

# MAITRI ANAHTA



MaitriBodh  
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# From the Editor's Desk

**Dear Loved One,**

Wishing a Happy Guru Purnimā 2020 to you, and all fellow seekers! A day when each one bows in reverence and gratitude to celebrate the manifestation of the Divine in the form of a Guru! Truly blessed and fortunate are the ones who have found a Guru who is one with Divine consciousness and have experienced peace, bliss, unconditional Love through His Grace. A true Guru wants nothing but your internal growth; He is not here to change you but to 'Transform' you. The Guru is the best of givers, for His Grace is always showered on us no matter where we might be. By practicing the sādhanās and teachings imparted by the Guru with devotion and faith one can truly become open to receive His Grace and align with His Divine consciousness. Surrender to the Lotus Feet of the Guru for they carry the energy and Divine consciousness. Allow Him to take control of your life – hand over the reins and enjoy the ride. Thereafter, experience how effortlessly and naturally life flows and gradually witness yourself blossom into your true nature.

Maitreya Dādāshreeji says, *"the best offering to the Divine is your spiritual growth - Grow in Love and with Love."* In this edition we share the Guru Purnimā vidhis that can be practiced on this auspicious full moon day which falls on 5th July this year.

In this issue, Do not miss reading *Maitreya Dādāshreeji's answer to a seeker's question on how to know if only the Divine's will is working in one's life?*

Also enjoy reading the experiences of Grace and miracles of healing under the section 'Dādāleelā'. 'Food for the Soul' brings to you the 'Sādhanā for the Month', 'Ek Kshan Prārthanā' is an ode to the glory of the Divine, while another expounds a verse from the Bhagwad Gita describing the qualities of a true devotee. Read the article 'Reverence of the Holy Feet' that draws a parallel between the ritual performed at the Ka'bah and the Pādukā Abhishekam. Under the section 'Reflections', read soul-searching, inspiring articles and beautifully articulated poems. Read the benefits of 'Infused Water' and try the recipes shared to keep you rejuvenated and hydrated under the 'Health & Wellness' section. 'Your Quest - Our Support' answers the query of a seeker on how one could stay more focussed and not get distracted by negativity and other external factors.

**Keep Growing & Flowing in Love!!**

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

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## PEARLS OF WISDOM

**Question: Dear Dādāshreeji, when one has surrendered one's free will at the Lotus Feet of the Divine, how does one quantify or know that only the Divine will is working in his or her life?**

**Maitreya Dādāshreeji:**

**Dear Friends!**

You know the Truth, the spiritual Truth, which is that everything has originated from the Divine and is of the Divine. Then, what do you possess that you can handover to the Divine? Does anyone have anything left to surrender? When you realise this Truth, you are free at that very moment. It is easy to understand and follow the Truth. However, it is one of the most difficult spiritual lessons for any seeker to realise and attain. When you want to surrender to the Divine, you are unknowingly accepting the fact that you haven't truly accepted the above spiritual truth. You still have some self-games left, some preferences and some spiritual expectations.

You may know the Truth but might not have understood it. You may understand it, but might not have been able to accept it. You may accept it, but might not have realised it. You may realise it, but might not have experienced it as a spiritual state. It is an inward journey of the unexplored, unknown realm which begins with doubts and uncertainty. The easy and rational decision would be to avoid the path and continue performing achievable and simple tasks. Knowing the complexities and hard work involved, you either reject the Truth or know the Truth. You move ahead to achieve easy goals. Your mundane life continues.

But the true, genuine seeker is not ready to compromise with anything less than the Divine. The seeker explores the spiritual journey to know the true nature of existence. After intense practices and spiritual experiments, the seeker learns the first lesson. The only way to know and experience the Truth is by surrendering to the Divine. None of the religious scriptures could truly explain or do justice to the vastness and eternity of the Divine. When the seeker finds himself incapable and limited to comprehend the Divine, surrender-ship is the only option left for the seeker. The seeker continues his spiritual journey.



Surrender-ship is an internal state. One cannot achieve it but pray for it. You may practice sādhanās or follow the instructions of your Master. But to savour the bliss, the Divine has to grant it. There is no spiritual criteria to attaining it, except the will of the Divine. The state of surrender-ship does not change the outer situations. They may remain the same or may get altered to a certain extent. One should not expect that after surrendering to the Divine, only blissful events will follow in life. Life will flow as usual with mixed elements, good and bad. The only change you witness is in the impact of outer situations on the most cherished inner-peace. You freely participate in life with no resistance from your end. In that state, the mind will not even try to quantify or assess the spiritual state but will flow positively with the situations at that moment. Hence, to know whether you are aligned with the will of the Divine, you must keep a check on your 'internal resistance'.

Surrendering is like the stream of a river, flowing up and down with twists and turns but offering no resistance. It knows for sure, one day, it will merge with the ocean. That's the moment of bliss. Hence, surrender is the way. To display your powers, you may block or alter the path. With such displays, you are only delaying the union of the river with the ocean. It will occur, but later. Hence, allow life to navigate you towards the higher existence. When you recognise the Divine, operating behind all kinds of experiences and situations in your life, you automatically get tuned to the will of the Divine.

*In rise and fall, the Divine was there.  
In good and bad, the Divine was there.  
In smile and cry, the Divine was there  
In light and dark, the Divine was there.  
In peace and disturbance, the Divine was there.  
In everything and nothing, the Divine is there.*

You see the Divine in everything and everywhere. One can't imagine the state as your Master will bestow it if He is Divine or has unconditional love for all. Hence, let it happen. Keep flowing in life.

However, if you still wish to assess where you stand in terms of the state of surrender, you must see the changes within affecting three spiritual qualities. If you observe a profound shift in the qualities of patience, acceptance and compassion, know that you are on the right path. Even an inch of change is considered a profound shift, because it is not a psychological shift but a spiritual, permanent one. When you surrender, you start experiencing bliss and love in every moment. You stop complaining and start appreciating everything you come across. Allow the change to happen in you so that you may assist others to experience true love and inner-peace!

**Learn to flow with the will of the Divine!  
Surrender to embrace Love!**

**Love and Blessings,  
Maitreya Dādāshreeji!**

# *Guru Purnimā (Gratitude Day)*

## *Vidhis\**



**Date:** 5th July 2020 at any suitable time as per the seeker's convenience.  
Can be practised along with Facebook Live Pādukā Abhishek on  
MaitriBodh Parivaar India page from **6:00 pm to 7:30 pm**

### **Dear Seekers,**

Namaste, we are sure you all are experiencing Divine Grace and Love in your life. The MaitriBodh Parivar celebrates 'Guru Purnimā' on 5th July 2020, as 'Gratitude Day' to offer our heartfelt gratitude and obeisance to our Divine. Since ages past, Divinity has always guided humanity from darkness to light and from ignorance to wisdom. Our Divine keeps guiding us constantly from within and around us. Like the 'Best Friend', that He is, He is always with us, listens to us, accepts us as we are, show us the right path and also unconditionally love us continuously. We pray and He gives. He gives and keeps on giving selflessly, without a break. We take the day of Guru Purnimā, as that one special day when we offer our gratitude to Him for all that He does for us so selflessly; without us even acknowledging nor knowing how much He takes care of us.

