

MAITRI ANAHITA



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From the Editor's Desk

Dear Loved One,

In another four months we will be stepping into 2021. Time has been flying at jet speed. The past few months have been turbulent. For most of mankind the prevalent situation itself seems like doomsday. Our limited understanding does not allow us to see the larger picture. To broaden the horizon one has to look farther and go deeper. The path is to go within. Connect with the Inner Divine so that we receive inner strength and guidance that would help us maintain our equilibrium in the challenging times. It will help us look beyond and see the bigger picture. The future is unknown to us, let us arise to the wake-up call (COVID 19) and make amends in our lifestyle, thoughts, habits and improve to be the best versions of ourselves. This is a clarion call for Humanity to create positivity, goodness, love and peace now more than ever. Shun negativity, pain, suffering, jealousy, envy and hatred.

Collectively, the human race needs to prepare itself to embrace and sync in to the approaching transformation. We need to prepare our minds, our physical bodies and our Inner Divine by connecting with The Source. Maitreya Dādāshreeji has been constantly guiding and preparing us through His messages for the same. Many more challenges await us as a civilization. The fittest shall survive – which implies that the ones willing to change and embrace transformation to create a harmonious existence with all the aspects of life and nature shall be the ones to step into the Divine Age. Let us work on ourselves so that we can be positive influences for one and all during trying times.

In this issue, do not miss reading *Maitreya Dādāshreeji's profound answer to a seeker's question on whether it is alright to not be able to like someone ever?*

Also enjoy reading the experiences of Grace and miracles of healing under the section 'Dadaleela'. 'Food for the Soul' brings to you the 'Sādhanā for the month', 'Ek Kshan Prārthanā' speaks about how one should maintain their emotional balance, while another article expounds a verse from the Isha Upanishad that reveals the secret of how to discover God. Under the section 'Reflections', read soul-searching, inspiring articles. Read more about eye care under the 'Health & Wellness' section. 'Your Quest – Our Support' answers the query of a seeker on how to remove a doubt? Do read the profound experiences shared by the participants of the program 'Spiritual Triangle'. Details of the upcoming part two of the program are shared inside.

Stay strong, stay positive, stay in Love!
Love for the sake of Love and keep the faith alive!!

With Love & Light,
Team Maitri Anahita



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Please do e-mail us your suggestions and comments on the articles at anahita@maitribodh.org



Question: Dear Dādāshreeji, Sometimes one tends to dislike an individual for no particular reason, maybe due to their own judgments, experiences, preferences, etc. In spite of trying very hard to change one's feelings, it doesn't happen. Even after trying to express to the best of our ability to that person, praying for help from the Divine, trying to go deep within to see what exactly is it that triggers the negative feelings about that person, it just does not happen. The feelings of dislike still stay. What can one do in this circumstance when one is striving to accept people, give love, be love, and trying very hard to stay happy and unaffected by people around? Also is it alright to not be able to like someone ever? Please help as the struggle is causing immense pain. Thank you.

Maitreya Dādāshreeji:

Dear Friend!

For a while, don't think of anything else! Allow your mind to settle down! All is fine. Let your mind take a moment of comfort! The way insoluble particles settle down in water with time, similarly allow your mind to relax. Sometimes, too much of chaos bewilders the mind keeping you away from the solution. In the state of ignorance, desperation will only add to the confusion. It will aggravate the pain of being trapped in an unwanted situation. Before you arrive at the solution, your mind and body must be at rest. Or else, all positive offerings will be in vain just as water leaks through the filter.

We do understand how critical it is for any spiritual seeker to get rid of any kind of pain residing in the body and mind. Every determined seeker has to identify the root cause of the pain and seek ways to erase it. When we talk about the root cause of anything, that means we are unknowingly entering into the internal, intangible realm. The cause of the current situation is within. As we say, the solution lies where the problem is. In the end, it is about your state of mind. How is your mind? How does it respond in certain situations and to particular personalities? When you realise, the issue is in the mind and not about the person or situation; you begin helping yourself at that very moment.

Help your mind! To run, you first need to stand on your feet. Hence, to erase the unwanted, learn first to strengthen your mind with positive qualities and spiritual energies. When you equip the mind with the power of positivity, you deal with the challenge wisely and patiently. You don't act out of desperation but with compassion and patience. This way, you are already at a higher level of awareness and are now able to resolve the complication in the best possible manner.

Knowing that all is within, viz, pain-happiness, good-bad, light-dark, align yourself and elevate the mind. When you push yourself to achieve the higher spiritual standards which you have only heard and read of somewhere, you struggle and suffer unnecessarily. You don't know how real these spiritual goals are. And even if they are, you don't know whether this is the time to attain them. Spiritual growth unfolds naturally and with time. One can't compel it to happen or experience it. There is no competition. Your Divine Friend knows the best for you. He will never allow the



slowing down of your spiritual growth. He will make sure that you grow as per the need of the time. If He feels the need to augment the process, He will do it. Hence, whatever is happening, let it flow naturally. Know that you are under His grace! Your spiritual growth will never be compromised.

Since spiritually there is no ideal state, liking or disliking someone doesn't make you good or bad. What is important is what you feel about yourself? Do you sense positivity? Is there anything lacking within? If yes, correct it and move a step ahead in life. It is okay to like someone. It is also okay to dislike someone. It is okay not to love everyone. However, it is not okay to hate someone or feel self-pity. Life gives equal opportunity to explore the self and everything around. Acknowledge it and use it!

You may not like someone faking appreciation. The friend may be too sweet outwardly but carry bad feelings towards you within. One can't do much about it. You would naturally expect people to be truthful. You would want them to express their liking with love and disliking with polite words. Then, why can't we try to practice the same? If we feel positive internally, we help ourselves as well as others to understand each other. That would strengthen our relationship. It is not about doing something outwardly to show how much you like them or you have started liking them. You may do this as much as comes from your heart. But assess your emotions internally! What are they indicating? Follow your personal truth without revealing it to others! It's not about pleasing someone or someone liking you but about your genuine emotions.

