

Maitri

ANAHITA

ISSUE: 02 || VOLUME: 09 || FEBRUARY 2021

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editor's
desk

Dear Loved One,

The first month of the New Year has already gone by. A lot was spoken about in terms of bringing about a positive change in our outlook towards Mother Nature when the pandemic struck in 2020. Have we really been able to live upto our commitments and work towards establishing a better world a better tomorrow? At an individual level the idea to bring about transformation in the entire mankind may seem far-fetched and an impossible task. But, that doesn't mean that we give up. All that we need to do is to be good human beings. To be good Samaritans to our fellow travellers, Mother Nature and all the beings that inhabit planet Earth. Love, empathy, compassion, patience, courage, respect, humility, kindness, acceptance, trust and selflessness are a few virtues that will help us go a long way. Saying 'Yes' to Transformation will help humanity move in the direction to establish the vision of 'One World, One Truth and One Community', a world without borders.

In this issue, '*Pearls of Wisdom*' brings to you Maitreya Dadashreeji's message urging us to communicate with our Inner Divine. He also shares the two essential qualities that are required to make progress on the spiritual path.

Enjoy reading the life-altering experiences of devotees with Divine Grace under the section '*Dādāleelā*'. Under the section '*Food for the Soul*', the article 'Acceptance' urges us to be more accepting of ourselves, read 'Ek Kshan Prārthana' which is a prayer to the Divine for granting us all with the virtue of 'A heartfelt giving to life'; the soul is eternal and a constant witness to all that happens says the great sage Ashtavakra in Ashtavakra Gita - the article 'Parables of Vedic times' expounds further on this. Under the '*Health & Wellness*' section, learn more about sleep-inducing foods while under '*Reflections*' enjoy the articles 'Two Sides of the Coin' and 'Life with a Guru'. The section '*Young Impressions*' features answers to queries from the youth, the query being - whether one can control anger? Enjoy the picture tale and an article on true friendship under this section.

The way forth is to communicate and bond with the Divine!

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

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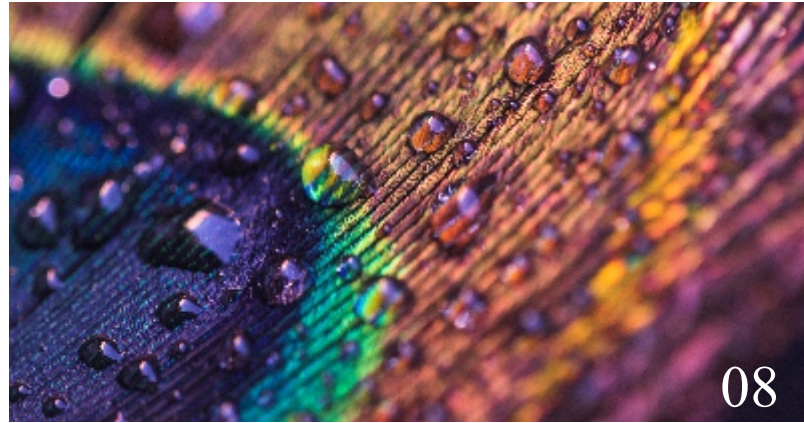
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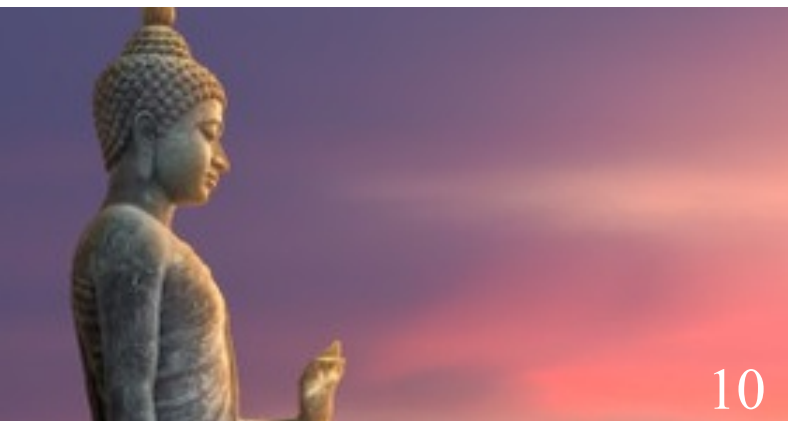
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Dādāleelā



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It's time to build our own New Home

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

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We welcome your suggestions and comments on the articles. Email us at anahita@maitribodh.org

pearls of wisdom





understanding the divine

Dear friends,

We hope this year has begun on a high note and you are doing well, transforming with every given opportunity. As a social practice whenever you meet someone, you ask them how they are doing. Depending on how close you both are or the internal state of both, the pleasantries are exchanged at a superficial or deeper level. Today, I ask you, not about you but your Inner Divine. Give it a moment, go deep within, connect with your Inner Divine and tell me how He is feeling.

Is he happy, sad, excited, nervous or seeking your love? Your Inner Divine is a reflection of you, yourself. This most loyal, constant friend, your Inner Divine is seated in your heart center (anāhat chakra) and has been communicating with you ever since your birth. So much so, it is your own Inner Divine that is making your heart beat. He makes His presence felt through that heart beat – the sound of 'lub-dub'. Your first heart beat happened inside your mother's womb. Since then, it is still ongoing. His constant, tireless connection with you. When you connect with your heart, you are able to connect with your own source, your Inner Divine. You can actually interact with your Divine by connecting with your heart. You may even express complaints or anger to your Inner Divine but He never stops beating within you. Have you ever thanked your Inner Divine for that?

