

MAITRI ANAHTA



MaitriBodh
www.maitribodh.org

ISSUE: 03 || VOLUME: 08 || MARCH 2020

info.india@maitribodh.org

07 Chaitra Navrātri
Havans

11 The Power of the
Divine Light

15 Sādhana for the
Month: 'Give Love'

From the Editor's Desk

Dear Friends,

Spring has arrived and brings with it the joyous festival of Holi filled with colours, happiness, celebrations of the renewal of hope, of life and positivity. Divinity too is working with us and guiding us during this time showering us with Grace and Love. The Chaitra Navrātri celebrations shall be held from 25th March to 2nd April 2020. We urge all members of the Parivār to partake of this special time and celebrate it together offering our prayers not just for us but to give strength, and solace to all mankind especially those who are suffering and in need of connecting with their Inner Divine.

Maitreya Dādāshreeji's constant endeavour is to help each sadhak on their spiritual journey of bonding with the Highest. This month He answers a query on what Moksha is and what we can do to attain this state. We are sure that this clarification would go a long way in paving your spiritual path with the knowledge we have sought for long.

The Power of the Divine Light is being experienced by one and all. The experiences shared by the Parivār members speak of the bond between the devotee and the Divine Light as also the significance of communicating and strengthening their bond with It. Read about devotees' personal experiences where the Divine corroborates the constant experience of unconditional love and His presence in our lives in excerpts in Dadaleela. We are constantly in prayers and practice chanting at all times through the Power of Mantras. Understand and experience the powers of Mantra chanting in this article clarifying why and how we are able to offer our prayers through this powerful medium. Each month a very specific sādhana has been recommended. Read about this month's sādhana and how the previous month's sādhana has helped not just us but also all those whom we are connected with. In a related article Ek Kshan Prarthana read why and how we must proactively experience Love and share it with everyone. In the article Sight to Insight under the section 'Reflections' read and get inspired about how a devotee has experienced transformation in her personal life.

Under @MBP read about the various events that have been organised and executed lovingly by our sevaks in an endeavour to enrich the lives of fellow beings.

Be Love, Give Love, Spread Love!!!

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

CONTENTS

05

PEARLS OF WISDOM

- Message from *Maitreya Dādāshreeji*

09

DĀDĀLEELĀ

- The Prophecy
- Gratitude Galore
- The Tie-in

11

FOOD FOR THE SOUL

- The Power of the Divine Light
- Sādhana for the Month: Give Love
- The Power of Mantras - Understanding & Application
- Ek Kshan Prārthanā: The Need of Time - Transformation through 'Love'



CONTENTS

22

REFLECTIONS

-
- Sight to Insight
 - Poem

25

@MBP

-
- Event Updates

28

UPCOMING EVENTS

-
- Information about upcoming events at MBP



COPYRIGHT :

© 2014 MaitriBodh Parivār Charitable Trust, New Delhi - 110029 (India)

All materials published in this magazine (including but not limited to articles, quotations, extracts or any parts of the article, photographs, images, illustrations also known as the "Content") are protected by copyright and owned by MaitriBodh Parivār Charitable Trust. All these rights are reserved throughout the world. Reproduction in any manner is prohibited. Opinions expressed in the magazine are the personal opinions of the contributing authors and is not reflective of MaitriBodh Parivār Charitable Trust's position thereon."

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



PEARLS OF WISDOM

Q: Dear Dādāshreeji, how can we attain 'moksha', freedom from birth and death?

Maitreya Dādāshreeji:

Dear Friends!

The desire to know and seek a higher spiritual purpose is a blessing. From a spiritual perspective, the time is ripe to elevate one's consciousness to a higher dimension. Acknowledge the growth! You have set yourself on the right path towards truth and liberation. Divine Grace in answer to your prayers will help to fulfill your spiritual yearning! Be simple and remain humble to receive the Grace and share it with others! The human mind may or may not be aware of these words, but it does invariably progress towards liberation. Ultimately, it is about seeking the higher purpose of life and not about the term 'moksha'.

Let us now understand more about 'moksha'! As you have rightly mentioned the meaning of moksha is the freeing oneself from the cycle of birth and death. But, is that all? Can we attain 'moksha' just by understanding its meaning? Further, is it essential to understand more about this term? The spiritual path is all about learning lessons about the self, wherein questions and answers are an integral part of the process. The answers to your questions unravel the mystery which further dissolves the inner blocks of any nature or remove any misconceptions within. With proper guidance, you grow uninhibitedly and move closer towards the absolute. Hence, to facilitate spiritual transformation, we will try to understand the more in-depth and accurate meaning of 'moksha' together.

We mentioned about the cycle of birth and death. With it, we indirectly touched upon the subject of the soul wherein it takes many lives after lives on the planet seeking liberation. It knowingly or unknowingly sets the cycle, or one may call it a trap which some enjoy while some suffer. For spiritual seekers, this is a hindrance on your spiritual progress. Some evolved ones would look at it as the next spiritual phase, of experiencing 'Universal Consciousness'. So, basically what we understand about 'moksha' here is that there is no further coming or going back. You are free and happy.