Suppose, we give you a task of taking care of three animals, a dog, a cat and a monkey only for three days, what would you do? How would you manage these animals of different natures simultaneously? You may inherently possess compassion towards animals. You may try your best to take care of them with love. Their responses and reflexes may invoke different emotions in you. You may be gentle with the dog or the cat, but to calm the monkey down, you may require different skills or approach. Considering their diverse natures, you may develop three different strategies for them. Sometimes, you will have to be kind or be strict. In any case, your compassion or love for one is not less than that for the other. It is just the way you treat them. It doesn't mean you like one more and the other less. We might misinterpret our emotions and label it as a problem. Hence, understand my friend! Loving is an internal state. It has to be experienced. You may treat others based on their level of understanding, possessing compassion and love in your heart. Life is simple; keep it as it is.

We would request you to worry less. When you do everything from your side, leave the rest to your Divine. Over-thinking and worrying would not solve the issue. Do your best, and The Divine would handle the rest. You are completely protected.

Don't try but pray!
Don't struggle but flow!
Don't run but walk!
Don't fake it but be truthful!
Don't doubt but keep faith!

Elevate others by elevating yourself!
The Divine is with you!

Love and Blessings,
Dādāshreeji!



MaitriBodh Parivaar presents, under the Grace and Guidance of Maitreya Dadashreeji

Spiritual Triangle

Understanding Life ▲ Karmas ▲ The Divine

SAMBANDH

True Bond



SWAGYĀN

True Knowledge

SATYAKARMA

True Actions

The **Spiritual Triangle** is the perfect launchpad to **decode one's journey of life**.
It makes complex spiritual concepts simple, practical and applicable.
It is a guide for every seeker who wants to unravel the world within and beyond to
lead a fulfilling, happy and peaceful life.



Spiritual Triangle

Understanding Life • Karmas • the Divine

SATYAKARM True Actions

Role of Karmas in one's Life.

3 Types of Karmas.

Understand karmas in the simplest Manner.

Role of past life karmas in present life situations.

Understand the 70-20-10 principle of karmas in Maitri Life Chart.

Discover how to break out of the cycle of birth & death through a -

{ Mahāvākya

Experience Profound Meditation & receive Transformational energy -

{ ShaktiPravaah



#SpiritualTransformation
#OneWorldOneFamily

ENGLISH

8th AUGUST, 2020
10:00 PM - 12:30 AM (IST)

9th AUGUST, 2020
1:30 PM - 4:00 PM (IST)

ENGLISH W/ GERMAN TRANSLATION

8th AUGUST, 2020
1:30 PM - 4:00 PM (IST)

ENGLISH W/ ITALIAN TRANSLATION

8th AUGUST, 2020
6:30 PM - 9:00 PM (IST)

HINDI

9th AUGUST, 2020
6:00 PM - 8:30 PM (IST)



Expand your Horizon

Dear Friends,

I'd like to share a vision I had during my meditation.

Once, deep into my meditation, I had a vision of Dādāshreeji walking towards me with soft steps. Dada, who was in a very light and joyful mood, said, "What do you want, ask me for anything?."

I said "I don't want anything. Life is joyful, peaceful and blissful". He smiled and asked once again, "But I want to give you something so ask anything of me". I replied "I have everything that I could ever want with Your Grace".

Yet again He asked me to reflect on the matter by going within. As I went deeper into my meditative state, I had my answer in a few moments. I said to Dādāshreeji "I want peace for myself and my loved ones at the time of my transition from this life. I would not want anyone to mourn me and instead I would wish for peace for my near and dear ones".

As I said this, Dada became quiet and I felt uneasy at His silence, unsure if I had asked for the right thing. In this uneasy silence, I was unsure of where I stood with the Divine! As Dada looked at me questioningly, I said "since I did not have a desire for anything materialistic I asked for the above". Upon which, He said that I should delve deeper within myself to come up with a wish that He could bless.

In a few moments my eyes opened wide and I said "I want peace, love and joy for each and every soul on this earth at the time of their transition from this life. At the time of their departure there should be no sorrow. Everyone should experience peace and love".

He looked at me and said "this was exactly what I needed you to ask for".

Dādāshreeji explained that the moment I had surrendered to Him, I had merged with Him and there was no separation. So why ask for oneself, when one is here for everyone but themselves? One's sole purpose is service to mankind (Sewa). I looked at Him and expressed my gratitude for His guidance in showing me my true purpose of life. As I came out of my mediation I knew my experience was the Truth, and not just a vision. He had been here. He was asking me to work with even more dedication and devotion towards helping humanity, sharing and spreading goodness with all.

**Eternal gratitude to Him,
Love you all!
Mitra Gomant**



The End of the Search

My journey with the MaitriBodh Parivār was triggered by my search of the 'absolute truth'. It has been a transforming experience as I am able to see the occurrences in and around my life in a positive sense. Maitreya Dādāshreeji is the Supreme Power for me. I communicate with Him internally as my friend. Many times negativity influences me, but I am confident that my dreams and visions shall get fulfilled with His Grace and guidance. All that I need to do is work more on my faith. Thank you, Dādāshreeji for guiding me in the right direction and showing me the path.

Shobhna Nair

Blessed!

Since joining the MaitriBodh Parivār, my life has taken a positive turn and has completely transformed. I feel so fortunate and blessed that Maitreya Dādāshreeji has chosen me to be a part of the Parivār. I had heard about true love, read a number of books, scriptures, but had not experienced such love in my heart. Dādāshreeji has given me the experience of true love. He has filled me with so much compassion that I feel immense love for everyone - so much that people call me crazy.

I had read and heard from many Gurus and Masters that the Divine is within us but had never experienced it. Here I would like to say Maitreya Dādāshreeji is magical. He has awakened my Inner Divine and for me my Divine is my Beloved Dādāshreeji.