The simplest way to connect with your Divine is by communicating with Him. This communication with your Inner Divine has to be very natural, very effortless. He only wants to be your true friend.

The Divine doesn't expect anything big from you. He wants to be a part of your daily life. All He needs from you is your simple, innocent love. It is the human mind that judges itself as good and bad but the Divine only sees you as a part of His creation and loves you nevertheless. You can spend your life counting your good and bad karmas (deeds) or



you can connect with your Divine and go beyond all karmas. Simply connect with your Divine with love. His Love for you does not change as per your good or bad deeds. It's always the same. Many yogis spend lifetime after lifetime waiting to experience the Divine. They receive siddhis or spiritual powers and get stuck there. Even those who follow the path of knowledge to reach the Divine eventually understand that He can never be understood. If there is no Divine or Love in the knowledge, it is not true knowledge. True knowledge never creates division or separation between anybody. True knowledge only brings love, unity and harmony. We have experienced all the spiritual paths and hence come to the conclusion that the Divine can only be experienced through Love. We want to help save your time. Connect with your Divine with Love and He will take you across, beyond all that you seek. When you receive His love, pass it on to others.

The two very essential qualities that are required of you on this spiritual path are patience and courage. Patience is a jewel of a quality and it comes only with true love. Your love will give you the courage that will nurture and guide you. Stay connected with your Inner Divine at all times by communicating with Him. Talk to Him like you talk to your best friend and witness how this Friend transforms your life. When you stay connected with your Divine internally, you will receive messages from Him guiding you on your path ahead. Share your good and bad with Him 'as it is'. He already knows you more than you know yourself. Sharing with Him helps you accept yourself, your situation and take a step forward in your true journey.

With the Divine you grow, shine and radiate love everywhere!!

**Love and Blessings,
Maitreya Dadashreeji.**

(Excerpts from a meeting with Maitreya Dadashreeji at ShāntiKshetra Premgiri Āshram, January 2021)

dādāleelā

Dadashreeji is that presence which makes spiritual truth and the Divine a wholesome and inner felt experience. This section illustrates Maitreya Dadashreeji's devotees' innumerable tales of transformation, miracles, and mysticism



The Preparation

I would like to share my recent experience during a meditation. I had a vision where I was sitting with Mahavataar Babaji by a small pond. He instructed me to wash my face in the pond. Each time I washed my face the reflection changed to that of a different person until I saw myself the way I look now. Then Babaji pointed me to a hill in the distance where Maitreya Dadashreeji was walking towards the top of the hill, clad in white, holding a white staff. Babaji said, "Now go and follow him." So I walked up the hill and joined Him. The vision showed me that my past had served as a preparation to help Dadashreeji in His mission to establish Love and Peace in this world. All that I need to do now is to move ahead and work for the mission.

Maitreyi Meredith Smythe

Divine Guidance

It was on 11th May, 2013 that my journey of transformation began under the guidance of Maitreya Dadashreeji, when I received ShaktiPravaah (process of Divine energy transfer). This profound process allowed me to experience internal Love and Peace, a state that I experience to this day. Experiencing the transformation within enabled me to serve others selflessly and unconditionally. Walking the path of transformation allows me to lead by example in giving back to society, supporting others in their personal growth and helping them to experience themselves with absolute freedom of expression. No judgment, no assumption, no expectation, just Love and Peace. Thank you for giving my life a higher purpose, Maitreya Dadashreeji!

Mitra Kaivalya

food for the soul

“ One moment can
change a day, one
day can change a
life, and one life can
change the world
- Buddha

”



Parables of Vedic times – What is Real?

Mitra Sut shares the story of King Janaka juxtaposing his dream with the reality of his existence giving us clarity on the truth of the soul being eternal, a constant witness to all that transpires

Ashtavakra Gita Verse 1.7

एको द्रष्टाऽसि सर्वस्य मुक्तप्रायोऽसि सर्वदा ।
अयमेव हि ते बन्धो द्रष्टारं पश्यसीतरम् ॥ ७ ॥

eko draā'si sarvasya muktaprāyo'si sarvadā ।
ayameva hi te bandho draāra paśyasītaram ॥ 7 ॥

Meaning

You are the one witness of everything, and are always truly free. The cause of your bondage is that you see the witness as something other than this.

The famous and wise king Janaka once had a vivid dream. In the dream he is at war with an enemy and is on the verge of defeat; fearing for his life he runs away from the battlefield. He runs as far as he can and finds shelter in a forest, where he suddenly comes across a small cottage. Exhausted, hungry and thirsty, the King knocks on the door, asking for help. An old woman peeps out but is unable to recognise the king. She is afraid to open the door, but taking pity on his condition, she says, "I can't let you in, but will give you some food and water." She gives him some lentils, raw rice, spices, a cooking pot and some water and tells him to prepare the meal himself.

With great difficulty, the great King Janaka, manages to make a fire and cook something.

Finally, just as he is about to eat, two wild boars charge in grunting and fighting with each other, right over the king's food, stomping it into the mud! The King was left aghast as if his breathing had been stopped and just at this moment, he wakes up from the dream. He sees that he is peacefully lying in the most comfortable bed in the best of his palaces, with all the guards around. He breathes a sigh of relief, but because the dream seems so real, it keeps flashing in front of him day and night for the next few days.

