He has done the same not just to this group of people but to many of us across the world.

It is not humanly possible to remove karmas so easily. It takes many lifetimes to dissolve even one karma and when one tries to do it on their own, they might accumulate more during the course of the journey. It takes someone Higher and beyond the Karmic laws to intervene and dissolve karma. It takes a Divine Incarnate who is the creator Himself, who is selfless (niswarth) and has the purest intentions (*nishpaap, nishkaam*) to carry out such an act of Grace for His devotees and children. It takes a Divine Incarnation to bring about such a huge shift on Earth for so many souls.

Divine Friend Maitreya Dādāshreeji is here to transform the entire humanity. We hope you understand the magnitude of this. There are 7.53 billion+ souls on the planet right now and He is here to Transform each and every one of them. Just visualize all the people you meet / encounter/ cross only in the few minutes' journey of going from your home to your workplace; the liftman, the watchman, the taxi driver, thousands of people with you at the train station, the janitor at your office, the pantry person, your colleagues, your boss, your clients, the ones you like as well as the ones you don't.



He is here for all of them! (with no exceptions)

We have been calling Dādāshreeji – Divine Friend or Daivik Mitra in Hindi. But the correct Sanskrit word for Divine Friend is Maitreya. In many scriptures and spiritual texts, there has been a mention of such a 'Divine Incarnate' coming on Earth who will establish Love, Peace and Harmony; who will take many souls to that state of experiencing their true self – the State of Transformation, which is beyond Enlightenment and whose foundation Lord Buddha had laid many years back. Divine Friend Maitreya Dādāshreeji is here to take humanity to that Divine Age and its time we wake up to this reality.

Just like we draw references from history and mythology to talk about the major shifts that have occurred in the human journey, similarly history is being written right now. And we all are a part of it, we are its co-authors. In the future, a few hundred years from now, people will be living in a state of joy and love, experiencing the bliss within them, humans will be in harmony with nature and all the utopian things that we have read or imagined, will be a reality for them. In such a Divine Age, they will refer back to this time, this part of history where the journey towards that golden period actually began. They will look at each one of us as divine souls who worked selflessly for this shift, they will acknowledge the role of the MaitriBodh Parivār in this process and they will know that there was someone named Maitreya Dādāshreeji who lead this mission of Human Transformation and brought the *Yug Parivartan (Change of Age)*. For them He will be God but what about us, right now?

What is stopping us from waking up to this reality? What is stopping us from accepting this truth which our heart is already aware of? What is stopping us from walking with that One who's association itself can take us to liberation and beyond?

Mitra Parn is one of the blessed souls who has lived under the Guidance of Dādāshreeji since his formative years. Surrendered to His Divine Lotus Feet, Mitra Parn lives a life of selfless service and has been zealously working towards spreading MaitriBodh Parivār's message of Love and Peace to every corner of the world. A mentor to many, he shares his life experiences with Dādāshreeji, to help others grow to their true potential.

Wake up! Don't let the mind fool you anymore. Leave behind every fear, every inhibition, leave everything to Him and simply walk the path of Maitri – Give Love to people; contribute positively in this change of age.

Remember the story of the sparrow and the forest fire! When the forest caught fire and all the big and small animals were escaping to save their lives there was a little bird that started flying to the nearby stream, collecting water in her little beak and pouring it onto the fire. When the elephants, giraffes and other animals asked her to stop as it was a waste of effort, she replied that "I might be small and my tiny beak can only carry so much water but that's not an excuse for me to not make any effort at all". Listening to this reply, the other animals realised that they too could contribute and do something to save the forest and extinguish the fire. We too are at a point where Mother Earth is in utmost pain, the world is on fire and the choice is ours whether we want to be the by-standers like the elephant, giraffe and others or do we want to be the tiny bird who didn't let her size or situation dictate her actions.

He is here. He is leading us towards Transformation. Let us be in utmost Gratitude for this life of being in His presence. We have been given an opportunity to play a role in this divine phenomenon. All that we need to do is walk with Him and help as many souls as we can. Let us now just open our arms and give all that we have received from Him, for the welfare of others.

Let us give our best in this process of Transformation.

Thank You for being a part of this journey.
Love and Gratitude



Ek Kshan Prārthanā: The Year 2020 - Understand Nothing! Experience Everything!