I experience Him all the time, there is so much clarity in my thoughts, I get guidance from within as what to do and what not to. He is constantly watching over me, guiding me, and helping me throughout. There is no confusion. I ask and He gives me clarity. There is so much peace within me which can't be explained in words. This is my general experience.

But in my day to day life Maitreya Dādāshreeji gives me such mystical experiences that I am unable to do justice to them with words. In this beautiful journey of 7 years with Dādāshreeji, there are innumerable experiences that He has given me where each experience is a story in itself so much so that I can't put them into words.

Saroj Malik



The Secret to Discover God (Practically) - Part 1

The ancient scriptures are a fountain of knowledge and wisdom, serving as a practical guide to realizing one's Higher Self while living on the Earth plane says **Mitra Sut**

The Upanishads are parts of the Vedas, which render the highest philosophy and impart true knowledge meant to liberate one and reach the highest in one's life time. Upanishadic knowledge is very practical, beyond mysticism and can be easily applied in one's daily life, provided one is guided by a true Master to understand the subtlety of the words and the hidden meaning so as to experience it in entirety.

Below is a verse from the Isha Upanishad that gives a very powerful and potent understanding of how to practically discover the Divine, while being in this world.

(Isha Upanishad Vs 1 & 2)

ॐ ईशावास्यमिदं सर्वं यत्किंच जगत्यां जगत् ।
तेन त्यक्तेन भु जीथा मा गृधः कस्यस्विद्धनम् ॥१॥

īśāvāsyamida sarva yatkiñca jagatyā jagat |
tena tyaktena bhujithā mā gdha kasya
sviddhanam || 1 ||

Meaning

AUM. All this- whatsoever in the changing universe is pervaded by the Lord. By renouncing that may you enjoy! Do not covet anyone's wealth.

The first verse provides the secret way for knowing one's Self. It has been analysed in-depth in various ways, as the Sanskrit language when used especially in mantras is very versatile and can be interpreted in many ways. It begins with ॐ (AUM), which symbolises the universal sound representing

कुर्वन्नेवेह कर्माणि जिजीविषेच्छतं समाः ।
एवं त्वयि नान्यथेतोऽस्ति न कर्म लिप्यते नरे ॥२॥

kurvanneveha karmāi jijiviechata samā |
eva tvayi nānyatheto'sti na karma lipyate nare
|| 2 ||

Meaning

Performing actions alone here one should wish to live a hundred years. Thus there is none other than this for you. Action does not stain man.

the very Source of our creation. The mantra mentions that this world is ever changing as we all know and are experiencing it. There couldn't be a better time than that of the current COVID-19 pandemic where the all-powerful nature had brought the whole of humanity to a standstill.



But, while this entire world as we see and perceive keeps changing, there is something which doesn't change which is the very foundation and the Source of the universe that which remains untouched, unmoved and yet provides the power of functioning to the whole world without which, nothing can be sustained. Now this is where one wonders, what is that power? It cannot be perceived with our five senses and the mind, and there are no scientific tools yet available to discover or even know it.

So what can be done?

The verse guides one in a very practical way to help experience that Source and this is by shifting the focus from which is impermanent to that which is permanent! This is where one needs the efforts and grace to be able to decipher it. If you see a glass of water mixed with sugar, one cannot tell whether it's sweet or tasteless just by seeing the water, as the sugar particles are completely dissolved. The naked eyes cannot make out the existence of the sugar. The sugar crystals dissolve and become a part of the original tasteless water and that is what is being hinted at in the verse, by the words 'pervaded by the Lord', where the very fabric of the universe as we are able to capture with the limited human mind is inseparable from the 'principle' that enlivens it.

It guides one to renounce the materialistic things that are obvious, it urges one to look beyond the apparent and it is only thereafter that one may truly enjoy life. Every millisecond of our entire life is currently based upon worldly desires, attachments and their fulfilment. In such a state how can one even comprehend what it is that is impelling us in

their enjoyment? In this roller-coaster of life, with all the constant ups and downs, we simply need to begin our spiritual quest by shifting the focus to 'That' which is permanent and gradually embark on the journey of discovering one's 'Self'. This requires both effort and Grace. It is here that Divine guidance is necessary.

The verse suddenly takes a big twist by adding 'do not covet anyone's wealth' as it comes to a very practical ground guiding us where one is going wrong. While many want to seek and experience the Divine and take much effort to do so, there are others who are unable to give up the whims and fancies of the mind. The mind constantly seeks the impermanent world wanting more, with multiple desires springing out of comparison, jealousy, greed and more.. Here, the word 'wealth' signifies and refers to many things that one sees and runs after; many a times subconsciously. This holds true for one's spiritual journey as well, where one wants or aspires to be like someone else.

Maitreya Dādāshreeji has often said that the spiritual path is an individual's personal journey and unique to each. In the MaitriBodh Parivār, there is a much easier way where the journey begins with the awakening of one's heart by very powerful processes that help one transform so that the heart becomes the guiding force to keep one focussed towards the transcendental.

The second verse gives a very practical way of how to live life while experiencing the Divine - to be continued in the next issue (September 2020) of Maitri Anahita.

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: Emotional Equilibrium- An integral part of Transformation!*

Maitreyi Sulata shares the importance of being aware of one's emotions and how one should channelize them in the positive direction for one's highest good.

Dearest Friends,

I have been closely observing and experiencing the role of emotions in my own transformation and take this opportunity to share some of my insights with all our readers today.

Understanding Emotions

Every emotion, a fundamental part of being Human, comprising positive, negative, good or bad, pleasant or unpleasant attributes plays a vital role in our lives. The experience of an emotion, no matter what, gives us a reason to feel alive, to feel human! Being able to recognize and express what we are feeling, helps us understand ourselves better, learn from the experience and grow emotionally as well as spiritually. The present day crisis has brought a lot of emotional churning with it within people. It has now become a dire need to stay calm and connected internally with the Divine and with each other which is crucial to face these challenging times.