This dream completely consumes him, to the extent that he starts thinking whether what he is currently seeing and perceiving is a dream and whether the one he actually dreamt is reality! He starts feeling this to be the case, as

everything in that dream felt so vivid and real, as if it had actually happened.

King Janaka summons all his ministers and advisors in an emergency and describes the dream and asks them, "Is this real or was that dream real?" All the ministers try to reason with him but in vain! The king does not get a satisfactory answer from anyone! At the end, King Janaka announces, "You are the wisest people in my kingdom personally appointed by me, yet you are unable to solve this problem. In the next two days, if you don't find one right person to help me know the truth, all of you will be thrown out!". Ashtavakra Gita Verse 1.7 be satisfactory. Finally, they are told about a young sage Ashtavakra. One of the ministers approaches him and tells him all. Ashtavakra listens to the entire issue of So, all the ministers run helter-skelter, trying to find the most intelligent and the wisest person who can give the right answer. They talk to many but find none to King Janaka's dream and finally tells the minister, "I will meet your king at the allotted time in the palace and provide the answer".

Sage Ashtavakra arrives at the court of the great King Janaka at the appointed time. The moment he walks in, all present there start laughing and

joking about his body (as he had eight deformities in his body so called ashth-(eight) - wakra (bends). Looking up at the king, Ashtavakra says in a surprisingly strong voice, "King Janaka, why have you filled your court with shoemakers?"

A shocked silence descends on the court as the royal courtiers waited to hear the king's response to this rude outburst. But the king remained calm, asking, "Why do you belittle my most trusted ministers like this? Don't you know that these are my most respected advisors?"

Ashtavakra replied, "They must be shoemakers, because they look at me and see only my outward skin and only my deformities. Do they not know that the soul is not limited to this physical body?"

The king understood, and all the courtiers felt the embarrassment we experience when we make a mistake. Ashtavakra sat on the chair reserved for those who would try to answer the king's great question and said, "So what is your question, Your Majesty?" The king narrates the story of his dream and with the same fervour, asks the sage, "is this real or was that dream real?"



Ashtavakra takes a pause and then looks straight into the King's eye and says, "It is neither, the one witnessing both is true. All things change, but the soul within us remains unchanged, that is the truth. You are king today, tomorrow you could become a pauper; would you remain the same person or would you change? You were a child and now you are a grown-up, you will turn old, yet would you remain the same person or would you change? That "You" inside you is the soul, the fundamental self is true! If you truly wish to know your 'self', I have that mirror and I can help." And he then narrated the Ashtavakra Gita to King Janaka.

The above is a verse from that same profound text, which depicts the ever shining, the Divine, the Soul, in our heart, which witnesses all, yet remains untouched and free of all. But we are

identified not with this witness but with something else and that is this perishable body, it's five senses and the ever wavering and demanding mind - this is the cause of bondage, pain and suffering.

Maitreya Dadashreeji has explained that the Divine resides in our heart and its true essence is the experience of unconditional Love. The moment we are in the experience of unconditional Love, all suffering ends and we experience our true nature. Maitreya Dadashreeji gives us that direct experience of Divine Love without requiring any complex practices or intense, painstaking techniques. It is His Grace and our affirmation to open our hearts is all we need to witness the magic of unconditional love and connect with the Divine within the soul.

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 Dadashreeji.

Acceptance

Mitra Philip elaborates how the teaching of the Maitreya led him to accept himself just as he is, a creation of God. Accepting the self, accepting one's life situation and flowing with it sets one free from the bondage created by the mind



The teaching and practice of acceptance is present to us in many aspects of our lives. Do we accept our world as it unfolds before us, just as it is? Do we accept ourselves just as we are in the moment and do we accept that the Divine is present to guide us in every moment in every situation?

The need to practice acceptance on many levels is necessary for our transformation, we know that it is not easy to unconditionally accept to all of life's unfolding. Maitreya Dadashreeji is fully aware of this challenge, and fully accepts us just as we are, challenges included. In his kindness and infinite patience He guides us to the next step when we are ready to accept and receive that guidance. He accepts us even when we don't accept ourselves. He awaits our moments


when, after we have done our best, we are then ready to accept his assistance.

In all these years of my association with Maitreya Dadashreeji I have received an ocean of wise and practical understanding, useful for my journey of transformation. There are some teachings which have gone to the core of my being and were essential to help me take my next step. I have lived my life in the performing arts, and I have long followed every presentation with as much critical self-reflection as possible. My heart opened to a need to love and accept myself when Maitreya Dadashreeji said, "*Just do the best you can,*" and then elaborated upon the blocks that arise when we critically judge ourselves rather than accept ourselves. Some self-reflection is good, for it helps us to improve and grow. However, if after self-reflection we continue to find ourselves unacceptable, we can be assured that our next expression offered to the world will have been affected by that unacceptance. Honest self-reflection and self-acceptance, realizing that we did the best we could do, are two sides of the same coin, which is our love for the gift of our lives and our path of transformation.


When our Divine Friend gave me permission to accept myself just as I am, He set me free from a block I had harboured for most of my life. He offered, and in grace, I am assured that I was ready to receive. As a result of my being open to this teaching, I now accomplish more, I am more reliable, and I no longer have performance anxiety.

It is gracious to accept the challenges that arise for us as a natural part of our learning, our growth, our transformation. The world can be more acceptable to us when we acknowledge that it is all a Sacred Unity in transformation. Life is a flowing process, and as Maitreya Dadashreeji has often said, flowing with life's processes of transformation, within us and around us, (rather than fighting or resisting them) sets us free.