‘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,

As seekers of life, we all have invested time and energy into acquiring spiritual knowledge which is an endeavor to understand the Self in relation to life. Right knowledge at the right time through the ‘true source’ of it all, helps us prepare our mind and body to receive Divine Grace and thereafter begins the experience of the truth!

There is no truth without experience. No words, no knowledge; nothing in this world at all can bring us to the truth, but its pure experience! When you start experiencing, everything else pales into insignificance. One who is truly experiencing will probably remain silent!

As the famous story goes, a young man, in search of the Truth, practiced various sādhanās for years under a tree. The villagers in the vicinity were in awe of his sincerity, discipline and single pointed focus with his sādhanās and were confident that one day when this young man comes out of his sādhanās he will be

‘the realised one’ to guide them all. YSo years passed by, and one fine day one of the curious villagers saw him smiling and gazing into space. Inquisitive to know the results of his years of

hard work, they asked the young man, “so what is that you’ve achieved and arrived at?” The young man burst into peals of laughter. He had nothing to say. This is the taste of experience or in other words when you truly experience; words cannot encapsulate that truth which is beyond comprehension! If you comprehend then it’s still not the truth.

Knowledge coupled with contemplation helps our intelligence or the so called inner wisdom flower blossom open to a point where we are ready to embark onto the journey of experience.

Through our mind we divide everything into a million pieces and think we have understood. Through our intellect after all the dissection we realise that ‘my so called understanding’ is incomplete and limited. I need to travel beyond the limitations of my confined mind’s understanding to complete my journey of life. I need to experience ‘that’ which cannot be comprehended nor encapsulated by the limited mind.

As Divine Friend Maitreya Dādāshreeji says :

“When there is no power.

When there is no energy

When there is no light

The only option you have is to stand next to the Sun.”



Power, energy, light may be those limited tools we used to keep ourselves away from the darkness of ignorance, however the Sun is the only permanent source of the Light that we need to erase the ignorance completely and enjoy the light of the experience of His presence within us!

So rather than running after trying to understand ourselves and life, let the year 2020 be the beginning of the deep dive into the experience of this Source within us!

This comes occurs as we make the Sun (The Divine) as the single-pointed focus in our life. As we expose ourselves more and more to the presence of the Sun, and allow the sunlight to flow through the pores of our skin into our very Being , we experience the brightness of the Supreme Light, its warmth, its purity, as we keep absorbing it, even at night, in the hours of the darkness, all through and beyond life's challenges, keeping our focus on the Divine, even when it's difficult to stand looking at the brightness as the strong rays of the Sun (The Divine) may burn the skin or the Light so bright which the eyes cannot take anymore. There will then come a, for then a time will come when our entire Being will surrender; as the Self (Comprising of false Identity and Ego) gets burnt in the radiance of the Sun (The Divine). As the 'Self' dissolves, one is consumed, absorbed and then delivered by the magnanimous Sun (The Divine) to the radiance of the Truth!

There is no other way except the experience that can bring us to this state of 'oneness' with the Divine.

This single pointed focus on the Divine, in other words is achieved simply easily through the experience of devotion or bhakti towards one's Lord. Saints like Meerabai, embellished her dry life with the grandeur of the metaphysical presence of her Lord Krishna. Nothing mattered to her thereafter - even when she was poisoned by her family. Saint Tukaram, from Maharashtra saw, heard, and spoke and acted only for his Lord Vitthal. He says towards the end of his life, "Me Vitthal Jhalo", meaning - "I have become Vitthal"; which describes his internal state of complete merging with the Lord. "A bhakt begins with a duality of separation between him/her and the Lord, but at the end merges into Him aided by the experience of devotion towards their Lord.

Divine Friend Maitreya Dādāshreeji says, As you make me the focus of your life, you strengthen the bond, the spiritual cord between us and that bond will pull you towards Dādāshreeji who is simply unconditional love. A time will come when you too will realise and experience your true nature that you are truly only love. Always had been. This experience of love will complete your journey of life.

Such is the power of experience of the Sun (The Divine).

Maitreya Dādāshreeji says:

"No words, no teachings, no knowledge or information will help you, but only true experience will liberate the ignorant one. Speaking on absolute truth is useless unless you don't experience it."

Let's dedicate 2020 to the Experience of magnificence Divine Friend Maitreya Dādāshreeji within our hearts!