The Emotional Awareness

By recognizing our emotions clearly, by processing and validating them we are able to respond to them effectively thus helping in our growth as the spiritual beings that we are. Our emotions spring from our own deep rooted needs allowing us to take steps to address them directly. We often feel simultaneously mixed emotions like fear and excitement. Having the means to be emotionally aware motivates us to express ourselves clearly, communicate effectively, enhance the bonds in our relationships, make healthy choices in our life, become more resilient, and take action to improve ourselves and grow. If we closely

observe where our emotions are mainly directed, we shall even arrive at the learnings, passion and purpose of our lives.

The Emotional Equilibrium

Maintaining an emotional equilibrium has truly become the need of the hour today as also an integral component of inner transformation that Humanity is going through. Let us take this opportunity to understand and thereafter utilize the mix of the bitter-sweet emotions that we all go through wisely, so that we can learn and grow through them.

For a moment let's keep the light, funny, neutral emotions aside, and only focus on the ones that generate overwhelming feelings within us, unsettling our equilibrium, as these are the ones that are the true catalysts to deep, profound transformation. If life was a placid flow of emotions, we humans satisfied with our humdrum existence, would never wake up to the reality and completeness of our true selves to learn and grow! We would never realise our spiritual heritage as 'divine beings' learning and growing continuously.

At most times, it takes an emotional jolt, an emotional extreme, good or bad event (in our perception), to wake us up to initiate the search for our reality. Repetitive emotional reactions are an indication to explore if there is something asking for a transformation, a change, an up gradation. Our emotions are a powerhouse of energy and if appropriately balanced and channelized, can become the source of inner growth. If not recognized well, if not channeled wisely we can also cause harm to ourselves and to those connected with us.

**Ek Kshan Prārthanā - A Moment in Prayer*



Channelizing our emotions wisely

Passionate, volatile and repetitive emotional reactions may appear as overwhelming, but are full of a great opportunity to strengthen our spiritual muscle. Let's take an example that the emotions come as a fear of rejection or envy or a strong feeling of revenge, or even a strong outburst of passionate energy waiting to be fulfilled. The mind then interprets the feelings and soon we find ourselves being consumed by extreme energies.

How then are we to deal with such a state within us?

Face It - Facing the situation and its consequences in spite of associated lack of understanding or fear, provides us an opportunity to get over the worry of what might happen and rather learn and move a step forward. Face whatever is coming up for us at a given point in time in any situation or relationship, and witness the power it gives us to move on from where we may have otherwise felt angry, helpless, fearful or hurt.

Accept It - As taught by Maitreya Dādāshreeji, acceptance is the most powerful tool to deal with challenging situations full of emotional charge. When we stop judging and fighting the negative or positive state of emotions, we are able to distance ourselves from the struggle and are able to observe the phenomena and its impact on us. The natural instinct is to avoid and somehow get rid of it, or take a dive into the emotional outburst etc. But with acceptance comes the power of observation with its inherent calmness. This power of observation brings with it an innate wisdom to 'learn' the lesson behind this repetitive emotional trigger that's waiting to unfold. As an example, are you feeling rejected yet again?

Here comes the usual envy! Are you feeling unfulfilled as you are unable to express yourself? If yes then it's time to accept the situation and pray to the Divine to complete this experience and move on the journey of transformation. Utilize the emotion wisely to understand what it is trying to communicate to us. Let's learn this lesson once and for all. Let's complete the current lesson so that we can move on to the next level.

Express It - Expression is an innate human need. With expression, there is a movement of energy which gives us the necessary impetus to feel alive from within. The opposite of expression, which is suppression, as Maitreya Dādāshreeji shares should be completely avoided in our lives. While expression gives us an opportunity to get rid of negative emotions and baggage, as well as fulfill our passionate needs, suppression only bottles us up from within, ready to explode any moment. While expression is life, suppression is death.

We are all unique and here on the planet to express our unique qualities and divine gifts. One must express one's thoughts, feelings and emotions, wisely, completely and precisely.

If we are unable to express to the concerned person, like in case of anger and deep hurts, then the best way is to express to your own Divine Form as guided by Maitreya Dādāshreeji. The Divine accepts us unconditionally and bestows His soothing Grace for our healing and upliftment.

Offer and Surrender All - The best way to deal with robust, unexpressed, unaccepted or unfulfilled emotions is to surrender them to the Divine. While surrender is an internal state bestowed by the Divine, the best we can do from our side is to offer these emotions with faith to the Divine so that an opportunity be created for its completion, dissolution or fulfillment as best known to the Divine.



The above ways with practice and Divine Grace will give us a new internal freedom, supporting us to rejoice in every experience of life as an opportunity of growth until we arrive at a point in time, when a natural state of surrender is bestowed on us and thereafter life is simply a flow.

Now that we know that we are in a constant state of experiencing varied emotions which are nothing short of unpredictable unguided missiles shooting in all directions. Unable to fathom the energy that we lose in this process, we fall prey to them. We now need to awaken to the fact that our love, passion and emotions

define our purpose and goals in life. We need to harness all the energy we can to inspect, understand, accept and grow from each emotionally intensive experience. If we do not embrace them, if we do not express them and worse, if we continue to avoid or run away and hide from them, then the lessons remain unlearned. The lessons will come back later perhaps in a more intense manner until such time as we face them. The lessons will continuously chase us till we learn from their hidden message. The only wise thing is to face them bravely, express wisely, accept peacefully and learn deeply and move ahead on to the next lesson as we grow spiritually.

This month's Ek Kshan Prārthanā (A Moment in Prayer) is an heartfelt call to the Divine for bestowing us with an emotional equilibrium for our highest good.

Beloved Maitreya,
In your beam of Divine Light
May we face fearlessly,
May we accept peacefully,
May we express wisely,
And surrender completely!
We bow down to the Eternal Light
blissfully!
Thank you beloved Maitreya!



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.





