

Dear Divine Souls,

A Sadguru's only interest is his disciples' ultimate good and reaching the Truth. The Master will use all means necessary to reveal the Divine to the true seeker. Using parables, practical examples and more, the Sadguru endeavours to constantly exhort and guide his disciples to work in achieving their goal. Our Divine Friend, Dadashreeji, works in almost imperceptible ways with skill and abundant love on his disciples for their spiritual success. His message of accepting oneself 'as is', understanding and working towards realizing their goal of achieving True Knowledge through Knowledge of the Self is unique, breathtaking in its simplicity and ease of following.

Dadashreeji spent a major part of the month of January 2015, touring the South of India giving darshans and holding sessions for the seekers who gathered in city after city to gain a glimpse of the truth from the Master. He offered guidance to all he met with simple and practical advice in finding and achieving ones true calling in life by following five simple rules. Dadashreeji spent time with the youth in Maharashtra guiding them to becoming good citizens of the country. He reminded them of the need to offer selfless seva to mankind and society without desiring anything in return, while they worked on achieving personal spiritual success. Though facing challenges in daily life they are able to gracefully act out their material duty, remaining in constant connection with their Master through his Love and Grace.

Later in the month, Dadashreeji spent a busy three days with his Mitras and Maitreys at a retreat in Auroville near Puducherry, aptly named as the 'Manthan' challenging the limits and planning and working out the requirements for the coming year so that mankind benefits from all the hard work put in by the MaitriBodh Parivaar. Participants were delighted by the bouquet of offerings put forth by the Master – on how the Parivaar could help mankind attain their right to spirituality, to the next level while rendering selfless service at all times. Dadashreeji reminded the Parivaar on the requirement of 'inner transformation' – a job that he excels in.

Sessions continued to be held across India and Europe be they Maitri Sessions or Bodhs. The intent always being to reach out to as many people in order to connect them to the Divine within and help transform them internally. Selfless service and unconditional love spreading to everyone around the globe is our ever expanding mission.

- On behalf of **MaitriBodh Parivaar**

ANAHITA

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Monthly newsletter from



MaitriBodh



Upcoming/Ongoing events :

International Bodh : 7th-9th February (Bodh I)
12th-14th February (Bodh II)

Bodh III (Path Divine) : 20th-22nd February

Bodh II (Purification) : 11th-12th April

at ShantiKshetra Premgiri Ashram, Karjat

For details, please visit our website:

www.maitribodh.org

Facebook page : Dadashreeji - MaitriBodh Parivaar

Speaking Tree : Masters / Dadashreeji

Join us to serve selflessly with various social activities!

Please visit our **Facebook** page :

Youth for Global Peace and Transformation - YGPT

Cover Pic: Maitri Manthan at Auroville, Puducherry

New Beginnings – Coimbatore

The month of January 2015 boded auspiciously for the city of Coimbatore in South India. Answering the prayers of his true devotees, our Divine Friend Dadashreeji set foot in the city of Coimbatore. A self-development program “Let's walk the path towards joy and abundance” had been arranged in PSG College for the faculty and students. The program started in the presence of the Master emphasizing the importance of having a Spiritual Guide during one's inner journey.

A Maitreyi gave a simple yet insightful introduction of Dadashreeji on how He has been inspiring people to lead meaningful lives. Dadashreeji greeted all present with a sweet smile and the most humble Namaste ever!

There was pin drop silence as the audience waited to hear the Master speak. Dadashreeji spoke about spiritual principles and sutras and how they should be applied in our day to day lives. The Five sutras, were: (a) Right action (b) Set the direction (c) Break the barriers (d) Grow by giving and (e) Connect with the 'Positive and Higher Source'. The Master elaborated each sutra with beautiful examples that were very simple and easy to understand. The session concluded with a meditation and visualization process.

Dadashreeji addressed three questions from the audience:

Question: How should I set a goal?

Dada: Anything which one wants to achieve is a goal. It might be a material or spiritual goal. The most important requirement in setting a goal is not the desire, but the passion to achieve it.

Question: How should student's deal with all the negativity going around which is leading to depression?

Dada: Students should be aware of the purpose of going to college and should not pay heed to the negative things going on around them. Secondly, associate with friends who are positive minded and who influence their lives for the better.