*\*Vidhis - Procedure*



Maitreya Dādāshreeji had once shared that, “Guru Purnimā is the day to express your gratitude to all those who guided you or blessed you to attain growth and happiness. Gratitude towards your teachers and your Guide will further shower blessings in your life. You can smile and shed tears of joy and happiness in connecting with your own Higher Divine. This day is yours and this day is of your Guide. Experience this blissful Divine connection!”

### **Pādukā Abhishek (Reverence Of Divine Sandals)**

The best way to express gratitude to our Guide, our Divine is by revering His Pādukās. Pādukās (sacred footwear of the Divine) are a representation of the Divine Consciousness. When we revere the Pādukās, it is equivalent to worshipping His Divine Form. Therefore, on the auspicious day of Guru Purnimā we offer, with utmost love and bhaav (emotion), our gratitude and surrender at His Divine Lotus Feet for all that He does for us at every moment.

We suggest you practice the following Vidhi (process) with complete Bhaav (emotion) and Love with the following Sankalp / Prayer:

*“Dear Maitreya Dādāshreeji, I express my heartfelt gratitude for your Divine presence in my life. I offer gratitude for all that YOU do for me. I surrender myself at your Divine Lotus Feet.”*

### **Important Note :**

- The process needs to be done with Physical Pādukās. You may obtain them locally, if available.
- In case, obtaining the Pādukās is not an option, we have shared a picture of the Divine Pādukās. Kindly take a printout, frame it or paste it on a clean cardboard (non-plastic material to provide support to the printout of the Pādukās). Kindly keep the picture on a clean plate and offer the entire process internally (mentally or Manas Pooja).
- In case one cannot obtain a print out of the Pādukās, then the entire process needs to be done internally (mentally or Manas Pooja).
- Place the physical Pādukās or picture of the Divine Pādukās along with your Divine Light.

### **Materials and preparation required before you sit for the Sādhanā (Process):**

1. Haldi (Yellow Turmeric powder), Kumkum (Vermilion Powder), Chandan (Sandalwood powder), Akshat (Rice grains mixed with Turmeric powder).
2. Individual Kalash / Glass filled with plain water, Haldi water, Kumkum water, Chandan water - (for Haldi, Kumkum and Chandan water dissolve adequate amounts of the powder for the water to change colour), Rose water or Ganga Jal (Holy water from the Ganges) - (A few drops of Rose water or Ganga Jal may be added to the Kalash / Glass filled with plain water) - Total 5 Kalash / glasses / utensils.
3. Panchamrit Preparation: One can either offer the 5 elements of Panchamrit separately OR make a mixture of the 5 elements which are Milk, Curd, Honey, Ghee (clarified butter), Coconut water (if not available then use sugar water). Please prepare sufficient quantity to ensure that the Pādukās are completely covered with the Panchamrit.
4. A Conch, if available to offer the liquid preparations on the Pādukās or regular clean vessel will suffice.
5. Dry fruits and fresh fruits finely cut, if available.
6. Flower petals, if available.
7. 1 Vessel / plate for the process (while offering various things to the Pādukās).
8. 1 Vessel to collect Haldi water, Kumkum water and Chandan water.
9. 1 Vessel to collect Panchamrit.
10. 1 Vessel to collect the dry fruits / fresh fruits.
11. 1 Plate (covered with a nice clean cloth) to keep Pādukās on completion of the process.
12. Clean freshly laundered cloth to dry the Pādukās after every step.
13. Napkins to wipe your hands during the process.





14. Aarti stand, camphor, incense stick, matchbox.
15. Diya (oil lamp) or candle for the Divine Light.

**Preparation of your Being for the process:**

- Sit in front of the Divine Light of Maitreya Dādāshreeji.
- Light a lamp / candle and an incense stick.
- Place the Pādukās on a plate.
- You may offer water, naivaidhyam (sweet meats) to the Divine Light.
- Relax yourself completely, close your eyes and observe your breath for some time.
- Open your eyes and look at the Divine Light with Love.
- Pray and invite Maitreya Dādāshreeji to be with you as you offer the process to Him by chanting the Dādāshreeji Mantra 3 times.
- Say the Sankalp with Bhaav (emotion).
- Experience HIS presence on the Pādukās throughout the process – Visualize that everything you offer are actually offered on the actual feet of Maitreya Dādāshreeji.





### Steps :

- Please carry out each action with complete awareness.
- Cleanse or wash the Pādukās with plain water through the Conch shell or pouring directly from the utensil.
- Cleanse or wash the Pādukās with Turmeric water, then Kumkum water, then Chandan water. After each offering offer your gratitude with folded hands. You may collect excess coloured water in a vessel.
- Cleanse the Pādukās with plain water. You may also rinse the plate below the Pādukās with plain water.
- The excess water may be offered to plants.
- Gently pour the Panchamrit / or each element individually in the following order - Milk, Curd, Ghee, Honey, Coconut water OR pour the mixture. You may gently and lovingly apply it with your right hand to the Pādukās. Once the Pādukās are sufficiently covered with Panchamrit, offer your gratitude and collect the Panchamrit in a separate vessel. This Panchamrit is offered to everyone at home as Prasad (blessed food).
- Offer the finely cut dry fruits or fresh fruits to the Pādukās. Once the Pādukās are sufficiently covered with fruits, offer your gratitude and collect the fruits in a separate vessel. These fruits are also to be shared as prasad (blessed food).
- Cleanse the Pādukās with plain water. Remove the entire residue from the Pādukās.
- Cleanse the Pādukās with Rose water or Ganga Jal and place each Pādukās on a fresh cloth to be wiped dry. Place the dried Pādukās on a fresh plate covered with a clean cloth.
- Individually offer a small portion of each of the following: Dry Haldi (Turmeric) powder, Dry Vermilion (Kumkum) powder, Chandan (Sandalwood) powder and Akshat.
- Being in the state of surrender, now offer either flower petals or Akshat to the Pādukās while chanting Dādāshreeji Mantra 108 times. Each mantra be offered with flower petals or Akshat onto the Pādukās.
- After the process, you may offer Aarti to the Pādukās and Divine Light.
- Offer gratitude with Sashtang Pranam (lying prostrate on the floor with arms stretched out towards the Divine Light). Take blessings by touching your forehead to the nodes of the Pādukās.