Sādhanā for the Month: Make the mind your friend

Dearest Loved Ones,

We hope you have been practicing the monthly sādhanas regularly because if you have, you would surely be benefiting immensely from them. These simple practices given by Maitreya Dādāshreeji have brought noticeable transformation in the lives of many devotees. Even if you cannot follow them diligently, practice them whenever possible or whenever you remember about your sādhanā during the day. The best part about these sādhanas is how simple they are to practice, yet they are so effective and teach us so much about ourselves in this process.

The sādhanā for this month is to “Make the mind your friend”. We have blamed our mind a thousand times over for not being able to meditate well or chant the name of the Divine or even remember the Divine through the day. And rightfully so. It is indeed the nature of the mind not to sit still. Maitreya Dādāshreeji has

explained to us that the nature of the mind is like that of a monkey. It will keep jumping from one branch to another and it cannot be static. So does it mean that the mind is our enemy? Or that it will never allow us to connect with the Divine peacefully? This month, our beloved Divine Friend has guided us to stop fighting the numerous thoughts in our mind and befriend our mind.

He explains that the mind is not negative or positive. It is simply being itself. It is in its nature to be in motion so what one can do is to make it a friend and then guide it by giving this energy a direction. If we don't give it a direction, it will settle on to whatever it sees or finds tempting. If you don't give it a direction, it will take its own course. To make the mind supportive for our growth, it's better to guide it accordingly.

It wouldn't become silent or calm in one day itself but gradually over time, it will start transforming. Just observe it. Do not judge it.



Do not engage with it. Just listen to it. It tells you a story; just listen to its tales. Do not judge yourself based on the stories of the mind. As the mind starts transforming, you fly higher with a wider vision. Your perceptions towards life become more open, positively refined, rewarding, happy, and all inclusive. The most serious issues of life, all of a sudden, appear baseless and menial. The worrisome mind becomes a happy mind. Keep guiding and directing the mind towards the Divine. Divine Grace will numb the chattering mind and channel it towards the very purpose of your existence.

Maitreya Dādāshreeji had once shared - "Everything around has a purpose of conveying something to you. It is not to bind you forever with that and trap your mind. The trapped mind thinks it is free, but in reality it is trapped within the self-created false world. For that foolish mind, whatever appears and disappears, begins and ends is well within the confines of the world. There is no attempt or

even a desire to experience the 'Truth of life'. It is only when you reach a dead end on your path, that you start looking for help, support and solutions.

Be aware of this trapped mind! What you can do here is not only free your mind but also allow it to express and experiment with itself. Treat this mind as a gift of creation, make it your friend, and allow it to be guided by the Divine. The Grace and Love of the Divine will make sure that you experience the Supreme Truth and Divine Love."

Among all the friends you have in your life, start with making your mind a dear one. We have already witnessed it as a troublesome monkey, let's now experiment and experience it when it is befriended and guided well by the Inner Divine. Please practice this with dedication during this month of August and we will meet each other, a little more transformed, a little more in touch with our Divine next month.

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



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: How does one remove doubt? What if one doubts the presence of the Divine?

Answer:

Dear Friend,

I warmly greet you in the Love and Light of the Divine. Thank you for sharing your doubt. Each of us goes through this difficult phase at some period of time or the other. I am sure your query will help many people across the world who are presently grappling with doubt such as yours as an obstacle on the path of Transformation or Evolution.

Doubts can exist for anyone and everyone in varied forms. If for a moment you keep the object of your doubt aside and focus on the word 'doubt', you will realise that it's nothing but a bundle of unwanted energy sitting, arising out of some perception or past experience of your life and now becoming an impediment in your spiritual growth. Doubt is the creation of the mind. Doubt is inversely proportional to your inner growth. Whether you doubt or don't doubt the presence of the Divine, it will not change the universal truth of 'Its' existence. The Divine was and shall continue to exist till eternity and beyond. Doubt only blocks us from receiving the Grace of the Divine.

When you have faith, even in the simple fact that one will wake up the next morning, it is a positive step towards attaining your purpose of life. Doubt is destroyed by experience. You would have heard "Faith can move mountains". Faith comes from one's heart. Faith simply knows. It just is. A simple way to move in that direction is to honestly pray for the experience. Prayers are very powerful and if offered honestly and not with the purpose to test, will yield positive results. Please pray and seek for the experience that will dissolve your doubt; for the time for humanity to step into the Divine Age has come and each of us have an important role to play and be a part of this transition.

My friend! Prepare yourself for the 'spiritual transformation'. Every 14,000 years, the world goes through disruptive events before the ushering in of a new era of love and peace. The rational mind might not comprehend this; and may create many doubts, but you will see it happening as time passes. Let go off the doubts and open yourself to receive Grace. Your awakened Inner Divine will guide you to successfully pass through this phase.

Wishing you the best of Grace on 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*



Eye Health

Eye are the window to your soul; **Swati Kejdiwal** focuses on the health of our eyes and suggests a nutritive diet as well as practical tips on maintaining clear vision

The coronavirus pandemic has had a massive impact on our lives leading many to spend more time digitally which eventually can take a toll on one's eyesight. We tend to blink less whilst in front of a screen. Excessive screen time may cause eye fatigue, headaches, irritation due to dryness, blurred vision, neck and shoulder pain, poor sleep, and impaired cognitive function.

Following are some ways that could help one cope with screen fatigue:

Blink Frequently: Focusing on a screen may make you blink less, which may make your eyes dry and uncomfortable.

Adjust Lighting: Most screens have a brightness adjustment. Make sure that your screen isn't brighter than the surrounding light, or your eyes will have to work harder to see.

Stop using Electronic Devices before bedtime: There is evidence that blue light emitted from phone and TV screens affect the body's circadian rhythm, our natural wake and sleep cycle.

Keep Distance: Try keeping the monitor or screen at arm's length, about 25 inches away.

Regular Examination: Get the eyes examined every six months.

Nutrition for Healthy Eyes

A balanced diet including fruits, vegetables, nuts and fish provides essential nutrients that support good eye function. Certain vitamins are essential for maintaining good eye health. Many are powerful antioxidants that protect the eyes.