Today's Ek Kshan Prārthanā is a prayer offered to
Experience the magnificence of the Divine within us :

Beloved Maitreya Dādāshreeji,
Let our mornings begin with
the chant of the Divine,
Let the day be filled with
the Divine,
Let our days end with
remembrance of the Divine,
Let our thoughts be filled with the Divine,
Let our feelings be flowing with the Divine,
Let our actions be dedicated to the Divine,
Let our passion be the Divine,
Let our desire be the Divine,
Let our aspiration be the Divine,
Let our relationships be filled with the Divine,
Let our lives be immersed in the Divine's
magnanimous presence within us!

All that there was, All that there is,
All that there will be is
The Divine!

**Let our entire being be
offered to the Divine!**

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



Moving Closer to the Divine

Calling upon readers to shed their layers of fear, ignorance and inhibition, the article notes that effort put sincerely will undoubtedly help in becoming closer to the Divine

It is a known fact that the layers of extra clothing or ignorant knowledge must be removed for us to move closer to our Divine. This Divine has always been a part of us but it is only we who have forgotten him. It is indeed the proverbial “veil of ignorance” that we have put on.

However, removal of these layers requires some effort. It is said that even that effort comes with Divine Grace.

The simpler we make our living, the better the chance to move beyond the identification with the physical (body). Simple diet, regular exercises and adequate rest become essential to materialize this aspect. It is like putting a car on the automatic mode.

Transcending the mind layer is the next and most difficult. The mind is but a collection of thoughts. It disguises itself as intelligence, emotion, memory, etc. It is to quieten the mind that we practice sādhanās. The type of sādhanā to be done depends on the character of a particular individual. For some service is most easy. While worshipping and performing rituals comes naturally to others whilst others and some might connect through meditation. A few have a very rational or logical mind which distrusts. For them faith has to be inculcated gradually. These seekers may prefer the “vichara” marga’

or contemplation. Most seekers however adopt a combination of sādhanās to quieten the mind.

Once the mind quietens, it becomes more pure and transparent. Even if thoughts do come to such a mind, they float across without disturbing it much. Much like the water strider (an insect) that walks on water without much disturbance. A pure mind too is an absolute must, to realise the Divine.

As one moves closer to the Divine, the inner path opens up on its own. The steps are taken spontaneously. Realisations are made occur with minimum effort.

The closer we move to the Divine the more easily unwanted things are cast away on their own. Desires subside effortlessly. One becomes fearless. All the characteristics that we associate with the Divine such as silence, humility, and self-less service, all become a part of our lives without our knowing it and without effort.

In our journey of moving closer to the Divine initially might need personal efforts maybe a process needing effort initially but later on we are guided and carried by the Divine itself.

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.



REFLECTIONS



Kindness

They say that kindness is a gift that everyone can give to the world but should begin with oneself says Maitreyi Shraddha ji

Generally, the first value of life that we are taught as a child is to be kind. Our parents and teachers constantly guide us to be kind to everyone around us. Our moral stories also focus on inculcating the virtue of kindness within us. So, what is being kind? In kindness there is concern, understanding, forgiveness, giving, service, compassion, and much more more. Kindness comes out of love. When we experience love, we experience compassion. We can experience Divine Love by connecting with any form of the Divine in our heart.

Mother Nature is kind too, she gives us so much and selflessly. Life gives us opportunities to experience kindness too. Early one morning, while walking in a rush for my workplace, I noticed a small bird on the side of the road. It was still, and looked unwell. I thought of shifting the bird to a safe place under a tree. I picked her gently and took her to the nearest tree and placed her there. I was feeling of much love for her. I stroked her softly and prayed to my Divine Friend Dādāshreeji, "Dada, please heal her." The bird suddenly gave a loud squawk and flew away. I started laughing with joy and had tears

in my eyes. I experienced kindness through my actions.

All of us try our best to be kind to others. However, sometimes we forget to be kind to the most important person in our life, which is our own self. We try our best to take care of others to the best of our abilities but do not take care of ourselves. We have kind thoughts for others but we judge ourselves. At times, we are too harsh with ourselves. Kindness starts with the 'self'. We need to love ourselves by taking the first step of being kind and more accepting. We need to take care of ourselves physically, emotionally and spiritually so that we are strong from within and always available to serve others. We need to be compassionate towards our own self to understand others well. When we are kind and value ourselves, we will be kind to everything and everyone around us and also appreciate it better. Gratitude and compassion would flow naturally towards every aspect of the creation.