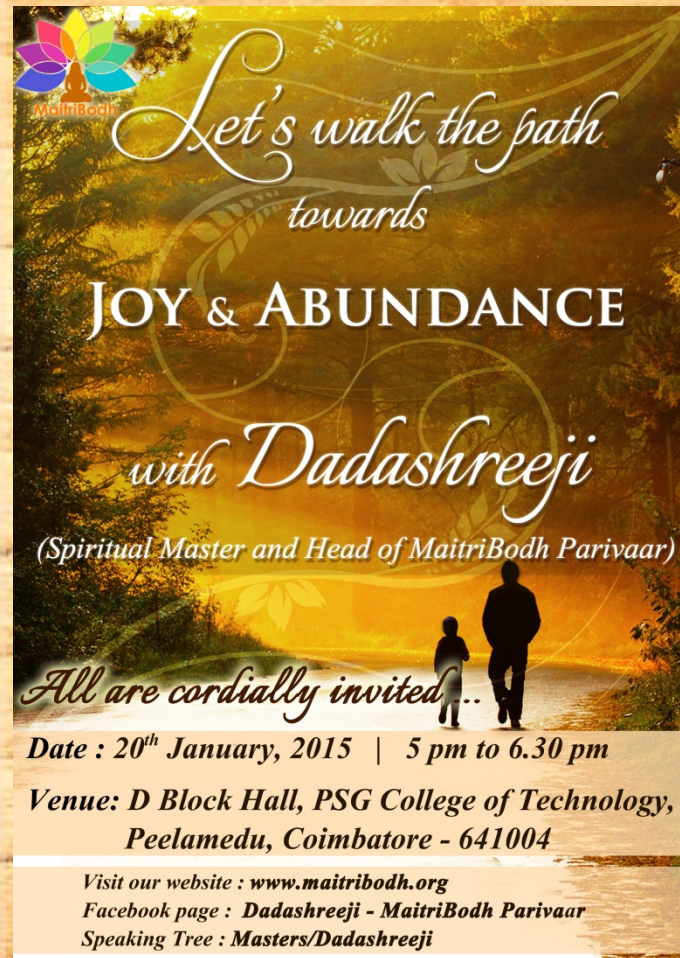
Question: Most Masters teach only two sutras i.e. right thinking and right action, but you have asked us to follow 5 sutras, why?

Dada: Dadashreeji smiled and said that the additional three sutras would give ease to their life; giving it a purpose and direction thus helping one achieve their goals faster.

On behalf of the staff and students of PSG College of Technology a momento was presented to Dadashreeji and the session concluded with a vote of thanks.

Thus, began a divine chapter in the beautiful city of Coimbatore.

Dadashreeji also graced the city of Bangalore with His Divine presence. A meeting was arranged with around 110 spiritually inclined youth at the SVYASA (Swami Vivekananda Yoga Anusandhan Samsthanam) University where naturopathy is taught to enthusiasts. The session concluded with a powerful meditation session in the presence of the Master. So profound was the experience that it left the youth clamoring for more.



**Let's walk the path
towards
JOY & ABUNDANCE
with Dadashreeji**
(Spiritual Master and Head of MaitriBodh Parivaar)

All are cordially invited...

Date : 20th January, 2015 | 5 pm to 6.30 pm

Venue: D Block Hall, PSG College of Technology,
Peelamedu, Coimbatore - 641004

Visit our website : www.maitribodh.org
Facebook page : Dadashreeji - MaitriBodh Parivaar
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Bodh Level I – Thane



Almost 40 participants attended Bodh 1. A participant didn't know about his *Ishta Dev* (personal deity). Over the years he had been praying to many forms of God. During the prayer before Shakti Pravaah, he just prayed that his *Ishta Dev* reveal Himself. Soon enough he heard "I am Shiva" during the process. The participant felt extremely happy and full of peace at having found & connected to his *Ishta Dev*. Each participant felt peaceful and left with an experience like never before!

Maharashtra Sevak Meet

On January 11th, Divine Friend Dadashreeji met Sevaks from all over Maharashtra at our Ashram. He explained that: Reading *pothi* (scriptures) or *japa* (chanting) are no doubt good, but these do not guarantee your transformation! Transformation happens with *seva* (selfless service) and with Grace! The universe did not give us techniques to get to the ultimate *Satya* (Truth); it only responds to your *bhaav* (feelings). It is pointless sitting and doing hours of meditation – when you don't have feelings for your fellow beings. Dadashreeji stressed on establishing a bond with our internal Dadashreeji, who is constantly guiding us. Many people have spiritual thoughts and awakening, but with that, you get a platform to work selflessly while also getting profound perfect guidance from a Master. MaitriBodh Parivaar offers all three together on one platform to its sevaks!

“Our mission is yet to take its final shape, but soon the time will come, when each one of us will be really proud - when all mankind will have no choice; but feel us touching their hearts.”



“Just like in the ICU, for a gasping almost dead patient, the emergency team under one lead doctor does all that can be done to revive the patient who is about to die. Similarly, MaitriBodh Parivaar under Dadashreeji's lead is here to revive our Mother Earth & the entire *Brahmand* (Universe)! Each one just has to do what is asked of them with faith and firm belief, because this is our last chance. We cannot afford to waste a second in questioning the Seva required of us. It is only as a team and each one's fullest contribution that this will happen!”

Maitri Manthan IV - Auroville



The fourth Maitri Manthan was held from 24th – 26th January'15, at Auroville, near Puducherry. MaitriBodh Parivaar members from different parts of India, and Europe, came together for this congregation. The purpose was to review the activities that had been conducted in the previous months, plan the future events and activities, and also to set procedures and lay down policies. Many of the sevaks were also blessed with the *sankalp vastra*. Two of our Maitreyis Richa and Akanksha were bestowed spiritual names Shraddha and Mohini and Mitra Shailesh was bestowed the spiritual name of Shubham.

YGPT Campaign

The youth in Amritsar initiated a 30 days of goodness campaign wherein a good deed was to be performed every day. Underprivileged children were taught, given clothes and food distributed.