Below are the vitamins that contribute to eye health:

Vitamin A and Beta Carotene: This is an extremely important vitamin for the eye. Vitamin A is important in keeping your eye lubricated. Not getting enough Vitamin A can lead to a dry ocular surface and difficulty in seeing in dim and dark lighting. Orange, yellow and green fruits and vegetables give us beta carotene that is converted to Vitamin A in our body.

Sources: Spinach, coriander leaves, mint, amaranth, fenugreek, pumpkin, carrots, ripe mango and papaya are all rich sources of beta carotene.

Vitamin C: Often described as being essential to a healthy diet, Vitamin C is a highly effective antioxidant that will also slow cataracts and help to keep your eyes clear and healthy.

Sources: Cabbage, coriander leaves, capsicum, green chillies, guava, amla (gooseberry), strawberries, citrus fruits, kiwis.



Vitamin E: Vitamin E is an antioxidant that is critical for good eye health. These nutrients help protect fats that make up cell membranes. The retina of the eye is rich in fatty acids, so antioxidants are essential for the eyes.

Sources: Vegetable oils, almonds, sunflower seeds, peanuts, and peanut butter.

Omega 3 Fatty Acids: Highly concentrated in the retina, omega-3 fatty acids are very important in maintaining healthy vision and visual development. They are also helpful in preventing the dry eye condition by keeping a healthy tear film.

Sources: Walnuts, salmon, flax seeds and chia seeds.

Lutein and Zeaxanthin: These antioxidants play a crucial role in maintaining the health of the eyes. They help to filter out harmful blue light and help in reducing the effects of free radicals.

Sources: Green leafy vegetables, broccoli, peas cabbage, oranges, sweet potatoes.

Shared below are a few recipes to provide essential nutrition for your eyes:

Green Smoothie

Ingredients

- Cucumber - 1/2
- Spinach leaves 3-4
- Avocado - 2 slices
- Celery stalk - 1
- Mint leaves - 4-5
- Kiwi - 1/2
- Water - 1/2 cup
- Lemon juice - 1-2 drops
- Blend everything together and enjoy.

Benefits: This smoothie is a rich source of vitamin A, C, E, folate, magnesium, omega-3 fatty acids and fibre.

Red Lentil (Split Masoor dal), Carrot and Pumpkin Soup

Ingredients

- Split red lentils - 1/2 cup soaked
- Carrots - 2 sliced
- Pumpkin - 250 grams chopped
- Onion - 1 chopped
- Garlic cloves - 3
- Peppercorns - 7/8 crushed
- Skimmed milk - 3/4th cup
- Oil - 2 tsps
- Salt - to taste

Procedure

- Heat the oil. Add garlic, onion, carrots and pumpkin and saute for a few minutes. Add one and a half cups of water along with the crushed peppercorns and stir. Add the soaked lentils and mix well. Cover and cook till completely soft.
- Cool and blend to make a smooth puree. Pour it in a pan and add the milk. Bring to a boil and add salt as per taste. Serve hot.

Benefits: Carrots and pumpkins are loaded with beta carotene and help improve vision.

Seed Mix

Ingredients

Take equal quantities of flax seeds, pumpkin seeds, chia seeds, sunflower seeds, sesame seeds or any other seeds of your choice.

Procedure

Roast them separately and mix well after they cool down.

Store it in an air tight container. Have it as a mouth freshener after meals or grind into a powder to sprinkle on salads, soups, smoothies or plain yogurt.

Benefits: Rich in Omega-3 fatty acids and Vitamin E

Swati Kejdiwal 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.



Grace, Grace, Grace!

Let the Lord carry you! **Mitra Daulat** shares his realization as he narrates his experiences of Divine intervention

On 6th October 2018, I was on my way to 'Gaumukh', in the Himalayas from where the Holy river Ganges emerges from under the glaciers.

The first half of the journey was on mule-back till a place called Bhojbasa (famous for Bhojpatra, a thin bark of the tree on which almost all Vedic scriptures were written on, in the earliest days). The altitude of Bhojbasa is almost 3,800m (12,450 feet).

From Bhojbasa it's a walk of 4kms through undulated rocks and stones to Gaumukh which is situated at an altitude of 4,023m (13,200 ft).

It was a beautiful bright morning around 11.30 am when I reached Bhojbasa. My guide instructed me to start walking (No mule's after Bhojbasa) and said that he would keep my backpack in my tent accommodation and join me on the route.

Halfway on the route walking towards Gaumukh, I started experiencing cramps and stiffening in my right injured leg, as I had met with an accident in January 2017 and have a steel plate and 9 screws in the leg since.

My guide had in the meantime overtaken me and was waiting near a stream crossing. I was praying to Dādāshreeji and Divinity to help me make it to Gaumukh. As I reached my guide, I sat down and told him that I needed to recover from the pain and that I forgotten to carry my backpack that contained energy bars, dry fruits and chocolates. To my sheer surprise he said "Sir, I transferred your eatables in my bag and there is no need to worry!" Actually he had no reason to do that and this would have been interpreted as a violation! But then, I totally believed this was divine intervention to help me during my time of need.

Having rested and eaten the dry fruits and energy bars, we started for Gaumukh after crossing the stream. About 45 mins from Gaumukh, the skies became overcast and a cold bone chilling Himalayan breeze started blowing. My guide was constantly telling me



to hurry-up which was not at all possible for me due to my injured leg else, we will have to return since the weather conditions were indicating a strong possibility of snow. He shared stories of perils of such situations. At that point I waited for a moment and told him that he should go ahead and fill the four 5-liter water cans we had brought along with us to take back home with the Holy water from the source.

There, I prayed to Maitreya Dādāshreeji, Mahavataar Babaji and the entire Divinity for help and to let the sun shine again and help facilitate our visit to Gaumukh and back to Bhojbasa safely.