*Note : You may also practise the process on the picture of the Pādukās. In this case only offer flowers or Akshat OR you may also internally offer Pādukā Abhishek by visualising the entire process within.*





## *Maitri Sambodh Dhyān*

The COVID-19 lockdown presented the perfect opportunity for me to practice the Sādhanās (spiritual practices) which I learnt in the course of the spiritual programs that I had attended with the MaitriBodh Parivār. During the lockdown period, the Parivār has been organizing online prayers and meditation processes; it was during one such occasion, while practicing Maitri Sambodh Dhyān that I felt tremendous light flowing through my body. The energy was very strong.

Deeper into the meditation process, as I was offering gratitude to Dādāshreeji, I visualized Him in a castle-like structure and He led me to a room where I 'saw' my father. He was sitting in front of his computer. Years of suppressed emotions burst through my heart as I felt tears of joy and gratitude roll down my cheeks. I felt a surge of love for my father understanding how beautifully he had supported me all through his life unconditionally. In the next instant I was in another room where I 'saw' my mother. I was embracing her, showering love on her and thanking her internally for everything that she had done for me.

After the meditation, I was in a state of deep gratitude as I realized that Dādāshreeji had given me a chance to revisit my parents (who are divorced), a chance to express my feelings internally to both of them which helped remove the blocks that were probably hindering my growth and evolution. I understood the power of forgiveness as an expression of love and that in letting go I had freed my soul. Thank you Maitreya Dādāshreeji!

**Anita Stix**

During a Maitri Sambodh Dhyān session on Zoom, I felt the centre of my forehead vibrating. It felt calm and peaceful, I appreciate the sevaks of the MaitriBodh Parivār for organizing and conducting the session during these difficult times and showing the world a way to connect within and experience peace and calm.

**Tanishk Singh**

I have been practicing Maitri Sambodh Dhyān regularly and each time this powerful meditation fills me with immense love and joy. I would like to share the following profound insights that I have received from these sessions with everyone. Love is an energy that forms our core nature. The lack of this energy results in anger, hurt, jealousy, sadness and other negative emotions. Love can heal and is the most powerful energy. One needs to be in complete awareness.

The chatter of my mind has quietened, there is peace and silence. All that I am experiencing is Love, Love and only Love – a state that I want to be in - all the time!!  
Thank you to Maitreya Dādāshreeji and all the Masters!

**Geetha Subharam**



# Peace Within



In the process of painting the ego has to step back, when this happens I am immersed into a meditative state, where I forget the world around me and become one with what I am doing. I will put it like this: the act of painting serves to connect me with my Higher Self without effort. On days when I'm emotionally low, painting helps me regain my balance. I'm working for a while now on a series of paintings of spiritual personalities. Ever since I got to know Maitreya Dādāshreeji, I have hesitated in painting a portrait of Him as I wanted it to be something really special. And I also did not know if it is alright to paint Him and if I will actually be able to express what He is, through my painting.

My son, Michi, died a year ago and I painted a portrait of him on his birthday that deeply connected me with my Michi and therefore I was able to spend precious time with him. At the time of his anniversary of passing this year in May, I felt totally drained emotionally. At some stage I received this impulse to paint a portrait of Maitreya Dādāshreeji. I felt a strong connection while painting and gradually calmed down and entered into a state of inner silence and peace. This helped me so much on that day that I wanted to share my story and painting with others. Maybe my water colour portrait of Maitreya Dādāshreeji will fill others with inner peace too as it has done me.

**Thank you, Dada!**  
**Alfred Masarik (Austria, Vienna)**

## Maitri Light Miracle

I had been facing uncertainties in my life which were causing anxiety and were affecting my physical well-being. Being diabetic only added to my anxiety. As luck would have it I received a message from a childhood friend and classmate who is a member of the MaitriBodh Parivār. She briefed me about the 'Prayling' (prayer-cum-healing) process, Maitri Light, offered as a seva\* by the Parivār. I was introduced to a Maitri Light medium who connected with me for the session.

Soon after the process began I felt a white light pass in front of me while my eyes were closed. I felt the presence of someone next to me. I could feel a touch on my forehead followed by a sensation of heat accompanied with a white light. My anxieties seemed to melt away and I felt myself relaxing. It was a truly wonderful experience and I am grateful to my friend and the Maitri Light medium for helping me out in my time of need.

**Best Regards,**  
**Ashish Bhatnagar**

\*Seva - Service





# *An Accident with the Divine*

On a lovely, bright morning of 29th Feb, 2020, I dressed in a crisp, white shirt and red turban, for my work. I was happy as it was a special day, the last day of February making it a leap year.

In the afternoon, after having lunch, I was going back to work on my bike when I saw someone peddling and struggling with his bike on the roadside. The first thought that came to my mind was to ignore him and reach office on time but the next moment, the next thought was, "No, it's your duty to help him." This thought didn't even get completed when a car speeding at 80-100kmph, hit me from the back and tossed me in the air. I banged my head and elbow on the car's front glass and fell down on the road and fainted momentarily.

I vaguely remember people coming running towards me. Someone picked me up and helped me sit on the footpath. I was all covered in mud as it had rained earlier and there was mud and slush all around. Later I came to know that there were some acquaintances in the crowd but they could not recognize me due to the mud all over me. I was in immense pain and was feeling groggy. I heard a voice that asked me if I was okay and told me to hold on tight so that I didn't faint and fall. If I am not wrong, he was the same person who I had thought of helping before I met with the accident.

As I was being tended to, I thanked my Dādāshreeji for saving me. At that time, I had no idea about my injuries and bleeding. On my way to the hospital I thought about the injury on my head and that I might need stitches for it. This thought made me anxious as the stitches on the head meant removing hair to clean the area. Being a Sikh, cutting of hair is sacrilegious to me. At the hospital a bandage was tied on my head to stop the bleeding. My friends and family also had arrived and the first thing I received was Maitri Light from a Mitra. Soon after, I was taken to the operation theater where a team of doctors were ready to operate on me. While shifting me from the stretcher to the operation table, I felt giddy and fell unconscious. This led to a delay in the surgery by 24 hours.

At night, I was moved to the ICU. Despite all the worries in my mind, I had full faith and devotion to Dādāshreeji in my heart. I prayed to Him to take me out of the situation and thanked Him for reducing my karmic baggage with this accident. While I was in prayer, I felt someone arriving with a team, who in my thoughts seemed to be angels. One of them took me in His arms, caressed my head and put me back on the bed and left. I tried staying with the thought but don't know when I went into a deep sleep.





The next morning I woke up feeling slightly more energetic. Soon the doctor visited and asked me to get ready for the impending surgery. To my surprise I said, "There's no need of any kind of surgery, I have done my work at night". Hearing this, he gave me a polite smile and said "Let's check it then." He removed the bandage tied last night, checked the wound and said, "The wound seems to be fine and there is no need for any kind of stitches on your head". I was very happy to hear this and thanked my Dādāshreeji for helping me. After dressing up the wound, the doctor said "I am surprised by your recovery. You don't seem to me as a normal kid. It feels like some Mahapurush (great evolved being) is lying on the bed and talking to me." He then asked me how I was so confident about not needing any surgery. To which I replied, "I prayed to my Divine to help me get out of this situation and He did it." The doctor said "Sant ji, aapke pas aana padega Sādhanā seekhne." (O saint, I will have to come to you for a deeper understanding). I told him I would be glad to help him. I then told him about Maitreya Dādāshreeji and the MaitriBodh Parivār. He had already seen the rosary with 'Dada' imprinted on the beads around my neck that were protecting me all along.