Maitreya Dadashreeji invites us to accept ourselves and our world, thereby taking one step towards transformation. He showers His Grace and Love, giving His entire being in service to humanity, and to each of us. He is unceasingly giving the gift of acceptance and guidance to each of us. The question for each of us is about our willingness to accept this gift for the transformation of our lives. Maitreya Dadashreeji accepts you just as you are. May each of us come to that acceptance of ourselves as well!



Through the years , Mitra Philip Zemke has served as a nurse, teacher, minister of a church, and an art therapist. His name Philip means love given freely to friends and surname Zemke means - in service to the beings of Earth. True to his name, his life has focused on narrating motivational stories of the wonders of life thereby encouraging and spreading positivity in one and all. Maitreya Dadashreeji's Love, Grace and guidance has further awakened him to the guiding presence of his Inner Divine for which he is ever grateful to the Maitreya.





**Ek Kshan Prārthanā:*

It's time to build our own New Home

Maitreyi Sulata urges us to cultivate the virtue of a 'heartfelt giving to life' as we re-create and re-build a new home

Dearest Friends,

I warmly greet you in the love and light of our Divine Friend, Maitreya Dadashreeji.

I trust that the Love and Grace of the Divine is keeping us all in good health and high morale in life. In today's times of Transformation, I will be sharing a positive virtue each month that will help us all re-create and build a beautiful life within and around us! In the month of January 2021, we offered the 'virtue of Acceptance' within our Being. This month let's cultivate the virtue of a "heartfelt giving to life."

Let me share a short story. There was once an elderly carpenter ready to retire. He told his employer-the contractor of his plan to leave the house-building business to live a more leisurely life with his wife and enjoy the last few years with his family. He would miss the paycheck each week, but he wanted to retire. They could get by for a while with his savings. The contractor was sorry to see his good worker go and requested him if he could build just one more house as a personal favor. The carpenter said yes, but over time it was easy to see that his heart was not in his work. He resorted to

shoddy workmanship and used inferior materials. It was an unfortunate way to end a dedicated career. When the carpenter finished his work, his employer came to inspect the house. Then he handed the front-door key to the carpenter and said, "This is your house... my gift to you." The carpenter was shocked! What a shame! If he had only known that he was building his own house, he would have done it all so differently!

So it is with us. We build our lives, a day at a time, often putting less than our best into it. Then, one day we realise with a shock, that we have to live in the same house (our own life) we have built. If we could do it over, we would do it much more better and much more differently. Isn't it?

But, we cannot go back in time. We are the craftsmen of our life, and each day we hammer a nail, place a board, or hang a beautiful painting in our life which we are creating ourselves. Someone once said, "Life is what we make of it." Our attitude, our understanding, our learnings, our sincere and honest efforts and the choices we make today, help build the

**Ek Kshan Prārthanā - A Moment in Prayer*

'house', that is 'our life', that we will live in tomorrow and thereafter. Therefore, let's all build wisely!

Let our every effort, choices and learnings be sincerely directed towards becoming a better human being each day in whatever best possible way we feel we can at a given moment in time. Our thoughts, words, actions, choices, efforts, learnings and unlearning's all be with a complete one hundred percent 'giving from

our heart' with the pure intent of our own growth and betterment both spiritual as well as material and for the goodness of all those connected to us.

With a passionate and 'heartfelt giving to life', we shall have nothing to fear or be worried about the outcome! Be true, be honest to your own self, for a passionate and honest heart is bound to create a beautiful life! Let this be your truth too.

This month's Ek Kshan Prārthanā (A Moment in Prayer) is a heartfelt prayer to the Divine for granting us all with the virtue of 'A heartfelt giving to life!'



Beloved Maitreya,

May the Love and Light of the Divine bless us all with a heart that offers passionately,
Giving itself honestly and completely every millisecond of our lives!