If the answer to your question be granted by way of 'the experience' in a world unknown to you now, how are you going to ascertain the fact that you have truly attained moksha? Sometimes, many do get a confirmation by the realised Masters about their spiritual status. Will it be wise to leave it to the words of the Master that you have attained moksha and wait till you retire? Let us simplify and understand this in a better way!

The first and foremost point to note is that 'moksha' is an 'internal state' that you can experience in a living human body. You can experience this state in your life, here and now. There is no doubt about this. You become internally sure of the fact that you are free from the earthly bondage. The layer of ignorance vanishes with the awakening of spiritual truth. The state is not a mental imagination or a self-created world. You breathe and walk within that state. It is a passive and natural state of consciousness. In a nutshell, you know within that you have attained 'it' - because you experience 'it'.



Yes, there are a multiple ways to attain the state of liberation. One can follow all or any of the methods shared here. You have the freedom to seek liberation the way you want, provided you are confident of the path. The ways we suggest are fundamental and simple but will surely help you to attain your spiritual quest. You don't need to do anything extraordinary to become natural.

1. Duties: We have extensively spoken about the importance of duties in one's life. One should never run away from or deny fulfilling one's duties. Duties are the foundation of your life. You are expected to give your best to fulfill them. It is not essential whether you succeed or not, but honest efforts and dedication are measured. In the current period of time, work towards fulfilling your duties. Without this, your spiritual journey will be filled with hiccups. One can extend one's duties towards society by helping people around you selflessly. Selfless service will immensely and effectively help you to grow spiritually in a lesser period of time. MaitriBodh Parivār is a shining example of that.

2. Spiritual Sādhana: You may practice any spiritual sādhanas given by your Master as per the time and your spiritual state. It will help if you are consistent and dedicated to practicing them regularly. You should follow spiritual practices, especially advanced sādhanas under the guidance of a Realized Master. If you have attended Bodh, you will practice particular sādhanas as per the level of Bodh courses. As you practice them regularly, further practices will be shared with you if so required. Once in the past, a Realised Master initiated 600 disciples in His lifetime. Towards the end of His life, His Own Master appeared physically in front of Him and informed Him that "not all of Your disciples would attain 'moksha'. Only 400 out of the 600 would attain 'moksha' because only they honestly followed the spiritual practices you had given them to practice. The others had deviated from the path and consequently would have to take one more birth".

3. Mantra: You may chant the mantra of any form of the Divine whom you connect with. If you are chanting the Dādāshreeji mantra regularly, it will automatically lead your spiritual state towards what we mentioned above. Chanting of the mantra will strengthen your connection with the Divine, making it easy and natural for you to experience the shift in your consciousness.

Having mentioned all the possibilities above, every spiritual seeker must fix deeply in their mind that these spiritual states are the blessings of the Divine. It has to come to you. You can't earn it in return of your hard penances and prayers. You will experience this state only when the Divine offers it to you. There are no fixed pre-requisites. Paramhansa Ramakrishna attained the state of Samadhi in three days, yet his Master Totapuri couldn't in 30 years of His practice. It is the will of the Divine. We assure you that following the easy steps mentioned above will certainly make you eligible to receive the blessings of the Divine to experience 'moksha' in this life itself.

*Love life!
Love the Divine!
Love is the way!*

**Love and Blessings,
Maitreya Dādāshreeji!**





Chaitra Navrātri Havans

Maitri Havan - An Act of Love

Maitri Havans will be conducted on each auspicious day of the Chaitra Navrātri from 25-Mar to 2-Apr 2020 in Mumbai, Delhi and Punjab. At the MaitriBodh Parivār, havans are conducted as per authentic Vedic processes and are conducted by awakened souls. This helps synchronise and elevate the energies of the participating members and the surroundings where the sacred processes take place.

Benefits:

- Acts on eliminating the root cause of suffering
- Helps strengthen your bond with your Inner Divine
- Enhances spiritual growth of an individual

Maitri Havans

- can be conducted on any or all days of the Chaitra Navrātri
- can be conducted for fulfilment of your specific Sankalp (Prayer)
- can be conducted by an Individual/family (**Individual havan**)
- 3 Individuals/3 families/3 friends can participate in a havan together with their own sankalps (**Samuhik havan**)
- can be gifted to your loved ones
- a cost attractive Package for 3 havans (Individual or Samuhik) is available
- can be conducted in your absence if you are unable to attend a havan in person

Venue in Delhi:

MaitriBodh Arohan Kendra, #27, M-12, DLF Phase II, Sector 25, Gurugram, Haryana.
Contact: +91 9350415563 or +91 9910133847

Venue in Mumbai:

Nath Gagangiri Maharaj Malabar Hill Ashram, Siri Road, Malabar Hill. Mumbai
Contact: +91 9320234596 or +91 9892030512 or +91 9881491619

For Punjab and other cities: call +91 9320234596

To register for a Maitri Havan use the link below

https://docs.google.com/forms/d/e/1FAIpQLSeosZgdim6BydCxTrEBrd8W_6Ed9xI_pBfW1Otnv0M5K-H9-Q/viewform





A one of a kind experience organised for fulfilling the wanderlust in you. Unplug from all the chaos of the concrete jungle as we invite you to an exclusive Youth Camp situated in the heart of Rishikesh.