We know that there is God. We also know that He knows everyone. But I feel immense happiness in knowing that He knows me by my name.

I have understood that performing good deeds and selfless service pays and this was one of the biggest incidents of my life when my karmic baggage was decreased to such a small one and what I was left with was an accident with the Divine where He was protecting me all along!!!

**Hargun Singh Sachdeva**



## *Ek Kshan Prārthanā\** *The Glory of the Eternal Light!*

The Grace of the Guru and His complete selflessness guides us on the path towards Divine union, the Highest truth. On the occasion of Guru Purnimā, **Maitreyi Sulata** pays a tribute to the physical manifestation of the Divine in the form of the Guru

*“Guru and God both appear before me. To whom should I prostrate to first? I bow before my Guru first, He who introduced God to me” – Saint Kabir*

### **Beloved Friends,**

*Wishing everyone a very Happy Guru Purnimā!*

As the fullness and brilliance of the July full moon radiates in the sky, this month's Ek Kshan Prārthanā honours the Supreme Light that shines forth through the Divine Masters. Let us pray together in adoration and honour of the Realised Beings - the Divine Ones on our planet. Even Lord Krishna, as the incarnation of Lord Narayana, learnt at the Lotus Feet of His Guru, Sandipani Muni. Lord Ram's Guru Vasistha initiated Him even though He was an incarnation of the Supreme. Such is the glory of the Eternal Guru!

The Divine is beyond the physical and is present in every micro particle in this vast cosmos. Our limited minds can only imagine His all-encompassing presence. If our hearts are open we can feel His hands blessing us at every step in our lives. Imagine how wonderful and beautiful this life would be when the Divine is in the physical form as a true, realised Master, holding us like a parent and guiding us at every step of life with only one pure intent - our inner growth!

Some people see sunlight only once a year, when they get up early in the morning. Some people wake up early every morning, just to experience the radiance of the sun every day in their lives. Nonetheless, the Sun continues

to bless and radiate its brightness and warmth ceaselessly, all through the year irrespective of our individual choices. Such is the benevolence of the Guru's presence and Grace akin to the Sun that shines its light on all - unconditionally!

The Guru is like a mirror. The mirror simply reflects what you are and how you are. The Guru is the omnipresent consciousness that pervades everything, everywhere and guides the entire universe constantly. The physical manifestation of the Guru is simply a reminder of the truth that the Guru is within you, and though you have never seen It, you can see It as a reflection, which represents the physical Master.

The dynamics and manipulations of the restless and complicated mind and the poison of the ego can only be tamed and dissolved by a Realised Master. It is only and only the Grace of the Guru that can liberate us from the cycle of birth and death. Reaching the Highest is only possible with the bond of love that one shares with one's Guru. In return, He seeks nothing from us, not even our love and devotion, not even to be obeyed. It is we who need Him. We need to grow as a human being through devotion to the Guru. The Master only loves and is simply there to awaken us to the truth of our very being that 'we are love'. It is this love that binds us all together as One. Just like honey, its stickiness, its gentle flow, its sweetness is tempting and we want it more and more, similarly in the current times we are all part of the river of awakening in this sweetness of love, binding us all together as One.

\*Ek Kshan Prārthanā - A Moment in Prayer





*Let us honour the myriad ways in which our Guru's Light, His Grace and His teachings leads us step by - step to The Supreme Light within us and in all Beings around us.*

**As the beautiful and radiant Supreme Light of the Guru enters our consciousness it blesses us with:**

**Supreme Knowledge (परम ज्ञान):** As He bestows His Grace, Supreme Knowledge awakens within us. When this knowledge is applied in our life, it transforms us from within, making our existence meaningful and purposeful!

**Supreme Light (परम प्रकाश):** As He bestows His Grace, His Light awakens within our hearts and shines forth and radiates through us and thereby to all around us. The Supreme Light liberates us from the prison of the confined mind and brings forth hope, faith and clarity in dark and challenging times!

**Supreme Compassion (परम करुणा):** As He bestows His Grace; His Supreme Compassion melts our hearts! He accepts us completely and unconditionally, helping us let go of our false self and embrace the awakening of love in our hearts!

**Supreme Truth (परम सत्य):** As He bestows His Grace, Supreme Truth awakens in our hearts, removing the veils of ignorance and false identity that we are engulfed in!

**Supreme Peace (परम शांति):** As He bestows His Grace, we are awakened to the core of our existence- the eternal peace within!

**Supreme Friend (परम मित्र):** As He bestows His Grace, we are awakened to the presence of the Divine as our Maitreya- our eternal friend! The highest and purest relationship of complete trust and love.

**Supreme Love (परम प्रेम):** As He bestows His Grace, we are awakened to the Truth of our soul- the unconditional love of that which we truly are! We realise our true nature – 'I am Love'.

**Supreme Bliss (परम आनंद):** As He bestows His Grace, we finally merge into the eternal bliss of His Divine Lotus Feet! We become ONE with Him. There is no longer an identity separate from the other.