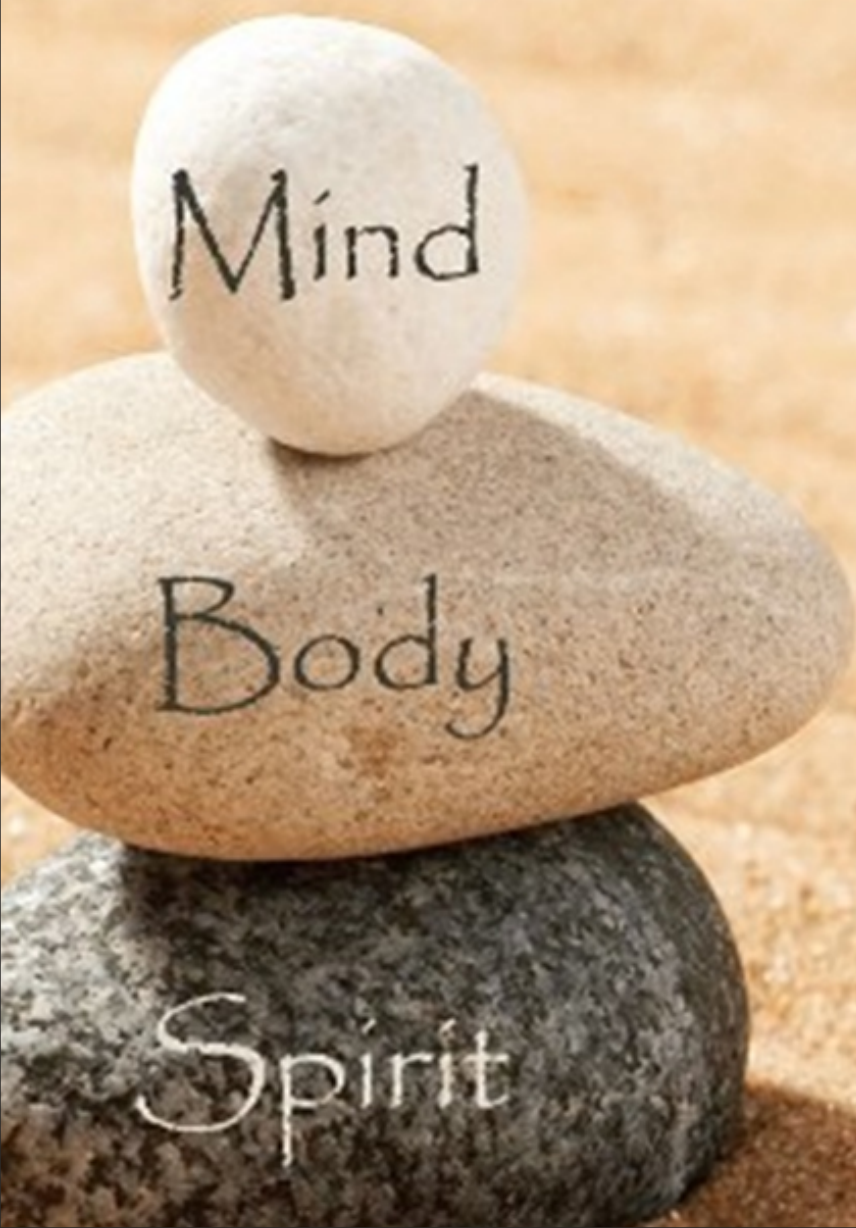
May the Love and Light of the Divine fill us all with the zest for creating a beautiful Being that we are - inside and out!

Thank you Divine!

—•—
A gentle love within, quiet determination and an unshakable faith in Dadashreeji's Grace best describe Maitreyi Sulata, who has lived under the Guidance of Dadashreeji since her formative years. Maitreyi Sulata works tirelessly to spread Dadashreeji'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.
—•—

health & wellness

“ Our bodies are our gardens;
our wills are our gardeners
- Shakespeare ”





Food for Good Sleep

Sleep is a vital regenerative process of the human body. **Maitreyi Swati Kejdiwal** lists healthy food options to induce a restful 'beauty sleep'!

Sleep is a vital component of every person's overall health and well-being. It is during sleep that the body works its magic of healing, repair, recovery, detoxification, recycling and restoring systemic balance. It is no wonder that we use the phrase 'Beauty Sleep' for this vital process. The ability to function optimally and feel well while one is awake depends on getting enough sleep.

Inadequate sleep can lead to poor health. It can lead to weight gain and mental health problems like stress, anxiety and depression. Serious sleep disorders could also be linked to hypertension, irregular heartbeat, weak immunity, and increase in stress hormone levels.

Shared below are a few sleep-inducing foods that can be included in one's diet



Warm Milk: A glass of warm milk is a perfect beverage to induce sound sleep. Milk contains tryptophan, an amino acid that converts into serotonin. Serotonin is known to have a soothing effect on the brain, which helps one sleep well. Adding a pinch of nutmeg, cardamom and some ground almonds not only improves the taste of the milk, but also helps promote good sleep.

Sweet Potato: They are a great source of potassium, magnesium and calcium and help one relax.



Almonds: Almonds contain tryptophan and magnesium, which help to naturally reduce muscle and nerve function while also steadying the heart rhythm.



Dark Chocolate: It contains serotonin, which relaxes the body and mind and helps us to catch up on sleep. Moderation is the key here.



Bananas: Magnesium and potassium in bananas serve as muscle and nerve relaxants. It is a quick and easy way to fall asleep fast.



Walnuts: Abundant in many nutrients, walnuts are particularly rich in magnesium, phosphorus, copper, and manganese. They are also a great source of healthy fats, including omega-3 fatty acids and linoleic acid. Eating walnuts can improve sleep quality, as they are one of the best food sources of the sleep-regulating hormone melatonin.



Cherries: Cherries are a natural source of melatonin, which helps regulate the body's sleep cycles.

A few simple concoctions to induce sleep



Aniseed

Process: Take a glass of water in a pan. Add 1 tbsp of aniseed to it. Boil it for a few minutes. Strain the liquid and drink it warm before going to sleep.

Benefit: It helps the muscles relax and aids in cooling down the body.

Saffron

Process: Add a few strands of saffron in a glass of milk. Boil and drink it warm.

Benefit: It aids in relaxing strained muscles and energized nerves. It acts as a mild sedative.



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.

reflections

“

By three methods we may learn wisdom:
First, by reflection, which is noblest; Second,
by imitation, which is easiest; and third by
experience which is bitterest

- Confucius

”



Two Sides of the Coin



Drawing a parallel between his love of motorcycling and spirituality, **Bikram Singh Boparai** posits that there is no incongruity in embracing the material aspect of life while embarked on the spiritual path

The shrill tone of the morning alarm is a rude awakening from the slumber of the night. As I struggle out of bed, my mind starts ticking over the tasks of the day – the calls to be made at work, the follow up on pending work with my team, the important lead I had resolved to follow through myself, the overdue service of my car, the meetings I had scheduled for the day, etc. Juggling with the load of these tasks, my mind is already stressed. At 7 am.