Elsewhere, in Gurgaon, Premgiri ka Premshala continues to spread love and compassion. About 15 children come to attend these sessions, where they learn not just English, Hindi and Maths, but also essential Life skills. These hourly sessions conclude with a meditation session, with the little children closing their eyes, 'watching breath', and experiencing love and peace.



Maitri sessions



Titwala (Maharashtra):

The Hindi speaking, mostly illiterate women, had come in search of love and peace. The topic was 'Sanidhya'. During the session everyone including a student and a young man apart from the women experienced peace and freedom from worry. Two women saw a long tunnel and a deity at the end. A visualisation technique was performed and within minutes all present visualized Dada in themselves. Unbelievable, but true. They all wished to stay back and experience more. A follow up session was promised to be held soon.

Maitri Sessions were also held in various other cities in India; viz. Delhi, Pune, Amritsar, Mumbai.

For any spiritual queries, you may write to mitra.shankh@peaceservices.org . Few selected questions from these, will be directly addressed by Dadashreeji, which will be released in the next Newsletter.

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Message from Divine Friend Dadashreeji

What is True Knowledge?

Dear Friends,

When it comes to sharing good, the mind immediately reaches out to it with no second thought. In a similar manner, when it comes to removing the bad or negativity one carries within, there is no hesitation and one immediately lets go without any resistance within. Each one of us is willing to gain something better with more goodness; however we might not know how to get there. The mind wishes to enjoy the fruits of goodness, the positive and its associated happiness. It wants to avoid the bad, the negative and the consequent unhappiness. How can one gain only good fruits in life? Is it really possible to experience this in one's life?

Fruits are the final outcome in the growth cycle of a tree. As we all know, merely sowing the right seed does not yield the desired fruits. What is equally important is the caring and nurturing of the plant. If one sow's the correct seed, but does nothing further to nourish and look after the plant, one should not expect to receive or enjoy the fruit. Similarly if you are looking for opportunities, positive responses and happiness in life, you need to take adequate steps to care for and nurture the seed sown within you.

One of the essentials of the 'Self' is 'Knowledge' – 'True Knowledge'. Knowledge here refers not to the knowledge of the world or creation, but about 'You' – 'The Self within'. Hence, true knowledge is 'Knowledge of the Self'. It is that knowledge, which helps one realise their true nature. It is not just information as seen in the current context or understanding of science. Rather it is that 'Knowledge' which transforms a 'Being'. Mere information confines one within the boundaries of fixed notions and ideas whereas true knowledge liberates one, by transcending oneself beyond notional boundaries. Therefore, I say that real freedom is 'internal' and not 'external'.

There is no criteria or level for individuals to attain, to be able to gain and practice true knowledge. One cannot say that he or she is not worthy or does not qualify to practice it. Such wrong concepts stop one from knowing the 'Truth of Life'. Once, it happened that the son of outcast mother, Jabala wanted to attain true knowledge. He couldn't, as neither he nor his mother knew the name of his father or the caste he belonged to. He requested a highly renowned Sage of that time, to accept him as his disciple. Upon hearing his request, the Sage inquired of him about his father and caste. The young boy truthfully told the sage that neither he nor his mother knew the name of his father nor his caste. This brought a smile on the Sage's face. Without hesitation the Sage accepted him as his disciple. He explained that only a true aspirant or seeker can speak this bitter truth. Hence do not tie yourself down with a false assumption that the search for true knowledge is only for a few and not meant for you.

I advise you not to run to read the scriptures or spiritual books in order to search for true knowledge. You can practice it in your life. All you need to know is that you are a student in the world. See yourself as a student of life, a passionate and determined student; one who is willing to learn for the growth of his 'Being'. Even an atheist can follow this path. Divinity does not differentiate between dis-believers or believers of God. Anyone who is a true student of life, will receive this reward. It is that simple!

When the mind is influenced with events or false notions, it tends to deviate from the real nature of the 'Self'. When one moves away from the Sun, what one experiences is the opposite of light viz. darkness. When one starts doubting the 'Self', they find themselves in a confused state of mind, not knowing what is right, and might even think that they are orphans in the school of 'Divine Creation'.

The sad part of human life is that it takes years and years to realise this. It is in these moments of difficulty that one starts searching for the path to salvation.

'True Knowledge' focuses your mind to the 'Source of all Creation' – 'The Self'. Anything which moves your mind away from 'The Source', is not true knowledge. The more you walk on the 'Path of Knowledge', the closer you move towards the 'Source'. With each step, there will be moments of liberation within. These are unique stages of transformation which one goes through, though not necessarily in any sequential manner. You would notice significant changes within; but would not be able to pin point them precisely.

Your individual consciousness starts experiencing higher states of consciousness. As you grow in this 'State' under guidance, you would notice the 'Self' expanding further – into the Universal Consciousness. Soon you realise the truth of your existence and merge into the vast ocean of 'Universal Unconditional Love', a divine union of truth, love and bliss.

So walk on the path towards the 'Source' – with 'True Knowledge'. Be there to receive it!

Love and Blessings.

Dadashreeji