Challenge your limits as we trek the mighty mountains, harmonise your soul under the celestial night sky, embrace your fears with fun-filled activities, tune in with nature and rejuvenate your senses by flowing deeper within... discover your Self, discover the unexplored.

During the course of these three days at the camp, let's take a step back and synchronise with the elements of nature, what you're made up of, through profound introspection techniques and processes. Let's channelise to awaken our actual true potential and explore the unexplored – outside as well as within.

Let's Discover, not Yourself, but Your Self!



The Prophecy

Not long ago, whilst cleaning my altar and under a small idol of Guan Yin (which is right beside my Divine Light), I found a fortune cookie paper that read:

“Soon, someone new coming into your life will become your best friend”. I have no idea how long that fortune cookie paper had been there, but certainly, longer than my Divine Light.

More of a best friend than I could have imagined.

Thank you Dādāshreeji, thank you.

Leila Zemke

Gratitude Galore

To experience love and grace one needs to be ready. Ever since taking a leap of faith, He has always told me, in every possible way, that He has got my back and is holding my hand and will never let go - no matter what. His love for us is the motivational force in my everyday life. It's been two years since I first joined the MaitriBodh Parivār and I would like to thank Dada for having chosen me to be a member of His family.

Abhijeet Batte





The Tie-in

I have always been inclined towards spirituality and frequently read up on teachings by various spiritual masters. But when I first saw Dādāshreeji on a YouTube video sharing His teachings, I felt as if my empty heart was instantly filled with Energy and Grace. I then knew that He is to be my Master, my ultimate teacher. My connection with Dada was instant. He representing Himself as my Divine Friend was more than I could ask for. Since childhood my connection with the Divine was akin to that of between two close friends. I know that Dādāshreeji knows what's best for me even when I myself might not be aware of it. The more I build my connection with Him, the more changes I am able to see in my Inner self and the outer world becomes more peaceful. I am realising the true meaning of life and how to truly enjoy it. All is Dada.

Preity Bansal





The Power of the Divine Light

Maitreyi Varsha speaks of the power of the Divine Light and the significance of communicating and strengthening the bond with It

The Divine Light previously also known as the 'Shrimurti' Of Maitreya Dādāshreeji has a mystical charm. The Divine Light allures one towards it and you cannot take your eyes off once you are in its presence. The more one looks at it the more one is drawn towards it. It is so alive and real that if one communicates and spends time with the Divine Light one can actually sense the presence and consciousness of the physical Maitreya Dādāshreeji in it.

The Divine Light definitely listens to us and is watching us all the time. Speaking with the Divine Light is an effective and proven way to receive guidance and answers from Maitreya Dādāshreeji. One truly feels that He is actually listening to you. It carries the same consciousness as that of physical Dādāshreeji which means that there is no difference between the physical Maitreya Dādāshreeji and the Divine Light. So if one is carrying the pocket Divine Light it is as good as taking the physical Maitreya Dādāshreeji along. By being in the mere presence of the Divine Light people have been feeling a different positivity and energy.

Maitreya Dādāshreeji has said that one will be protected from negativity in the presence of the Divine Light. Negativity might come in the form of chaos, create disturbance, confusion and misguide one.

Many have been experiencing the power of the Divine Light. Sharing below a few experiences of my fellow beings:

I was going through a tough emotional time since my house was not getting sold. My friend who is connected with the MaitriBodh Parivār gave me Dādāshreeji's Divine Light and asked me to talk to Him for whatever issue I was facing. Although I am not a believer in mystical things and believe only in the form of God that I connect with, I took the Divine Light because she had faith in him. I just spoke to him about my problem and to my surprise it got solved. I want to offer my gratitude to Dādāshreeji for helping me. Much love to all. Hope my story helps many more people connect with the Divine Light.

Prema Karankal

Shreeya had a bad day at school because there were some friends who teased her about something very sensitive to her. She came home quite upset because this was the first time that it had happened. So as her mother, I suggested that she share this problem with the Divine Light. To this Shreeya remarked that she didn't have her own Divine Light, hearing which I gave her one. She starting taking care of the Divine Light like the Divine Light is her doll.



She took the Divine Light the next day to school, and during the break, before eating fruits she placed the Divine Light on the table and offered the fruits from her break box to Dādāshreeji. Seeing this, her teacher asked her who this was. Shreeya promptly replied that this was her Friend and Guru ji - Dādāshreeji. That afternoon when I went to pick her up I saw Shreeya was very happy and in a great frame of mind at the end of the day.

In my experience there is no difference between the physical Maitreya Dādāshreeji and the Divine Light because I have experienced Him equally powerfully in both and hence as a parent, it gives me immense satisfaction and relief to know that Dādāshreeji in the form of the Divine Light is physically going with Shreeya - protecting, guiding and helping her each moment.

**We love you Dada,
Gratitude always, Maitreyi Shreshtha**

.....