We are engaged in the relentless chase of materialism, seeking gratification of the mind, looking for the next 'big fix', be it a promotion at work, a new car or a bigger house. Caught in the materialistic whirlwind of the mind, do we pause and reflect on the lessons of life with its inherent learning? There is nothing intrinsically wrong in pursuing the materialistic path for we have needs and wants which must be fulfilled. However, the problem arises when materialism becomes an end in itself rather than being a means to an end. We

are placed on Earth for a reason with a purpose, to reach the Highest which is the ultimate truth.

Dadashreeji says, "We work as if we are a permanent member of the planet. Human life itself is one of the spiritual wonders... it was never ever about achieving a material goal but about the lessons you learn, your perspective and transformation." It is not that materialism is to be shunned; indeed, the material aspect of life is integral to man's existence on this planet. However, the material pursuit is relevant as long as it is married to man's spiritual quest for the Highest.

I am passionate about motorcycling, an indisputably material interest. Having said that, I realize that it has morphed into a celebration of the gift of life that the Divine has blessed me with! On my motorcycle, I feel connected with my Inner Divine; donning my helmet I enter my private world, the external ceases to matter. As a rider once said, "I went

out with demons inside and returned home with absolute peace in my heart". I feel that I am in the process of becoming the truest expression of my inner self. Riding my much-loved motorcycle and constantly striving to improve my riding has helped me draw a parallel with my evolution as a spiritual being – heading out on my favourite mountain roads I keep refining my body position as I lean into a corner at considerable speed, constantly aware of my head position, the position of the feet on the foot pegs, the upper body arcing over the tank of the motorcycle...this awareness has helped refine my riding, giving a rhythm to it, helping me traverse faster, safer and deriving indescribable joy in 'getting it right'! I am today aware of areas where I need to work harder and areas where I can pat myself on the back for breaking the patterned responses that we often become a slave to. And I am not restricting this statement solely to motorcycling! The material calling thus becomes a means for connecting me with the spiritual.

We are placed on Earth to evolve to our highest self while legitimately enjoying the abundance and natural beauty of Mother Earth. In the pursuit of the spiritual, one need not retire to a

cave and create fire by striking stones! Spiritual need not equate to the ascetic – I dream of buying a high-end motorcycle to take to the racing track and set the leaderboard ablaze with fast times! I sense no incongruence in pursuing my passion for fast motorcycles even as I am determined to fast-track my spiritual growth! It is just that a relentless pursuit of materialism as an end in itself is going to leave us empty at the finish line, no matter how full our bank account may be. The essence of spirituality lies in learning through one's life experiences and evolving to the truest expression of one's inner self.

Life is made up of moments. Living in the moment, in awareness, growing with our experiences each day, creates beautiful impressions as we move toward the 'Highest'.. A moment acquires life and meaning when the soul's yearning is heard and heeded. Pursuit of material reward stripped of spiritual growth leaves the soul impoverished and disadvantaged in the journey it must undertake.

● ————— ●

Bikram Singh Boparai is passionate about motorcycling and believes in the adage, 'Live to ride, ride to live'. Finds himself, his true nature, on his beloved motorcycle. Is blessed to receive an unparalleled love and be in His Grace.

● ————— ●

Life with a Guru (Master)

Maitreyi Shraddha writes on the importance of being guided by a Living Master. Meeting with the Maitreya gave her the understanding that a Living Master combines Grace and guidance to help us navigate the challenges we must face in life

I was in the 8th grade when my parents finally met their Guru (Master) after a spiritual search lasting many years. We had dedicated a room to a mandir (temple) in our house where my parents prayed every morning and evening. We were free to join them if we so wanted. However, as they were so happy to have finally found their guiding light they wanted their children to meet Him too. I was already trying to assimilate the new changes happening around me in the house; for instance, how my parents had placed a picture of their Guru (Master) in the mandir room and started revering it as if He was God. They started reading books written by Him, got prayer beads and started chanting too. The time that they spent in the mandir room started increasing and that would bother me. As a 14-year-old, I had no choice but to go along with them to meet the Guru as His ashram was in a different city.

I would get annoyed when we would have to wait in a queue for His darshan and the queue would be rather long. My parents were filled with love and patience and eagerly waited for their turn. They told us to touch Guru Maa's feet (Guru Ji was not in His physical body anymore) and I did it most reluctantly. I still remember her keeping her hand on my head and blessing me abundantly. Back home, I would never miss an opportunity to tell my parents that they were ignorant because they believed a human being to be Divine. Today however, I thank my parents for their patience and for giving me the freedom to explore my path, my own truth.

I met Maitreya Dadashreeji on 30th September 2012 during an Awakening to Self Realisation (Bodh I) session. That was the day when, of my own accord, I prostrated at the Divine feet of





Dadashreeji. That day, I found my Master, my guiding light, my true friend Maitreya Dadashreeji. The complete experience seems difficult to pen down or express in words. But that day, I understood my parents' reverence for their Guru and sought forgiveness for my ignorance.

Over these years I have realized that it is important to have a guide in one's life who is physically present to guide and help one move closer to the purpose of one's life. I have understood that bowing at the Guru's feet or joining one's hands in reverence are gestures to express one's heartfelt gratitude for His presence in your life. For, He is the One who knows you, understands you, guides you, showers His Grace on you and loves you unconditionally. A Guru helps you to know yourself. With His guidance and Grace acceptance, courage and clarity come effortlessly. A true Guru will solely focus on your internal growth and transformation as He guides you to the purpose of your life.