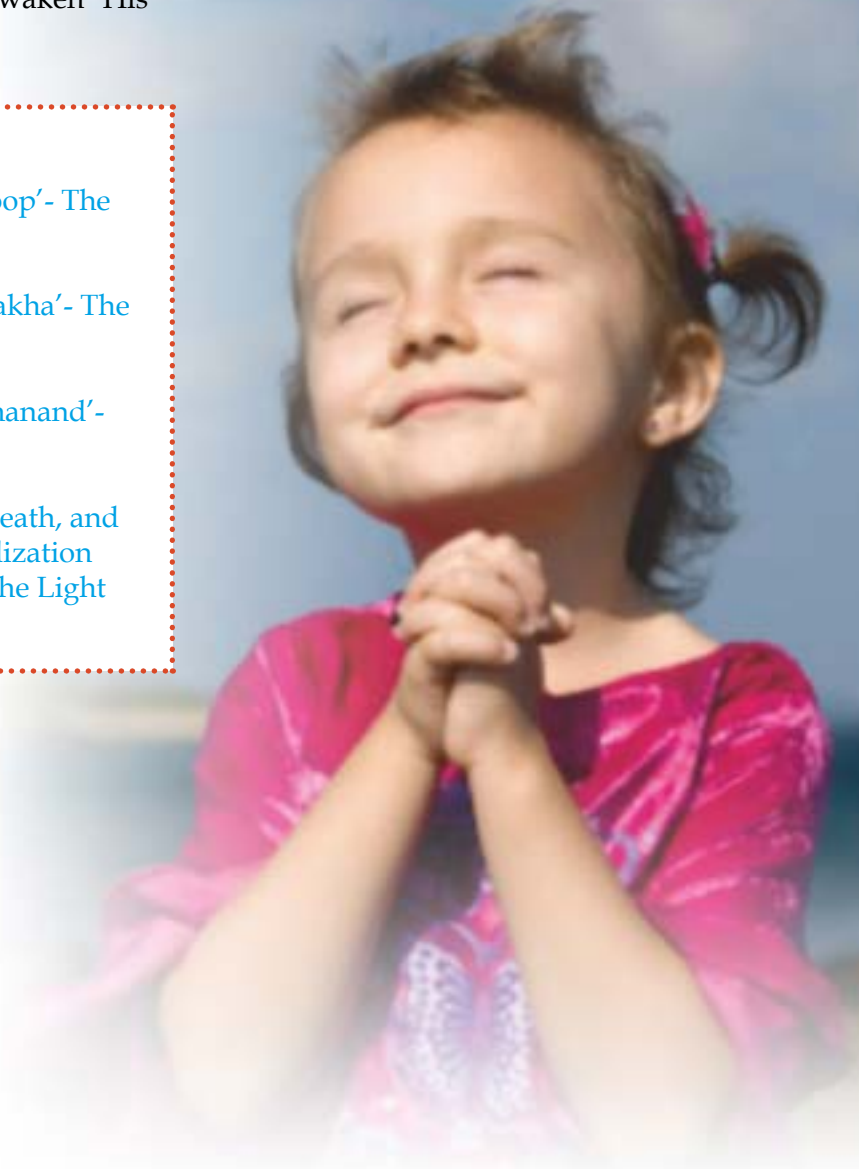
As I write in the glory and adoration of The Guru, I remember the infinite blessed moments of life when my Guru's Grace has guided and protected me in unfathomable ways. No words, No bhaav (feelings), thoughts or actions can ever thank the infinite, compassionate Grace of the Eternal Divine Light outside and within us as our Maitreya!





Today's Ek Kshan Prārthanā (A Moment in Prayer) is an offering of Gratitude to the Eternal Light who manifests physically as the 'Awakened One' to awaken His presence in our hearts:

**Beloved Maitreya,**  
Who manifests as the 'Jyotirop' - The  
Eternal Light,  
Thank you!  
Who manifests as the 'Paramsakha' - The  
Supreme Friend,  
Thank you!  
Who manifests as the 'Paramanand' -  
The Supreme Bliss,  
Thank you!  
Gratitude flows with every breath, and  
every heartbeat and the realization  
that He is none other than 'The Light  
within'!



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.



# *Sāadhanā\* for the Month: Praise the Divine*

The year 2020 began with a lot of hope and positivity. Almost everyone could sense a newer, brighter future and it surely has been so; just not in the way man thought it to be. It has been a very positive year for Nature that has got to recover and heal from decades and even centuries of exploitation. Our Guide, Maitreya Dādāshreeji started preparing us for unforeseeable situations since the beginning of the year by sharing sādhanās with us to inculcate in our daily routines. These simple practices have helped each one take a step forward in their journey of experiencing their own Highest Self and bond with their Divine.

As we keep walking on this journey and stepping closer to our Inner Divine, we witness and appreciate so many of His Divine qualities that make us adore Him even more. The forgiving, loving, caring, friendly nature of the Divine makes us aspire to be better and emulate His qualities. To imbibe the Divine qualities within us, the easiest practice one can follow is to *Praise the Divine*. When we make an effort from our side to praise Him, we begin to recognize His qualities. These qualities are present within us too, but in a nascent or dormant state. When we sing His praises, these qualities start becoming active within us and gradually, begin to express themselves fully and naturally. With each step that we take towards understanding the Divine, we take a step towards our own transformation. The Divine does not need our praises but in doing so, we are the ones that evolve and benefit in manifold ways.

In the Bhagavat Gita 9.22, Divine Friend Krishna says, *“There are those who always think of Me and engage in exclusive devotion to Me, to them, whose minds are always absorbed in Me, I provide what they lack and preserve what they already possess.”*

*\*Sāadhanā - Practice*



One may begin the practice by reading or listening to stories of any form of the Divine.

Each action of the Divine teaches us something or the other. Every incarnation of the Divine has taught man how to lead a pious and fulfilling life. Even connecting with the Divine as formless, one realizes the greatness and the power of the Supreme Creator. Reading the Narayan Ashtotram (the 108 names of the Divine), one comes to realise a Divine quality through each name of the Lord. By simply chanting these 108 names, one's astral being is cleansed and one begins to experience the Grace of the Divine in his/her life. Such is the Glory of the Divine!!

*Psalm 150:1-6 says, Praise the Lord! Praise God in His sanctuary; praise Him in His mighty heavens! Praise Him for His mighty deeds; praise Him according to His excellent greatness! Praise Him with trumpet sound; praise Him with lute and harp! Praise Him with tambourine and dance; praise Him with strings and pipe! Praise Him with sounding cymbals; praise Him with loud clashing cymbals!*

One may also sing bhajans, kirtans, hymns or offer prayers in His praise, in whichever form we connect with the Divine naturally. In fact, the most commonly used word in Sikhism – 'Waheguru' itself means 'O, wonderful Lord!!' An ecstatic cry of a seeker in sheer amazement experiencing the glory of His Divine. Praising the Divine also helps one be more grateful to His creation.

*Quran verse 34:1 reads: Praise be to God, to whom belongs everything in the heavens and the earth; all praise is also due to Him in the Hereafter. He is the Most Wise, the Cognizant. [Quran 34:2] He knows everything that goes into the earth, and everything that comes out of it, and everything that comes down from the sky, and everything that climbs into it. He is the Most Merciful, the Forgiving.*

One may choose to praise the Divine in whichever way they wish to, we all have complete freedom in that. This divine expression of love is purely between you and your Divine, who accepts and loves you just as you are.

My friends, a human birth is a rare blessing that we take for granted. We are all born only for loving our Creator. Right now is the time, and right here is place to sing, listen and meditate on His Glory. Let's stop making excuses. In fact, the Divine has ensured that we all have enough time in our hands to remember Him and connect with Him. We must ensure that this precious life is not wasted in seeking enjoyment of perishable objects of this world; perishable objects are obtained and enjoyed even by the lower species. The human body is a medium, a unique opportunity to cross over once and for all to release ourselves from the repeated cycle of birth and death. Connect with the Highest and be liberated !!