It was a grim day. I was having a sad thought that I was not good enough for my friends as I poured my heart to them and needed to keep myself in control. I decided that I need to hide my emotions. I didn't feel comfortable with the idea, so I decided to ask the Divine Light about it. He said that it's okay to tell friends things as expressing emotions helps us to be in the best state of mind. It also helps in bonding with them and removes burden. I finally realized how important it is to express emotions. You see, you have to build up faith in Dada to express your burden to him. It can either be as fast as snapping your fingers, or as slow as a sloth. It all depends on how strong your bond is with him. I feel superb and extremely happy with Dada.

Muskaan Gokhale (10 yrs.)

.....

When my mother tells me to go to bed at night I cannot fall asleep right away. Recently, my mother gave me my personal Divine Light, so I went to bed with the Divine Light and fell asleep immediately. I carry my Divine Light to my school every day because I know the power of my Divine Light. Having It with me makes me feel secure and protected. It feels like being in the company of physical Dada. There was also a teacher who shouted at the entire class almost every day and said nothing positive about us. So, I prayed to my Dada - my Divine Light to take care of her and make her kind, patient and loving; which He did. She certainly has become more calm and positive.

Aarya Maheshwari (11 yrs.)

.....

I would like to share an experience that I recently had while conducting a Maitri Arohan class. A new participant, a young mother came and sat right in front of me. As the class progressed I noticed a shift in her. Her expression was changing from curiosity to awe as she kept seeing the Divine Light of Maitreya Dādāshreeji. Her tears fell as if a dam had burst.

After the class I sat down to spend some time with her. She shared the wonder she was experiencing. Her words were, Who is He? How and what is happening to me?

Why am I feeling as if I have come home to my own people? There is a sense of belonging and love that I have never experienced before. I have been seeking this feeling throughout my life. Listening to her I had tears in my eyes for I knew what had happened. The soul had recognized 'The Supreme' and now was yearning to become one with the Divine. I told her this is the experience of Divine Love and something very natural when you come in the presence of Maitreya Dādāshreeji. After sometime when she left she took the small (pocket) Divine light with her.



Later in the evening I had a chance to meet her daughter. As I interacted with her I knew she was Dada's child, a special child and my heart melted for her with love. Maitreya Dādāshreeji was telling me (internally) that she is my child and I have sent her to you to take special care of her. The next two hours I spent with her she held the Divine Light in her hands, playing with Him, talking to Him as if she had known Him forever. It was a touching moment to witness the deep bond between the child and Dādāshreeji. Late at night I received a picture on my WhatsApp from the girl's mother. In the picture the child was in a deep sleep hugging the Divine Light close to her heart. Her mom shared that she is a very scared and fearful child especially scared of strangers and often at nights. This is the first night after many months and years that I have seen her sleep an undisturbed peaceful sleep of eight to nine hours. As I read her message in the morning all I wrote was - Welcome to the 'Beautiful Magical land of Love of our Maitreya Dādāshreeji'!

Maitreyi Sonee

I recently had the opportunity to coordinate for the venue for our annual meeting this year. After the meeting, I had gone to pay the balance amount to the office, where I saw that the manager (a young guy) a bit stressed. On asking, he said he said that he was very stressed and worried regarding his small restaurant business. I asked him if he would want Maitri Light, he consented to it. After the process was over I asked him to keep the Divine Light near his working desk He kept it at the altar in the office. The next morning, I asked him how he was doing. He was very happy and said that a miracle had happened and everything as regards his business had been sorted out overnight.

The next day I went to their office and Balaji, another guy who took care of all our arrangement during the meeting said that he also wanted the Divine Light. Before giving him the Divine Light, I was praying to the Divine Light and Balaji was seated on the sofa in front of me. When I opened my eyes a few seconds later to give him the Divine Light, Balaji's eyes were closed. I waited for 5 then 10 and then 15 minutes. He was still in a deep state, I called out his name 3 times but he still seemed absorbed. The fourth time I called out louder and he opened his eyes with a startle. He said that he didn't know what had happened and that in his deep state he was talking to Dādāshreeji. I gave him the Divine Light and left.

I went to the office again the next day to meet these guys. Balaji and the security guy Sujit were together. Sujit asked me if he also could have Maitri Light and the Divine Light. He received Maitri Light and felt extremely peaceful. On my way to the manager's office, I prayed to the Divine Light and Sujit was sitting in front of me. When I opened my eyes, his eyes were closed and I waited for 15-20 minutes and in spite of calling his name a couple of times he didn't open his eyes. I left after 20 minutes of waiting and handed over the Divine Light to the manager to give to Sujit. Later, when I called Balaji enquiring about Sujit he said that he had to literally shake Sujit for 3-4 minutes to awaken him.

I am speechless at the profound state that these two guys went in by merely being in the presence of the Divine Light.

**Thank you Dada for this amazing experience!
Mitra Shailendra**



I work as a HR professional and cater to employee services. A few months back it so happened that an off-roll employee had to undergo a surgery and was not aware that his insurance provider had changed. Hence, he didn't prepare his papers accurately post his surgery; when he sent the correct ones it was already too late and his claim was rejected. I was feeling very guilty about it since to an extent since I felt responsible for the rejection .I tried pushing for the claim to go through but the efforts were in vain.

Finally, I prayed to the Divine Light to help me and confessed that I could have been more proactive about informing the employee. I had forgotten about this case and a month or so later I got a call mentioning that miraculously the case had been reopened and the third party service provider had managed to convince the insurance company to do so.