The experience of meeting a Guru who is physically present is most blissful. Now, I understand my parents' need to visit their Guruji's ashram every quarter. Now, I too keep waiting with love and patience for an opportunity to meet my True Friend – Maitreya Dadashreeji. My parents used to read books written by their Guruji. Likewise, for me, every word said by Dadashreeji is a lesson for life, implementing His teachings has made my journey of life simple and fun. The bond that one would share with a true Guru is most sacred and precious. I share a bond of true friendship with Maitreya Dadashreeji, and share everything with Him. Maitreya Dadashreeji once told me, "You and I are one. Break the wall created by your mind to experience this." I realised that I can't break the wall without His Grace, however I can strengthen my bond to experience Him.

I feel blessed to have Maitreya Dadashreeji in my life as my true guide and my Divine Friend.

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

A man in a red tank top is performing a fire breathing act. He is holding a large, circular hoop that is on fire. He has a large flame in his mouth, and another flame is coming out of the hoop. The background is a warm, orange glow, suggesting a fire or a sunset. The man's right hand is raised in the air.

“

Set your life on fire.
Seek those who fan
your flames

”

- Rumi

Mighty Ants

Though small in size, ants are industrious creatures and their exemplary behaviour can teach one a lot says **Aarya Maheshwari**

I was bored of studying and took a short break. My breaks generally involve doing nothing, just gazing around. At that moment I happened to see an ant carry a dead insect that was double its size. Its progress was slow. Suddenly, out of nowhere other ants appeared and helped it carry the dead insect. I felt sorry seeing all of them take such pains to transport the insect to their home. So, I decided to help them. As I tried to pick the insect they all got scared and scattered away. I realized my folly and stepped back, now feeling all the more sad for having scared them. But soon to my relief they came back and continued carrying the dead insect to the desired destination. I kept watching them until they disappeared into a crack in the wall. I

felt happy for them since they probably had reached their home and went back to studying. That night, as I was reminiscing this incident, I realized that despite being tiny, the ants had great strength, a strong will, determination, and sense of togetherness or belongingness to each other.

My learning from the ants was – *to never give up, to complete the task and to support each other!*

Thank you little ants!

Aarya Maheshwari
(12 years)





TRUE FRIENDSHIP

Friends Forever

The strength in a bond of friendship is tested not by physical distance but rather by one's emotional maturity, writes **Charvi Somani**. Empathy and love best serve a friendship rather than insecurity of the mind

'True friends are never apart, maybe in distance but never in heart.' – A very clichéd Instagram caption we all have used at least once and experienced this as we grew up. Each one of us has a list of best friends and for most of us, these best friends happen to be our school friends, who we have known since our early years.

I had found my first best friend in my school at the age of eight. I had recently shifted to Mumbai and had enrolled myself in a new school. The very first day my class teacher made me sit with her and assigned her with the responsibility of helping me. That was the time where our flight of friendship took off. Years passed by and our bond grew stronger and we became inseparable. We were always on the school magazine together. Our birthday gifts changed from simple gifts to some beautiful picture gifts having our precious memories together. Every time we had a fight, we got out of it with a stronger bond.

It had been 14 years of our friendship when she broke the news that she would be going abroad for further studies and eventually settle there. My mind froze on hearing this as I was so emotionally attached to her that I could feel myself crumbling on the inside. I kept the pain hidden and enthusiastically bid her farewell, hiding the raging insecurity bubbling inside me. I couldn't help thinking about what if she found a better friend than me, what if we got so busy that we lost touch, what if she forgot me one day and so on. These insecurities pushed me to levels that I ensured to talk to her at least once throughout the day, being ignorant and inconsiderate of her challenge of adapting to a new place, a new culture and settling in.


Whenever she was not available for a call, I would be very upset and doubt our friendship, not realizing that I was pushing her away by trying to hold on to her constantly. It had been almost nine months that she had left and the

low level of trust and high level of insecurities within me had led to lots of fights and moments of silence between us. One day, it became too much to handle and in the middle of the night, I started pouring my heart out to my Divine Friend, Maitreya Dadashreeji. I told Him about our friendship from the beginning up until now and accepted how heartbroken and lost I was feeling ever since she left, explain my efforts to keep in touch and complaining that she never had time. I admitted how much I was missing her and regretted having so many fights.

And my Divine Friend did help me. One fine day, I got a realization about the mistake I had made of not being able to let go of my friend and understood that the tighter I held on to her, the farther she would drift away. I realized that the

more I doubt our friendship, the more hardships we would face. Realizing my folly, I connected with my friend, and admitted my mistake. Things became a lot better after that. Now, though we talk once in a while I do not feel insecure. I only have my Divine Light to thank for the following insight that I received as a lesson of life:

A relationship is just like sand, the tighter you hold on to it, the faster it falls from your hands. The secret behind any successful relationship lies in giving freedom, being non-judgmental and in supporting the other person in the best way possible. Feelings like insecurities are the tight hold that one must let go off and the happiness and freedom that come with Love is what one must embrace.



Charvi is a final year student in NMIMS, pursuing the integrated MBATech course specializing in Computer Science and Business Intelligence. With a passion for dancing and reading along with extra curricular activities, she is a fun-filled, happy go lucky person who loves meeting new people, making new friends, helping people as much as possible and learning everything at her own pace.