When the awakened presence of the Divine within us becomes our guide, we start experiencing love and kindness for the self

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



तेरे इष्क में दिवाने हुए,
जग छोड, सब से बेगाने हुए।

ना जाने कितनों से नाता जुडा,
पराये होकर भी प्यारे हुए।

ढाई अक्षर प्रेम का,
आने लगा समझ में कुछ कुछ,
वर्ना पोथी पढ पढ जमाने हुए।

तेरी धुन में सब कुछ भुला दिया,
खुद को खोकर, फिर से खुद को जानने लगे।
फलसफे जिंदगी के सुने थे बहुत,
तरीका जीने का आने लगा।

दोस्तों का प्यार मिला है बहुत,
तेरी दोस्ती से, दोस्ती के मायने समझ में आने
लगे।

यूं ही, बस, मिल जाओ अब,
तुझे ढूंढने में, दादा, जमाने लगे।

In Your Love, I have left the world behind.

I have made new bonds of love with
strangers who now don't seem unknown.

I now seem to be getting closer to actually
knowing and experiencing love.

Forgot everything in your pursuit, and
eventually found myself.

Had heard many a philosophies of life, but
am actually able to live and experience life
now.

Have received lots of love from friends,
Friendship with You has taught me it's
meaning and value.

Let's just become one Dada, it's been ages
since I have been searching for You!!!

Maitreyi Suman Joshi



When in Love...



In Love we care,
In Love we become more aware!

In Love our consciousness expands,
In Love, we understand!

In Love we serve selflessly,
In Love we grow spiritually!

In Love we shine,
In Love we merge with the Divine!

In Love, we become Love,
I am Love, you are Love, we are Love!!

Geetanjali Juneja



Maitri Mahotsav 27th December'2019, Mumbai

Fortunate were those who got an opportunity to know the Divine and seek the opportunity to experience the Divine in His physical presence. Shared below are some beautiful experiences:

"I was totally surprised with a newfound feeling within me, just as soon as I had exited the hall after having attended the Maitri Mahotsav. A few moments of reflection revealed that something had changed from within. I thought to myself, that if I apply Dada's words in my daily routine then it may change my life fundamentally, making it more joyful and filled with love. Bless me always. Thanks Dadashree ji. Love you."

Durga Maurya

"With the Grace and Blessings of Dādāshreeji, let the Divine bond of love and gratitude among all become stronger with time. I would like to thank the entire MaitriBodh Parivār and their sevaks for arranging the entire trip from Pune to Mumbai and back .back. The love, affection and untiring efforts of the MaitriBodh Parivār for Maitri Mahotsav are much appreciated."

Love and Gratitude, Manohar Chaudhari

"My experience at Maitri Mahotsav was so good that I could not possible articulate my feelings in a few words. I would like to thank Dādāshreeji for the enchanting dDarshan. It was really amazing."

Pratima Dalvi

"First of all I must thank the organising committee of this programme (Maitri Mahotsav) for ensuring that the event was well organised and punctual. They managed the crowd well, and the flow of people and activities was smooth right from the entry in the hall to the security checks and the response of all the sevaks to the needs of the people. The Bhajan Sandhya and the performances were wonderful, there are no words to express the fact they really were God gifted artists and were bestowed with the Blessings of Dādāshreeji. We are very fortunate to have been introduced to Dādāshreeji in our livfes. His Blessings and Grace will see us through this ocean of life. My sincere thanks and gratitude to all members of our Parivār."

Vilas Pirangute

"On 27Dec 2019, I attended my first programme - Maitri Mahotsav with the MaitriBodh Parivār and from with all my heart I must say I felt very happy. I have realised and gained insight into some of my problems and also see them get resolved now. Thank you so much. Pranam."

Uma Tendulkar

"After being in the pure, incandescent presence of Dādāshreeji at Maitri Mahotsav, I could not help but cry in gratitude for having cleared all my internal fears and dilemmas. Today, I feel so light! Dadasharanam."