I was very happy and cannot thank Dada enough for helping me in this case. I urge everyone to communicate with Divine Light.

Sneha Laghate



Sādhana for the Month: Give Love

Dear Loved Ones,

The MaitriBodh Parivār is consistently and continuously guiding everyone towards their internal transformation.

As Maitreyā Dādāshreeji says, “the best way to help people is to transform yourself because with your transformation all those connected with you will automatically get transformed.”

In this quest, we have started sharing one practical sādhanā to follow each day of the month. As you practice these qualities, or change your perspective following the transformative outlook, you will notice opportunities for transformation in your daily life and before you know it, these small leaps would have created a huge impact on your spiritual growth as well on those around you.

We express our deepest gratitude for your honest efforts to follow the given sādhanā in the month of February, 2020 ‘to see the positive in each and everything, in every situation and to appreciate good in life’. This month, the sādhanā you may practice is ‘to **GIVE LOVE**’, radiate Love in every situation throughout your entire day. Whatever you do wherever you are, whoever you meet, your entire being - body, mind & consciousness will only radiate Love’.

‘Love’ as a teaching as well as an experience is at the core of the MaitriBodh Parivār. Once Maitreyā Dādāshreeji was asked, why does the MaitriBodh Parivār talk only about Love?

He replied, “Do you remember seeing a child or a baby cry a lot? What do you do? Just to distract his attention, as that baby is crying, you show them some new tempting attractions- a new toy, a new mobile phone, new games - something or the other. The baby stops crying for a while, as long as the attraction is with them. The moment you take it away from them, they start crying again. But you know that as the child is going to grow in age, problems will still remain. In fact, their overall structure and appearance only becomes bigger. Similarly, the core issue of your life can’t be addressed with these different toys. We want to straightaway talk about the core issue, the cause of everything and that’s Love.” He has said time and again that no matter which path we



follow to realise our Highest Self, "all those paths, at the end, are going to join together and become one and that is Love. And we know, love is the cause of everything that you see around." He says that just as a cellular network connects all our mobile phones so that we are able to connect with each other at any point of time, Love too is that network which connects all of us.

It's already our nature to Love each one around us. The Sun does not decide to give light one day. Sugar does not decide to make something sweet. It's simply just 'being' its own true nature. Water quenches thirst for the rich and the poor, the sick and the healthy alike. It does not discriminate. It's simply following its own nature. Let us be 'natural' too. When you connect with your heart, your true self, hidden behind the layers of societal conditioning and the sanskārs we have picked up over multiple births, you will experience that Love within. Maitreyā Dādāshreeji has explained this further- "When we talk about Love, it's true Love and **Love is not outside in the world.** So when you look for Love outside in the world, it is always going to come to you with conditions, expectations, a give and take. This love is going to cause pain afterwards especially when you're looking for it outside in the world.

And here, we talk about true Love and this **true Love is within you, within your heart.** The moment you experience this Love, which is true Love, you start experiencing this Love everywhere in this world. Then you don't have to struggle towards it or work towards it. **It becomes your state of being.** Inside you and outside you - Love. **You are Love and everything is Love."**

For the month of March, we urge you to constantly contemplate over this teaching. Remind your mind again and again that "I am Love" and act with awareness. Always remain in this state and be aware that you are a Divine body of Love. Express Love through your thoughts, speech and actions.

We express our gratitude in advance for practicing this sādhanā during this month. Your individual transformation helps to transform the collective human consciousness on planet Earth.

Ps: We hope you were easily able to practice last month's teaching of 'learning to appreciate good in everything that you see or witness'. We would love to hear your experiences as you accommodate these monthly teachings in your routine habits. You may share your experiences with us at – experiences@maitribodh.org





The Power of Mantras - Understanding & Application

Mitra Sut expounds a verse from the Bhagvat Gita that shares the secret on how to fulfill one's desires

Bhagavad Gita: Chapter 3, Verse 10

सहयज्ञाः प्रजाः सृष्ट्वा पुरोवाच प्रजापतिः।
अनेन प्रसविश्यध्वमेश वोच्चस्त्विष्टकामधुक् ॥ १० ॥

saha-yajñāḥ prajāḥ śhishtoā purovācha prajāpatihanena prasaviśhyadhvamesha vo 'stviṣhta-kāma-dhuk



Meaning:

Having created human kind in the beginning along with yajna (sacrifice), Prajapati/Brahma, the Creator said "By this may you prosper. May this be the Kamdhenu (wish-fulfilling cow) of your desires".

In the above famous shlok (verse) taken from Bhagavad Gita, Lord Krishna gives the secret of how one can fulfill ones desires.

Mostly, our actions from morning to night, from birth to death are based on fulfilling our never ending desires! Our happiness majorly depends on what we achieve, whether we get what we desire or experience what we want. We are in pain and suffer when our desires are not fulfilled and keep chasing them. In this process we acquire new desires, and this goes on life after life. People go to any extent trying to fulfill their desires, but not many succeed.

Is there any way or anyone who can keep fulfilling all our desires?