*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. We would love to hear your experiences as you include these monthly teachings in your routine habits. You may share your experiences with us at – [anahita@maitribodh.org](mailto:anahita@maitribodh.org)*



# Reverence of the Holy Feet

Citing a verse from the Quran, **Hind Mahil** draws a parallel between the ritual of Pādukā Abhishekam as conducted by the MaitriBodh Pārivar and a ritual performed at the Ka'bah in Mecca

“Waith jaAAalna albayta mathabatan lilnnasi waamnan waittakhithoo min maqami ibraheema musallan waAAahidna ila ibraheema waismaAAeela an tahhira baytiya lilttaifeena waalAAakifeena waalrrukkaAAi alssujoodi”

- Al Baqra “ The Cow” 125

**Meaning:** When We made the House a pilgrimage for men and a (place of) security, and: Appoint for yourselves a place of prayer on the standing-place of Ibrahim. And We enjoined Ibrahim and Ismail saying: Purify My House for those who visit (it) and those who abide (in it) for devotion and those who bow down (and) those who prostrate themselves.

In the above story, Ibrahim and his son Ismail, have built the Kaa'ba in Mecca as the Lordship House that is open for all the seekers of the Divine. The imprints of the feet of Ibrahim are still there to this day. The worshippers/seekers are supposed to pray from this area (where the feet are imprinted) and offer the prayers and obeisance with devotion to Allah. This ritual is a very old one in Mecca where people kneel at the foot prints of Ibrahim and pray to remove all the impurities of their souls, thereby showing true devotion to Allah, as He is the Creator. We know that His powers and energies are very strong at this place since many have experienced their prayers getting answered and manifested in no time.

This reminds me of the Pādukā Abhishekam, the practice of ‘cleansing the feet of the Divine’ that is similar to the above ritual that is performed in the Ka'ba to cleanse oneself and one's soul. It is the same expression of devotion, Love and Peace through the practice.

It gave me a great sense of understanding that we are one. We come from the same Divine and Source. Rituals may differ and we may experience them differently, but when they are done with sincerity they take us to the same state of 'Peace and Love'.

Born in the Kingdom of Saudi Arabia, Hind Mahil is an electrical engineer, passionate about spirituality and is on a quest to know the truth. Being an empath also helps her connect and understand the phenomena of the universe. She has studied and contemplated on the Quran from a young age that has helped her in her journey to seek the truth.





# Qualities of a True Student

**Mitra Sut** shares and elaborates on the essential qualities in a seeker that act as a catalyst in his/her quest to seek the Highest

Fortunate and blessed are the one's who have found a true Guru/Master. This Guru Purnimā let us learn and understand the essential innate qualities of a true student/seeker. These are well-explained in chapter IV of the Bhagwad Gita and expounded below.

तद्विद्धि प्रणिपातेन परिप्रश्नेन सेवया ।  
उपदेक्ष्यन्ति ते ज्ञानं ज्ञानिनस्तत्त्वदर्शिनः ॥ 34 ॥

tad viddhi praipātena paripraśhnena sevayā  
upadekhyanti te jñāna jñāninas tattva-darśhina

## Meaning:

Know that by PROSTRATION, ENQUIRY (questioning) and by SERVICE, the wise who have realised the Truth, will impart and teach the knowledge unto you.

The above mentioned qualities are intrinsic for all spiritual students /seekers truly wanting to grow and learn from a true Master (Guru). Often in our own enthusiasm, conditioning and past learnings we forget to practice these basic

qualities each of which are like precious gems, without which even if the Master wishes to bestow the highest, the student will not be able to receive! This is especially true in the current time and age, where many approach a Master with an ego of already knowing so much and some who go to test the Master, as an objective!

The three fundamental qualities as expounded by Lord Krishna to Arjuna in the sacred Bhagwad Gita, for a student truly seeking to grow are:

**Praipātena (Prostration)** - It also means devotion, a certain level of surrender which should grow with time. It is likely that some seekers who are not sure about one's guide can take time to understand and enquire about him/ her, but once the heart opens up and one internally realises that he/ she is the One, then there should be no more doubts since they can create a block in the student and disallow one to flow with the Master. Devotion to a Guru, creates a unique bond, calming the student's mind and opens up to receiving knowledge, allowing the free flow of Grace.



**Paripraśhna (Enquiry or questioning)** – This is an important aspect necessary for the growth of a seeker/student. The quality of surrender does not mean following blindly. What it means is that, when there is lack of understanding, a student must seek clarity about the same from the Master, but with devotion and humility. In the current times it is often seen that questioning is done with arrogance and more so to show off or to test the Master, which will never ever help the student in any way.

**Sevayā (Service)** - The willingness to serve the Guru is a state of mind, which inherently comes with the first quality of devotion and bond.

This attitude of service opens up the student to strengthening one's connection and helps in removal of one's blockages on the spiritual path, which actually a true master is always aware of. One must understand, that no Guru ever needs one's service and it is only meant for the students' growth. This quality completes the above two, and prepares a student to receive the highest. In the MaitriBodh Parivār, Selfless Service is given utmost importance for it aids in one's growth.

In the last part of the above verse, it is said that only by possessing the above qualities, will a Master be able to impart the highest. Therefore, this Guru Purnimā let us all, who are seeking the Highest, enquire - do I have these qualities? It is possible that if one is not flowing well, one of the above could be missing.

In the level II of the Bodh series i.e Purification (Bodh-II) Maitreya Dādāshreeji has revealed 5 more general qualities of a seeker that are important for the current time to enable a seeker to flow and grow in one's spiritual journey.

So this Guru Purnimā, let us vow to serve and grow with complete devotion!

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.



# Your Quest - Our Support

The section 'Your Quest - Our Support' brings you answers to your spiritual queries, inner experiences or to questions regarding teachings that are addressed directly by **Maitreyi Sulata, Mitra Shankh or Mitra Parn** through this column

## Question:

**Seeker:** I am often distracted by outer and inner "noise", negative energy. I do sādhanās. Can I do something else to stay more focused and be more with myself?

## Dear Friend,

I warmly greet you in the Love and Light of the Divine. Thank you for sharing your spiritual experience with us. Many seekers go through various experiences on their spiritual journey though none are the same. Each has their own experiences not to be compared with anyone else, yet I am sure your query will help many people across the world who are presently going through the experience of wanting peace within.

It is true that the human mind is restless and chaotic at most times. Many struggle to be at peace with their own selves despite their best efforts. Sādhanās (any form of spiritual practice) that your heart resonates with and that which are helping you inner growth are a must. Sādhanās bestowed by a realised Master helps us transform and become more and more connected to the silence of our core being. This is an ongoing journey and one needs to work with focus, patience and perseverance with our spiritual sādhanās. Consider the present challenges you are facing as 'tools' to help you transform spiritually. They are simply markers for you to know how far you have travelled. Further in order to flow with this transformation, we need to simplify our lives and our way of being! We carry much baggage from the past - emotional, mental and sometimes physical. We also create baggage by craving for things in the future. We forget the here and the now! Then we complain of the heavy load we carry.

In order to make things easier why not simply let go of the inner and outer clutter - unwanted hurts, feelings, expectations, thoughts etc.? Why not get rid of the outer clutter the excess of materialistic things that are of no use in our lives and can benefit someone else who might be in need? What use can they be of to me? Is carrying all this load helping or harming me?