Manish Mistry



Bodh IV - Heal the Soul: **December 2019 Amritsar & Karjat**

Heal the Soul – Bodh IV is an experience in itself. The healing takes place deep within 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 was fortunate enough to have attended Bodh IV in Amritsar in December 2019. . Dada’s Llove was reflected so beautifully in each of the sevaks and conductors. One realised that there was so much to learn from this parivarParivār-the warmth, the affection, the hospitality, the pulsating energy of true ‘seva bhaav’ is something which awakened my heart chakra without any sadhnasādhanā. I learnt that this was the biggest sadhnasādhanā of all- the unconditional love that emanated from all the soul smiles and bear hugs. To be able to offer that kind of love to complete strangers speaks volumes. I am immensely grateful to the conductors for enriching us with knowledge that is experiential, to the sevaks for putting up with every request at any unearthly hour, for feeding us with love which brought back childhood memories of the pampering received! Dada’s family stands unparalleled and unmatched;nounmatched; no wonder some of us now feel alienated from the world outside!

Above all,aall, a big thank you to my dearest Dada, my creator, for the timely revival of my soul. Your CPR was just another example of what one always needs to be in awareness of -that one can never doubt your insight or your Divine timing. It reaffirmed my faith in the fact that you’re always there to hold me,guide me, guide me,and me, and love me with an intensity that only you are capable of. Thank you for taking my question and answering when I needed it the most. Thank you for coming online and saying EXACTLY what I had told you I wanted to hear from you. Thank you for always indulging your stubborn, pampered child and for sportingly accepting the challenge posed by me. For showing me that you listen to every word of mine ever so intently. For making me realise that one should be wary of what one truly desires, as just as sure as the morning dew, the thunder after the lightning, the decaying of the body or the purity of the fire, our wishes shall be granted no matter how profound or trivial, holy or debased, wise or profoundly insane; for you are not here to judge us but only to love us just the way we are. You are so perfect in how you love us despite our imperfections.

The special Grace you showered upongave your children to make up for your physical absence was so palpable. Thank you, my Dādāshreeji for the biggest teaching of all, that with the help of one lit candle, even the most densedensest darkness does not stand a chance. With ‘Jyoti Roopaya’ within us, the road to radiance and liberation has been mapped out. If I have come from my master then He is my soul oneness. And as Dada is part of the oneness with the creator, we too become one with the creator through our wholeness with Dada. Thus, our first bond and priority is from whom we, you and I originate, i.e our Master.

Thank you for taking us back home, Dada. I love you. Thank you, thank you, thank you.”
Aradhna Lanba



“This is a recent experience, during Bodh IV, Dec 2019. I was upset when I had learnt that Dada was not going to be physically present for Bodh IV. On the second day of the session, I was thinking to myself anxiously in the shower, “There might be poha for breakfast; I hope I don’t suffer from acidity.” Immediately a voice from within told me, “There is Idli.” I kept asking that voice, “Is there idli and poha both?” However, the voice was firm and said, “idli”. I forgot about it, and walked to the cafeteria thinking about something else. To my utter amazement, I saw idli being served and immediately thanked Dada! He had validated His presence to me in His own loving way. Dada’s love for each of us is greater than we can imagine.”

Sneha Laghate

“I had registered for Bodh IV just a day prior before but that turned out to be one of the best decisions of my life. While the previous bodhs’ treated the mind, the journey of healing the soul begins with Bodh IV. We were treated like royalty and the only request from the conductors was 100% participation, and to relax and enjoy the process. While various sessions increased our knowledge, the profound processes enriched our experience. Bodh IV makes you realise that the journey starts within and culminates there, yet it can take many a lives to cover this distance. Dadasharnam.”

Rahul Mehta



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

Awakening to Self Realisation (Bodh I) For registration contact: 9970084449 For registration contact: 9820289081 For registration contact: 9781108880 For registration contact: 9422987330 For registration contact: 9781108880 For registration contact: 9625784154 For registration contact: 9872167800	9th Feb 2020 9th Feb 2020 11th Feb 2020 16th Feb 2020 23rd Feb 2020 23rd Feb 2020 26th Feb 2020	Pune Thane (Mumbai) Amritsar (Punjab) Pune Amritsar (Punjab) Gurugram Ludhiana (Punjab)
Purification (Bodh II) For registration contact: 9781108880 For registration contact: 9810816545	12th Feb 2020 15th Feb 2020	Amritsar (Punjab) Gurugram
Need of the Hour For registration contact: 9791613099	27th Feb 2020	Coimbatore



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