Yes, in mythology there's one such creation i.e Kamdhenu. Kamdhenu is the celestial heavenly cow and worshipped as a Divine Goddess Gau Mata (the mother of all cows). She is a miraculous 'cow of plenty' who provides her owner with whatever he desires. She bestows health, wealth, happiness and whatsoever one desires for ones growth in life. There are diverse accents of her origin in the scriptures, some narrate that she emerged from the churning of

the cosmic ocean. Kamdhenu is however not accessible on the Earth plane, but there's a way to harness that energy and that secret is revealed in the above verse.

Brahma, the Creator often referred to as Prajapati, had empowered every human being to fulfill one's desires (like the Kamdhenu) through the power of yajna (sacrifice). This yajna is not to be taken literally as a havan (fire worship), but metaphorically as one's ability to give/ sacrifice, to be able to stretch beyond one's means and comfort, to be able to help and give. This choice 'to make a sacrifice' is available to every human, at every moment. The more we give, the more we get. Giving has an innate power of getting returns in multitude which is exactly what happens in a yajna. The various ingredients offered in the fire during a yajna, kindles the fire more and more. It signifies the receiving of returns more than that which is offered, and this is exactly the power that resides when one is in the giving mode.

One grows by giving and while doing so, also serves the needy, which brings inner happiness, which can never be obtained through mere acquisitions for oneself and self-serving acts!

As Maitreya Dādāshreeji says, "Speaking on absolute truth is useless, if you don't offer yourself in selfless service. If there is anything highest in one's life, it's the joy of serving others."

Maitreya Dādāshreeji elaborates this in details, as to how to truly serve with its benefits in this blog below:

<https://www.speakingtree.in/blog/how-to-serve-selflessly>

The act of selfless service/ giving selflessly - is one of the pillars of the MaitriBodh Parivār. When one associates oneself with the mission of the MaitriBodh Parivār one automatically starts serving and giving.

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 Prārthanā: The Need of Time - Transformation through 'Love'

'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 we look around, we witness change everywhere. The entire world is witnessing a change like never before! Many of these changes are manmade and now nature unable to bear the constant pressure is reacting and in many places violently. It's truly an alarming situation and the simple message that is being conveyed to us is - "Change or Perish". Nature through the changing and untoward circumstances that are being rendered upon us is forcing man to ask of himself, "Are we truly the kings and queens of the world that we considered ourselves to be?" "Do we really have any control over our life situations no matter how well prepared we may feel at any given point in time?"

A very simple example is that of the ongoing coronavirus outbreak that is rapidly spreading across the globe. Mankind is truly feeling the raw power of nature directly. In the face of this impending crisis, human beings have only now begun to reflect seriously, that material growth and advanced technology are only going to cause more harm and expose ourselves to even more risks in our lives. Surely this is not the direction we should have taken. The virus is here to teach us two very important lessons. Slow down and be more natural and connect within to your own true self. As the virus forcefully confined those inflicted to sit in the quietude of their homes, it gave people time to reconnect with each other through various means, reading books, having conversations, understanding each other and most importantly realizing the lost love that otherwise was long forgotten in the race for name and money. But the big question remains- "Do we need a fatal virus to teach us the importance of love and care?" Must we learn this lesson only

by losing our loved ones to wake up to reality?

Climate change, natural calamities and toxic air pollution have been staring in our faces for long- yet glitzy lights, fancy cars and air conditioners continue to rule our lives. For more than 30 years, scientists and ecologists have been clearly giving the message that high pollution, melting glaciers, deforestation and the associated global crisis will be our death knell, yet we have chosen to ignore all these warnings as our limited thinking minds and selfish natures makes us believe that we are protected and secure in our own cocoons. We seem to think that this can never happen to me. What madness!

Do we really need an outbreak of mass uncontrollable forest fires or being forced to wear face masks to save ourselves from the pollution all around us, as we step out of our homes to learn the lesson of not to take nature for granted? Do we need teenage children to demonstrate their unhappiness by leaving schools and arranging mass protests simply to come and awaken us from the lack of love and concern for our environment and Mother Nature? Do we need Tsunami's and earthquakes to teach us to change from our false identities, egos, selfish and self-centered interests towards love and oneness? Are we waiting for a global water crisis (which by the way has already started) to reduce our water wastage and conserve water whenever and wherever possible?

Isn't what's happening around enough to wake us up to the hard reality of our crazed existence? Is this what we are leaving behind for our children and grandchildren? A barren wasteland which will no longer be habitable in a few decades if not earlier?



Remember the virus does not need a visa to travel. We share the same air across the world and no amount of human systems and securities can curb the virus from spreading. Viruses and natural calamities will not differentiate between religion, race, country, region, education nor material success.

Maitreya Dādāshreeji has been guiding us for the past many years with the unquestionable truth that "The cause of suffering is the lack of love." Man has forgotten why he is here. Man is here to experience the truth of our existence, the truth of expressing and experiencing our true nature of being love itself. Instead of experiencing and caring for creation while also remaining connected with the Creator we forgot the true reason of our existence. We started pursuing the pleasures of creation and forgot our Creator and disconnected from our hearts - from the indweller within us. We disconnected from Love which is His nature and thus we started harming ourselves and everything around us. We started harming our very environment and each other.