Most importantly, spend time with your Inner Divine. The change of focus from Creation to the Creator will help you immensely. The more you connect and communicate with your own Inner Divine, the more strongly will you establish yourself in the consciousness of unconditional love and eternal peace. The petty human mind and its associated noise will simply not be able to distract you anymore.

Wishing you the best of Grace in your inner journey towards transformation!

**With Love and Gratitude,  
Dādāshreeji Sharanam,  
Maitreyi Sulata  
(On behalf of the MaitriBodh Parivār)**

*For any personal spiritual queries or further clarity feel free to connect with me: Maitreyi.sulata@maitribodh.org actions as per the need of the time.*







## Infused Water

Infused water is one of the easiest ways to increase your daily intake of water. To enjoy the varied benefits and flavors all that one needs is fresh fruits and herbs says **Swati Kejdiwal**

Infused water is loaded with vitamins, minerals, taste, and is refreshing as well as a healthy alternative. It has found its place in a number of diet plans and is also a healthier option over flavoured soda.

**Below are a few benefits of this revitalising drink:**

- Dehydration is linked to headaches, muscle fatigue, poor gut health and lethargy. Infusing water with fruits, herbs, or flowers not only improves the flavour but also adds essential vitamins that help keep the body hydrated.
- Gives a boost of energy, kick-starts your metabolism and detoxes the system naturally.
- Helps the body transport nutrients and oxygen better.
- Makes the skin look younger, softer, and smoother.

- Helps uplift the mood.
- Drinking infused water reduces the scope of snacking / overeating.

Here are some wonderful infused water recipes:

**Apple Cinnamon Infused Water:**

- Apple - 1 medium
- Cinnamon - 1 inch stick
- Water - 1 litre
- Add the apple slices and cinnamon in a jar/ glass bottle. Fill the pitcher with water.
- Keep it in the fridge to chill. Keep sipping on it through the day.

**Benefits:**

- Cinnamon is excellent for regulating blood sugar.
- Apples are rich in antioxidants and fibre.





### Watermelon Mint Infused Water:

- Watermelon - 7 to 8 pieces
- Mint leaves - 5 to 10
- Chia seeds - 1 tsp
- Water - 1 litre

Add the watermelon pieces, chia seeds and mint leaves in a jar/ glass bottle. Fill it with water and let it chill in the fridge.

#### Benefits:

- Mint is not only refreshing but helps in digestion too.
- Watermelon helps to flush out toxins from our body.
- Chia seeds are loaded with antioxidants, fibre and excellent source of Omega-3 fatty acids.

### Orange Cinnamon Cardamom Cloves Infused Water:

- Orange - 2 to 3 slices (with or without rind as preferred)
- Cinnamon - 1 inch stick
- Cardamoms - 2 (whole)
- Cloves - 3
- Water - 1 litre
- Combine all ingredients in a jar/ glass bottle. Chill and drink.

#### Benefits:

- Oranges are excellent source of vitamin C.
- Cinnamon controls blood sugar and has antifungal and antiviral properties.
- Cardamom helps in treating nausea, bloating, constipation and much more.
- Cloves promote digestion, boost immunity and are good for oral health.

### Pineapple Mint Ginger Infused Water:

- Pineapple - 2 to 3 slices
- Mint - 5 to 7 leaves
- Ginger - 1 inch grated
- Water - 1 litre

Combine all ingredients in a jar/ glass bottle and chill in refrigerator.

#### Benefits:

- Pineapple is rich in vitamin C, aids digestion, packed with antioxidants, helps to reduce mucous in the throat.
- Mint aids in digestion, is a breath freshener, clears up congestion of nose and throat.
- Ginger helps in treating nausea and morning sickness, reduces muscle pain and soreness, is anti-inflammatory.

### Strawberry Basil Lemon Infused Water:

- Strawberries - 1/4th cup (diced)
- Lemon - 1 sliced
- Basil - 5 to 7 leaves
- Water - 1 litre

Combine all ingredients and chill in the refrigerator.

#### Benefits:

- Basil gives freshness to the water, contains powerful antioxidants.
- Strawberries are packed with antioxidants and fibre, abundant in vitamins and minerals, lowers blood pressure, protects the heart.
- Lemons are a good source of vitamin C, promotes weight loss, improves skin quality, prevents formation of kidney stones.

Swati Kejdiwal ji holds a Diploma in Dietetics and Nutrition from VLCC. Her past experience of almost 4 years includes guiding fitness enthusiasts for weight management and lifestyle improvement techniques through diet plans.





## Lessons from the Grill

Just as raw food undergoes an ordeal while being cooked to bring out its true flavor, so it is with the devotees of Maitreya Dādāshreeji who undergo the transformative process to reach the Highest. But fear not says **Maitreyi Shreshtha**, as the ‘Master Chef’ is at hand to bring out the best in you!

On the way to the ShantiKshetra Premgiri Ashram - our true home where our Divine Mother, Maitreya and Babaji reside, we pass a restaurant with a unique name that many of us Parivār members resonate with - Dada’s Grill. This restaurant is about an hour away from the ashram and it is ironic because of the restaurant’s name, it’s location and the peculiar way in which Dādāshreeji works on those who truly seek Transformation.

In our Parivār there is common term which the devotees, sevaks, mitras and maitreyis use during certain phases of our spiritual journey called ‘churning’. The churning phase is the time when Dādāshreeji removes all the filth, ego and

unwanted impressions from your being. It is like an astral surgery to uproot all the clogged and infected parts of one’s consciousness that are blocking the way towards one’s growth. Dādāshreeji gradually brings all the blocks to the surface. As the grime emerges the mind goes through turmoil because it comes face to face with its ugliness. It is like an old infested wound that is opened and treated after many years so that it heals thoroughly.

During this period a seeker generally goes through emotional pain and is in a state of heightened emotions. But as this cleansing is performed by Maitreya Dādāshreeji Himself, with every phase of churning the seeker is



further transformed with a better understanding about life, moving speedily towards that Truth. It may be difficult to deal with the pain and suffering but it has a sweetness to it, purely because the result is so refined and beautiful. If you ask a mother whether she would go through all the pain of child birth again, whether it was worth it, she would say yes without batting an eye. In the same way the result of the churning, no matter how excruciating, uplifts a person from the fallen state to a higher state of peace and bliss, making it completely worthwhile.

The best part though is the unconditional love and support one experiences from Dada. Even though He is the one who turns up the heat, He is also the one who pulls you through it. He holds His children through the ordeal and perpetually guides one in absolute awareness about one's learnings. Along with purification one also experiences their bond with the Divine strengthen.