Wisdom Bytes

Thought provoking picture tales



This column brings you answers to queries from the youth
and are addressed by Mitra Jeev

Question:

Though I wish to control anger, most of the times, I fail to do so. Is it even possible to control Anger?

Answer:

Anger is a natural reaction to unwanted or unfulfilled expectations from a situation or person.

Many years ago, far away in a remote village, lived a sage called Pragadhaspati. Being committed to his search for the ultimate supreme knowledge, he decides upon a penance of meditating in a cave for ten years in silence, consuming only a meal of fruits each day. He expresses the same to the villagers and requests them to keep a basket of fruit outside the cave once a week.

The villagers, happy to help, diligently keep the fruit basket every week for ten years. As time passes, word reaches far and wide about Praghadaspati the sage who doesn't speak and is engaged in a ten-year meditation..

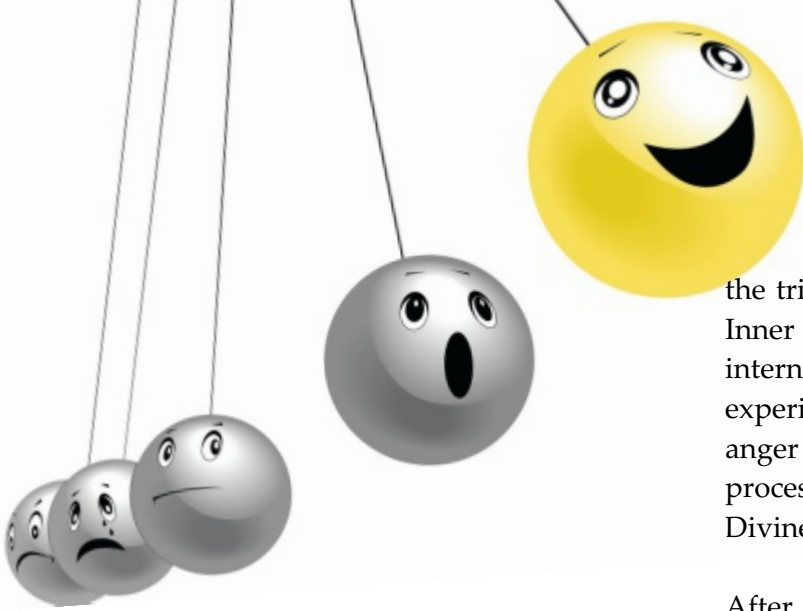
When the last day of Pragadhaspati's penance arrives, throngs of devotees from nearby villages gather outside the cave to catch a glimpse of the 'Learned one' . As Pragadhaspti walks out of the cave, many start touching his feet, seeking his blessings and showering him with flowers. The village head then requests him to address all the villagers and share his journey of the past ten years.

Pragadhaspati, overwhelmed with the love and kindness showered by the people, starts narrating his experience and states that one of the best things that happened in these ten years was that he was not angry even once.

Listening to this, a perplexed villager stands up and asks - " You did not get angry even once in ten years?" Pragadhaspati smiles and says - " No, I did not. " The villager further questions - " How is that even possible to not get angry even once in ten years?" Pragadhaspati now beginning to get annoyed at the audacity of the villager, still responds peacefully - " No, dear friend, it is most certain that during this journey of ten years, I did not lose my temper even once. " But the villager is not convinced and says - " It is highly improbable that you never got angry even once because no one can actually remember every moment that would have occurred in a period of ten years. You must have been angry but would have forgotten about it." Pragadhaspati_ now loses his cool and screams - " O imbecile, I have been trying to explain to you for ten minutes now, that I have overcome my anger with ten years of sadhana, and still you question me on the same!"

Like Pragadhaspati, we too try various methods to overcome anger and yet fail miserably.

So, more than controlling anger, one should emphasize on understanding the underlying cause of anger and learning how to positively express anger.



the trigger and also express the same to your Inner Divine. This step of expressing yourself internally must be practiced every time you experience anger, as it helps in releasing the anger as well as the stress created by it. This process also, it gives an opportunity to the Divine to shower you with His Grace.

Firstly, one must understand the basic reason causing anger, i.e., the trigger. Triggers are those instances that bring up past, unresolved emotions, which cause an instantaneous outburst. Revisiting the past outbursts can help us identify such triggers in our life.

While facing a situation that is making you angry, the first step is to 'become aware' that you are experiencing anger. This awareness may happen before or during the episodic anger. The next step is to 'accept anger and recognize the trigger'. Accepting your anger as a natural response to the trigger will cut off the fuel to the anger and empower you to take corrective measures. You can take a few moments to focus on your breath, contemplate

After the awareness, acceptance of the anger and expressing it to the Inner Divine, comes the most important step of 'right expression of anger'. As you have already shared the situation and response with your Inner Divine, you can now make a judicious choice to express your anger to the person, only if he is in a state to listen to you. Else, you may choose to keep quiet and express yourself when the situation improves.

As we begin to practice these steps regularly, we are able to accept and flow with situations that otherwise cause anger.

We have learnt from Maitreya Dadashreeji that more than controlling anger, it is essential to learn how to express it, and emerge from the situation in lesser time without causing any deep impact on our state.

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Spirited, happy and full of life - best describes Mitra Jeev. The simple, dynamic and inspiring disciple of Divine Friend Dadashreeji. His spiritual journey started with the initiation and guidance of Dadashreeji at a young age, following which he completely devoted his life to selfless service towards humanity.
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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.” – Dadashreeji

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 Dadashreeji.

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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