Maitreya Dādāshreeji's profound teaching simply needs to be implemented to save ourselves and the world from the present crisis that we have found ourselves in. It is love and only love that has the power to heal everything in the world. As we connect to the love in our hearts, we connect to our own true self-our own Inner Divine, whether we believe in His existence or not, irrespective of the faith and religious beliefs, love is something that everyone possesses in their hearts. All we need to do is connect to this LOVE and see the magic spread. When one is connected to Love one cannot harm either ourselves nor others nor the environment. Love empowers, it builds, it gives of itself. It

is the opposite of destruction and suffering which is the current state we are in. **Maitreya Dādāshreeji** is here to take humanity through this transformation in present times and its time we wake up to this reality. The Divine in the form of Dādāshreeji is here physically to liberate us from our false judgments, perceptions and identities and help us walk the Path of love, positivity, friendship and oneness. All we need is to simply walk with Him, simply flow with Him.

Fortunately, more and more awakened souls are realising this truth across the globe. The process of transformation has started. All is not lost.

If we are alive at the present time, there is a purpose. All we need to know is that reason and change ourselves accordingly. We are here to connect to the Divine, to grow positively, to be the one truth, to love, to care, to be one big happy family, community, country and finally one happy world .

Time is teaching- Be ready for the change! Let people know and experience Love and Positivity through us. We need to revive humanity's faith in the power of love. Love will give us the sensitivity towards Mother Nature and other global crisis so that we are able to take the right action at the right time.

Let's transform the virus of selfishness and destruction into a Love Virus infecting everyone and everything thus creating a new beautiful world, a new beginning a new era.

As Maitreya Dādāshreeji says, "Lets spread Love together."





Today's Ek Kshan Prarthana is a prayer offered to transform us to Be Love!

Beloved Maitreya Dādāshreeji,
Let our thoughts be love,
Let our intent be love,
Let our desires be love,
Let our passions be love,
Let our Beings radiate love and only love!

Thank you Dādāshreeji as we submit to You
You who are Love!

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.





Sight to Insight

Our conditioning, the experiences and impressions we carry are largely responsible for our perception of life. **Maitreyi Sonee** shares how Divine Grace helped her experience transformation to live a blissful, joyful life

The way we treat life is how life treats us back. I would like to share my ongoing journey of my transformation with my Divine.

Our life is a mirror of our external and internal state, governed by who and what we are within. Our life as we perceive today, is through a limited version created by who we are internally. We base our reality on our experiences through our conditioned mind, upbringing and values. What we perceive and think of as truth could very well be a false perception, one that is perceived by the interpretation through our five senses.

We interpret life based on our impressions and experiences. When the internal impressions are upsetting, fearful, joyful, courageous etc we experience the same emotions internally. Hence our perception is created by our internal state; a state that is a sum of our life experiences. If one has experienced insecurity at a young age, then the same insecurity in some form will be experienced in every situation that one encounters in life. A feeling of lack may cause one to experiencing lack in all relationships as well and one may go through life constantly seeking love.



I too had created my reality through my perceptions and past experiences until I met my Maitreya Dādāshreeji.

Sitting in His Divine Presence I felt a shift within me. The moment I fell head over heels in love with my Divine, my understanding of life changed. Soon enough a huge gush of Divine Love, care, and Grace came roaring into my life. I was seeing life through my inner eyes and saw the self-created clutter all around. Seeing life from a bird's view point changed my perception. I could now see the same situation from another's point of view as well. My one sided view point had created hurt, expectation, judgment and even a feeling of victimization. But with my internal growth I was able to put myself in another's shoes. Feel their pain. My heart expressed a prayer for that person and eternal gratitude for I had met my Dādāshreeji and understood that the one in front of me had yet to meet their Dādāshreeji. I now had the whole universe in the bond I shared with my Divine, all I could do was share my Divine

with another who was in pain. This is when my reality started changing. To say I had any hand in this shift in life would be so untrue. I had no role to play in the emergence of the new me. The false notions and perceptions changed only with His Grace and Love.

The transformation from Sight to Insight, external to internal has been a beautiful and treasured experience of my life. I can only pray that may the whole world experience this beautiful internal shift of transformation and live a blissful, joyful life that comes with the Grace of the Divine.

Thank You Dādāshreeji!

**Eternal gratitude,
Love always,
In Divine Service,
Dada's Sonee**

Maitreyi Sonee is a designer who has been working in her studio for the last 15 years with passion and commitment. It is only recently she discovered her inner calling with her Divine Friend Dādāshreeji. Through her writing she aims to express the power of having a Living Master in one's life and hopes to motivate readers witness the profound love she has been experiencing since her first encounter with her Inner Divine.