Therefore, over time I am able to understand the significance, irony and sheer brilliance of seeing 'Dada's Grill' enroute to the ashram. It makes me grin ear to ear as I pass the sign board. After several years of being associated with Dada and my MaitriBodh Parivār, I have been 'grilled' several times and churned into a better version of myself. I am still a work in progress but I have been prescribed a few steps by my internal Dada during the cleansing process that I would like to share here:

**Identify and Accept:** Realize that it is a phase of churning. It will be difficult but you need to face it head on and endure the entire gunk that comes out.

**Express and seek guidance from the right source:** The best remedy in this circumstance is to communicate wholeheartedly with your Divine Light. It is nothing short of magic how He hears and guides you. The next best solution is to express to those who have been through the process as they will guide you based on their experience and not steer you off course.

**Take a break and Breathe:** It is important to take little time off for yourself to relax and unwind.

**Be Brave and Buck Up:** Dādāshreeji will be relentless in supporting you through your churning, all that you have to say is "Alright Dada, Let's do this!"

**Finally, ask yourself, would you have it any other way?**

*Dear Dada,  
You churned me,  
I got finer.  
You squished me,  
I got emptier.  
You peeled my layers,  
I went deeper.  
You battered me,  
I became softer.  
You broke me,  
I got lighter.  
You shredded me,  
I got finer.  
You were tough on me,  
I got braver.  
You put me into it  
And pulled me through it  
Thank you Dada  
Today, I stand better!*

Right from a young age Shreshtha had the passion to explore her purpose trying to find a deeper meaning. Her search made her meet Masters along the way who guided her in her journey. She believes and has experienced how establishing a bond with the Divine can transform and uplift human life after meeting Maitreya Dādāshreeji and has dedicated her life to help His mission to establish Love and Peace on Earth through Divine bond and association.



# Silence

You answer all of my questions with silence. You make me silent.  
You comfort me with Your silence. You heal me with Your silence.

Your presence reverberates in silence.

You fill every void with Your silence.

I remember Your smile in silence.

You guide me towards silence.

You are my silence.

Only silence.

Only You!

Kriti Nanda





## आपका प्रेम

आपका प्रेम कुछ इस तरह शामिल है,  
 हमारी जिंदगी में,  
 जैसे खुशबू किसी फूल में शामिल होती है,  
 गहराई उसकी,  
 दिखाई तो नहीं देती किसीको,  
 पर हमारी साँस में सुनाई देती है,  
 छिपाकर लाख पर्दों में रखा है,  
 नजर ना लग जाए किसी की,  
 क्योंकि वो अनमोल तोहफा हो,  
 दादा, आप जिंदगी का,  
 जिसे पाने की खुशी में,  
 दिन में कई बार ये आँखें नम हुआ करती हैं!

## Your Love

### Meaning:

The presence of Your Love in our lives,  
 Is like the fragrance in a flower,  
 It cannot be touched,  
 It cannot be seen,  
 But only experienced by our breath!  
 We have shielded You safely,  
 Lest anyone cast their evil eye,  
 For, you are the priceless gift,  
 We treasure You Dada!  
 The thought of having You in our lives,  
 Makes us feel humbled each time!

Seema Gupta



## तेरा नाम

तेरा नाम, बस इक तेरा,  
मेरी साधना, मेरी आराधना,  
ये अथाह, अंतहीन सागर,  
मेरा मन इक नैया,  
तेरे नाम की पतवार ले निकल पडी हूँ कन्हैया।  
ना किनारा, ना पार,  
ये सागर अपार,  
निकल पडी हूँ कान्हा, लेकर तेरे नाम का आधार।  
नाजुक, चंचल ये मन,  
डर, शंका से भरा ये मन।  
तेरे नाम, ओ गिरधारी, मेरी पतवार,  
मेरा विश्वास, मेरा संबल।  
जाऊँ कहाँ, जाना कहाँ,  
ना कोई कदमों के निशाँ,  
ले चल, तू खिवैया, तू ही पालनहार।  
मझधार कहीं, वेग कहीं,  
तूफानों का खेल यहीं।  
निकल पडी हूँ लीलाधर,  
मिल तो जाओगे तुम कहीं।  
तेरी मर्जी, तेरी रजा,  
मझधार या ले चल पार।  
विश्वास था, है,  
मेरा निगेहबान, तू ही सदा।  
भँवर के मेले, मैं तुझ में खो जाऊँ  
अपार के उस पार, मोहन,  
मैं तेरी हो जाऊँ।  
इस पार या उस पार, माधव,  
कैसा खेल, कैसी तेरी लीला,  
जीत गई तो तुम मेरे,  
हार गई तो मैं तेरी।

## Your Name

### Meaning:

I am lost..in the vastness of You,  
Your name, Your thoughts.  
I am lost..in my love, in Your love.  
I am lost...in my happiness that You  
found me.  
I am lost..and You will always guide me.  
I am lost ...in the vastness that's You.  
The darkness to dream of You, the light  
Your smile.  
These cold winds,  
You are waiting for me,  
This storm to take me closer to You.  
The flowers Your love for me, the birds  
sing to soothe me.  
It's You, in all the moments,  
It's You all the way.  
Is this Aradhna,  
Sadhna,  
my faith or hope,  
I am lost...for the words.  
I am lost..in the words.  
I know nothing..but You.  
I know something...that's You.  
Beyond words, past this wisdom,  
Kanha, I walk towards You, with You.

Suman Joshi



# Upcoming Events

<b>Maitri Arohan Class</b> To register visit: <a href="http://www.maitribodh.org/arohan">www.maitribodh.org/arohan</a>	Sunday - 12th July <b>4pm to 5.30pm</b>	English session & Hindi session respectively
	Saturday - 25th July <b>4pm to 5.30pm</b>	Marathi session & Punjabi session respectively
<b>The AUM Chanting Club</b> To register visit: <a href="https://forms.gle/zxGfFJK8XxWvovoT8">https://forms.gle/zxGfFJK8XxWvovoT8</a>	11th July 2020	
	<b>11am</b>	Hindi session
	<b>5pm &amp; 10pm</b>	English sessions

In wake of the current pandemic all live events have been postponed and replaced with upcoming events like Maitri Prayer, Maitri Sambodh Dhyān, Happy body exercises and follow-up sessions which are taking place online on Zoom and through live Facebook sessions.



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## ***Request a Prayer***

*“Your prayers work magic in others’ lives. Your prayers give them hope to cope up with this challenging world. When you pray for others, it brings a smile on the face of the Divine and you earn merit and His blessings without asking for them. These blessings would manifest in your life in myriad ways or forms.” – Dādāshreeji*

Heartfelt prayers give Divinity the reason to act or intervene. You may now send in your prayer requests to the following email id: [invokedivinegrace@gmail.com](mailto:invokedivinegrace@gmail.com)

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

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

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

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## **Dear Friends,**

We bring you an opportunity to get answers to your questions from Divine Friend Dādāshreeji.

Send in your questions to [anahita@maitribodh.org](mailto:anahita@maitribodh.org)

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

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





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