Divinity blessed my passage! The clouds cleared and sunshine came back with a beautiful warm Divine hug.

I completed my journey back to the camp just in time before it got dark. I will never forget these incidents and am in gratitude to Dādāshreeji, Babaji and the entire Divinity for their help and support.

After I returned back home and was sharing my experience with my family members, the following realisation dawned upon me:

Passion - It is all about grit, determination and perseverance that finally becomes your character and personality. Divine Grace supported my strong intent to visit Gaumukh despite the challenges. This reinstated my self-confidence. This 'Self' itself is 'The Divine' isn't it?

Surrender - That undying, death-defying love, faith and belief that the Divine is there and will come to help you, when the 'time comes'. I have experienced this many times and more particularly, when I was traveling to attend the



first Himalayan Retreat to Dunagiri on 9th of May 2017 after being bedridden for three months due to the injury and had learnt to walk again with support a mere eight days prior to the journey.

Acceptance - Plan, prepare, execute but at the same time be ready to amend your plan as per 'His' will. Accept anything and everything as His will. I had wished to go on this trip to Gangotri driving all the way as promised to my son and later a trek to Gaumukh, but I knew my current state and decided that I would go as far as my physical state permitted. I prayed to Maitreya Dādāshreeji and the entire Divinity for help and it came in every possible way along the entire journey.

It was only Divine Grace that helped me get back home safe and sound!

An ardent spiritual seeker, traveller and Maitreya Dādāshreeji's sevak.



GOD - Lost and Found!



Maitreyi Shreshtha shares her delightful journey as a child and incidents that shaped her bond with the Divine as a Friend

When I was young my parents, grandparents and I lived in a quiet and secluded locality. It was a private building that my great grandfather had built and it housed just a few of my relatives and cousins. I usually had no company and I played all by myself almost all the time in the small garden my grandmother had cultivated. My parents and grandparents tried to spend time playing with me as much as they could but eventually everyone always had to get back to work. I missed having company, especially a friend whom I could have just for myself.

One day as I was offering prayers with my father to Sai Baba (Saint from Shirdi), I thought to myself as I gawked at Baba's photograph "He looks friendly let me catch hold of Him to play with!". So I leaned over closer to Baba's photo, smiled shyly and from then on He became my dearest friend.

Baba was there to play with me all the time! We pretend played, had many tea parties, played house, and had conversations about fairies, dolls, Tom and Jerry. Being the talkative kind I did most of the chatting and Baba just listened. He listened like no one could. Often my parents and grandparents got tired of my constant gibberish but due to their love they would pretend to listen. But not Baba! He genuinely heard everything that I said. He was never tired of my jabber. Instead, He always seemed to want more. As for me, I had found a friend who was mine, all mine!

Eventually as I turned six our quiet locality started to get busy and noisy. So we moved to a huge colony. Here, there was a downpour of friends. Many children of my age, gathered to play every morning and evening. I was suddenly exposed to a different world and I didn't realise when Baba went back to being just a photograph in the shrine that I offered prayers to once a day.

Years passed by and over time I only went to Baba and the other Gods during selective times depending upon the category of the problem I faced. I called out to Lord Hanuman ji while watching horror movies or on the nights I was home alone. I went to Lord Ganesh during exams and tests. I vented to Sai Baba during break ups and remorse. I begged to Lord Shiv ji when I wanted something that was impossible to get. My relationship with Divinity became a selfish one. The friendship was lost. Until the day when my bond with the Divine was revived by my earlier Master and then nurtured and nourished by Maitreya Dādāshreeji.

Who is the Divine, what does He expect from us? How should we treat Him? It was in Dādāshreeji's association that I found the answers to these questions and the true meaning of Divine friendship. I realized that the relationship that I had with Sai Baba was exactly how it should be! I soon experienced Sai Baba, Ganesh, Krishna, Shiva, Christ all encompassed in Dādāshreeji. Today, I share my deepest bond with Him. I talk to Him, fight



with Him and pamper Him as I would with my closest friend. I am now content with this one Divine Friend I have for myself, for life!

Apart from communicating with the Divine, Dada has helped me discover many more beautiful ways to strengthen my bond with Him some of which I would like to share:

Music: I have a 'Dādāshreeji playlist' on my phone which I try to listen to everyday for some time. This playlist not just has devotional music but also hip-hop, Bollywood, classical and more. It includes all the songs with lyrics and tunes that I dedicate to my Dada as well as to those whom He has internally dedicated to me. The time spent together listening to music and communicating through lyrics is when I truly feel wrapped by His presence. I urge you to ask your Divine to dedicate a song to you and watch the magic!

Spend time alone: I am sure there must've been tinges of empathy you must've felt knowing that I had no friends growing up. But in that loneliness I found my entire world. I discovered and embraced that one True Friend who has actually been there with me over lifetimes. So if you feel that you have no or a few friends please remind yourself that you have 'that' one friend waiting for you and you are never alone, you never have been.

Visualise: Our internal world is mightier than our external world and the most beautiful gift humans have is the ability to visualise. When we visualise our energy gets channelised. This accelerates the bhaav (emotion). Our emotion awakens the Love. The best way to move closer to your Divine is visualize and feel His presence around you all the time. As you dive deeper into your visualisation it will manifest into a tangible experience of the Divine's presence in your life.

Adore your Divine: The Divine is an abundant Source of Love. We, being a part of this Source are also Love in abundance. The more we act as per our true nature of Love the closer we will move towards experiencing it. The easiest person to give Love to, is to the Divine! As your Love flows towards the Divine you will experience it returning back to you multifold from Him. Not in terms of materialistic gains but just as a feeling of completeness within. This Love is more than enough! So lock eyes with your Divine and keep expressing your adoration.

Do what you Love: As a child I wasn't aware of rituals or sādhanā (spiritual practices). All I did was play, paint and dance. During this time, I experienced the freedom to do what I enjoyed and loved. This freedom followed sheer joy. The happier I became the closer I got to experience the Divine Nature of bliss. To do what you love whether as a profession or a hobby must be an integral part of our daily activities to moving closer to your Divine.