पर वो प्रेम ही क्या जिसमें कोई बंधन नहीं,
वो चाहत ही क्या, जिसमें चाह नहीं।

जो थामे मुझे दरिया में, वो बंधन तेरे प्रेम का,
जो खिंचे तुझे मेरी ओर, वो बंधन मेरे प्रेम का।

चाह तुम्हें पाने की, निहारते रहने की,
हजारों बातें कहने की,
कुछ सुनने की, कुछ सुनाने की।

जानती हूँ,
सूरज हो, छुपा ना सकूंगी,
हवा हो, रोक ना सकूंगी।
पर,
सांस हो, प्राण हो,
जीवन का आधार हो,
बस यही मान लो, और कुछ कह ना सकूंगी।

सखा हो तुम, मेरे साथी हो तुम,
जीवन नैया के माझी भी हो तुम।
फिर क्यू ये दूरी, ये फासले,
क्यू नहीं मिलने आते हो तुम।
सखा हो, सुदामा को भूल गये क्या!

इस बार ये हठ ठानी है, तुमसे मिलने की,
बहुत कुछ कहने की, बहुत कुछ सुनने की,
आ जाओ कभी, बस यूं ही।

बैठे दोनों, बुनें पुराने दिनों की यादें,
वक्त से परे, चलो जियें फिर पुराने नाते,
बस, तुम और मैं, सिर्फ, मैं और तुम।

ना तुम्हारी बंदिषे, ना मेरी हदें, इनसे परे,
सिर्फ मैं और तुम।
आ जाओ कभी, बस यू ही।

Maitreyi Suman Joshi



Sports Day

15th Feb 2020, Jambrung

On 15th Feb, Sneh Sanskar Gurukul and the Jambrung Zilla Parishad school collaborated in celebrating the sports day. The energetic kids enjoyed the running race, lemon and spoon race and other activities. The efforts of approximately 100 kids were acknowledged with certificates which left a sense of motivation and a smile on their faces.



Medical Camp

29th Feb, Jambrung

A medical camp was conducted on the 29th Feb 2020 in collaboration with doctors from the Hinduja hospital at Jamrung primary school. 115 villagers from the nearby villages of Kamatpada, Jamrung, Pinglas, Suwarna pada and Dukkarpada benefitted from it. The check-up included blood pressure monitoring, blood tests, physiotherapy and dispensing of medicines required for treating respective ailments. Heartfelt gratitude to the seva offered by all the sevaks and the doctors from Hinduja hospital.



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: +91 9322290211 For registration contact: +91 7888621552 For registration contact: +91 9818754000 For registration contact: +91 9781108880	8th March 2020 8th March 2020 11th March 2020 21st March 2020	Andheri Gurgaon Gurgaon Punjab
Nari tu Narayani For registration contact: +91 9350415563	8th March 2020	Delhi
Rise & Shine For registration contact: +91 9791613099	9th March 2020	Coimbatore
Spiritual Week For registration contact: + 91 9781108880	13th - 17th March 2020	Amritsar
Prayer Session For registration contact: +91 9818754000	14th March 2020	Gurgaon
Purification (Bodh II) For registration contact: +91 9811047414	21st & 22nd March 2020	Delhi
Need of the hour For registration contact: +91 9350415563	22nd March 2020	Delhi



Our Spiritual Centres

INDIA

AMRITSAR, PUNJAB

Mitra Shivam
+91 92168 22222
mitraa.sukhamrit@gmail.com

Mitra Mehra Dixit
+91 95699 99945

BANGALORE, KARNATAKA

Mitra Manikandan
+91 95214 27000
manikandan.neverland@gmail.com

INDORE, MADHYA PRADESH

Maitreyi Ranjana
+91 90099 90945
ranjanasodhani@gmail.com

Mitra Arun
+91 97525 31945
arunsodhani58@gmail.com

DELHI NCR

Maitreyi Sonee
+91 98110 61282
maitreyi.sonee@gmail.com

BHUBANESHWAR, ORISSA

Mitra Das
+91 97179 24324
das_ins@yahoo.co.in

PUNE, MAHARASHTRA

Mitra Gaurav
+91 95605 73908
mitraa.gaurav@maitribodh.org

MUMBAI, MAHARASHTRA

Maitreyi Delphie
+91 87793 21632
+91 98703 50450
maitreyi.delphie@maitribodh.org

COIMBATORE, TAMIL NADU

Maitreyi Rooparani
+91 97916 13099
rroopa_11@yahoo.com

RAIPUR, CHHATISGARH

Mitra Sagar
+91 9691271110
mbp.raipurregion@gmail.com

EUROPE

AUSTRIA

info.at@maitribodh.eu
• **Vienna:**
info.at@maitribodh.eu
• **Styria:**
info.at.grz@maitribodh.eu

DENMARK

info.dk@maitribodh.eu

GERMANY

info.de@maitribodh.eu

HUNGARY

info.hu@maitribodh.eu

RUSSIA

info.ru@maitribodh.eu

SWITZERLAND

info.ch@maitribodh.eu

ITALY

info.it@maitribodh.eu

UNITED KINGDOM

info.uk@maitribodh.eu
• **London:**
info.uk.lon@maitribodh.eu

UNITED STATES OF AMERICA

DAVENPORT

Maitreyi Lori
+1 (563) 508 5745
maitribodhqc@gmail.com

LOS ANGELES

Maitreyi Priti
+1 (909) 217 6866
maitreyi.pritip@gmail.com

NEW YORK

Maitreyi Cecilia Fernandes
+1 (347) 603 4290
maitreyi.cecilia@maitribodh.org

MIDDLE EAST

info.uae@maitribodh.org