I offer this heartfelt prayer to the Divine:

ज्या ज्या ठिकाणी मन जाय माझे ।
त्या त्या ठिकाणी निज रूप तुझे ॥
मी ठेवितो मस्तक ज्या ठिकाणी ।
तेथे तुझे सद्गुरु पाय दोन्ही ॥

Jya jya thikani mann jaay mazhe |
Tya tya thikani neej roop tuzhe |
Mi thevito mastak jya thikani |
Tethe tuzhe Sadguru paay donhi ||

Meaning

To whichever place my mind wanders,
Let me find Your Presence at that place.
Wherever I bow my head in reverence,
Let Your Divine Lotus Feet be there at that
place.

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.





Blowing Away the Blues

Maitreyi Shraddha writes on how to deal with the tumultuous external world – the inner world, where one connects with the Divinity within, calms the mind and empowers one to deal effectively with the external world

The initial period of the lock down saw many of us taking it as a phase of life, a short-term experience which involved a learning for humanity. We spent time with our family members, took interest in doing household work, worked from home, and actually managed all our daily activities from home. The family groups and our friend's groups buzzed with the pictures of food items every day. The things which we would buy from the sweet shops earlier seemed to be the simplest food item to cook at home. Many people got back to their hobbies and many more got connected with their Inner Divine.

Nobody knew that this period of uncertainty would stretch out for such a long time. Slowly, everyone has started noticing that there is no apparent positive change in the situation in the world. All the household work, lack of physical connect with the family living far away, fear of losing one's job and fear of loved ones getting infected with the disease has started taking a toll on almost everyone. Mostly people who have stood strong have been the ones who are connected with their Inner Divine as it gives them the strength to stay calm and move forward each day.

I have been reflecting on the lesson that the human race needs to learn during this time. As per the circumstances in the last four months, it is clear that we need to go within and connect with our 'higher self' so that we experience the truth. We just need to 'be' rather than proving our existence in these times. It is easy to give in to fear, worry, stress and panic within us. However it will not help in any way. Feeling

sad about just being at home, not being able to meet anyone and most importantly not have any human connect is natural but if we accept that this is the need of the hour for everyone's well-being, the focus shifts from sadness to being hopeful for better days to come in the future.

We need to find ways and means to do everything to the best of our abilities. If we cannot go out for physical activity, can we do the same at home? If we cannot meet our friends and loved ones, can we connect with them over phone by speaking with them? Can we take good care of ourselves while we are at home by eating healthy? Can we learn a new skill? Can we work on strengthening our bond with our Divine Friend? Can we pray for Mother Earth and the world? Can we contribute in any way to help humanity?

I have tried to incorporate all of these in my life and each day provides me with something to be grateful for. Whenever I feel low, I immediately share it with my Divine Friend or seek out someone with whom I can share and express my feelings completely. It makes me feel better. Keeping myself hydrated and chanting the Dādāshreeji mantra has also helped me. I try to keep a smile on my face always as my Divine Friend is by my side and that fills my being with love and patience.

With the present time being so unpredictable, let us welcome each moment as Grace of the Divine. Let us blow away the blues and welcome all the colourful hues given by the Divine.

Maitreyi Shraddha is a student of life, she finds joy in being with her students with different abilities. on Earth through Divine bond and association.



Spiritual Triangle

Spirituality is simple! Maitreya Dādāshreeji says, "To be Spiritual is to be Natural."

However, it has often been complicated by misinterpretations over the years. Spiritual Triangle is a tri-session program that helps one gain 'True Knowledge' about one's journey as a soul, since its inception. It is a platform to know, understand and experience how much 'True Actions' (karmas) affect our lives and how we can break free from the cycle of birth, death and rebirth and move closer to the Source - The Highest, our Divine.

The first session 'Swagyān', under the Spiritual Triangle series was very well received by hundreds of seekers from India and abroad. Seekers, whether new or old, experienced an incredible shift in their consciousness by the end of this session. Shared below are a few experiences:

The Spiritual Triangle program was so wonderful, blissful and graceful. At the time of Shakti Pravaah, the jyot (flame) seemed to me to take the shape of tears streaming from my eyes. The experience was so soothing. Towards the end, the jyot seemed to rise to a bright glow. Thank you, Dādāshreeji, for your Love and Grace.

Anjani Kapoor

Yesterday I attended the Spiritual Triangle with my husband. I was following instructions of the conductor but somehow missed the part where you have to open your eyes to receive ShaktiPravaah by looking at the 'jyot' (flame). With teary eyes I told Dādāshreeji that I loved Him but I had missed the ShaktiPravaah as You closed my eyes. When I finally opened my eyes to look at the Divine Light - what I saw was very beautiful!. I saw Dādāshreeji wearing a Sufi cap, then as Sudama (Lord Krishna's friend) and finally as a Shivait, (a Tamil Brahmin), all the while changing his head gear. I saw Him in many forms. Dādāshreeji, I am blessed.

Namrata

When I was performing the sādhanā prescribed in the Swagyān session of the Spiritual Triangle program, wherein one has to focus on the Anahata (Heart) Chakra, I felt as if my heart chakra had expanded to the width of my body. I experienced Divine energy in my heart Chakra. It was an amazing experience. Thank you, Dada.

Shailaja

Dada Sharnam. I don't know how to express what I feel within. But yes, being alone in this world, I felt there was no place for me. I did not know if I was alive or dead; there seemed no difference between these states. None to talk to or to share with! My only constant companions were my tears flowing all the time from my eyes. I could not understand the reason for this despair. I always wished to know the purpose of my birth and existence. The story doesn't end here. Dada came into my life and now I feel alive; not feeling that same loneliness anymore. I found the reason that made my heart beat and that is Dādāshreeji's Divine Love. Love you Dada! I know Dada will say "I love you more, Vani."

Vani Sharma



Upcoming Events

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.

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.



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