

MAITRI ANAHITA



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From the Editor's Desk

Dear Divine One,

Warm and loving greetings of the season!

Our world is a mix of the positive and negative. These forces generally try to dominate each other and the human mind is most susceptible to their influence. The victory of either of these forces over the other depends on how we as humans choose to react to them. If the mind is weak it will fall prey to divisive negativity and develop attachments, temptations, greed, jealousy, hatred, anger and such vices. While one who has more positive energy/force will be in a happy state, spreading positivity, oneness, sharing love, kindness and being empathetic towards one and all. It is up to humanity to decide and choose the side they want to be on. Practicing being in awareness and watching one's thoughts can help alter one's state of mind from the negative to the positive. As we celebrate 'Diwali' this month let us dispel the dark forces and make way for the light by radiating positivity, love, compassion and being the best versions of ourselves.

Read Divine Friend Dādāshreeji's profound message on the power of unity, love and oneness under the section 'Pearls of Wisdom'.

We bring to you the experiences of Grace as shared by our devotees under the section 'Dādāleelā'. The section 'Food for the Soul', brings you a series on *Vedic Mantras* that will help one understand the significance and their application in the current times. With the celebration of the Navratri festival recently, we expound on the 'Devi Suktam Mantra' in this issue. In 'Ek Kshan Prarthana', the author briefly explains the nature of the mind and gives us an understanding of how we can use it to our advantage. Under the 'Health & Wellness' section we bring you a traditional ayurvedic preparation called 'Lehyam' to aid digestion as shared by one of our Parivār members.

Young Impressions brings you the column - 'Peace Begins With Me' which brings you a real life incident that took place with Sonia and how under the most compelling and challenging of circumstances she was successful in being empathetic, kind and loving. 'Catalysts for Transformation' features the inspiring and motivating act by 'Edgardo Zuniga' who despite all odds makes a difference by rehabilitating stray dogs.

May the light within illuminate one and all! May the Divine Light shine on your consciousness and make you One with the Absolute. Wish you a Happy Diwali!

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



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



Dearest Friends,

Once again, we have achieved it.
The Power is in unity.
The Power is in love.
The Power is in the divine connection.

My family has outdone itself. Now, nothing can stop the wave of transformation and true love. We overcame the illusion of division and spread the fragrance of budding Divine Love in all directions.

People might have different opinions which is fine, in a constructive and evolutionary process. However, if you mismanage the differences, you might get into futile arguments, leading further to conflicts and disputes. You might end up spending your entire life nurturing hatred against someone or a particular group of mindsets. This disintegration divides one unified consciousness into fragmented incomplete, restless human beings.

Divided, you disconnect from the power source. United, you are divine and powerful.

Hence, let all our friends sharing the universal consciousness experience the power of 'one family, one team, one earth'. These layers of separation and division will melt with the divine touch of the warm unconditional love of the MaitriBodh family!

With time more of our friends will join the family. Our family will swell in size and turn into an extensive global family wherein together we truly represent one earth in the universe!

Discard fragmentation, embrace togetherness!

**Love and Blessings,
Your Dādāshreeji!**

.....
Mitra Samyak expounds on the above message from Dādāshreeji as below:

Over the entire year we have good days and bad days in our lives. Each day is a day of growth and stability on the spiritual journey. We emerge stronger after every challenging moment for we are all divinely protected and guided by our Divine Friend Dādāshreeji. One grows in challenging times. Then during the nine nights of Navratri an opportunity for one to grow spiritually comes; a phase of the year when the struggle between the forces of light and darkness intensify to a crescendo. United in our love of the Divine and bonded strongly together to the Highest, this

year too we were as a family able to generate and sustain the divine power of love to succeed in this struggle.

Dādāshreeji taught each one of us of the power of unity, the strength of our love, our bond with each other's hearts no matter where we are what we do or think. At the end it was our collective strength as ONE POWER of LOVE that won the day. No matter what our thoughts might be Dādāshreeji demonstrated that we are all sprung from the same Source. The forces of division have been dissipated and the force of cohesion shall prevail hereon. Like the multiple facets of a diamond we might think of ourselves as disparate individuals but the moment we work together as one energy, as one power, we unite to become a formidable divine energetic force of love which cannot be held back or stopped by any other opposing force.

We are no longer individuals because our hearts are joined as one. We have recognized that the other is merely another form of Dādāshreeji in a particular expression as am I. We are the MaitriBodh Parivār held together by the strongest force in the world which is divine unconditional love. We might take some time to really comprehend this truth but many of us have not only understood this intellectually but are now truly feeling the oneness in our very consciousness. Hereon let all our friends connected together, whilst sharing the universal consciousness experience the power of 'one family, one team, one earth'.

The MaitriBodh family and its members filled with the divine touch of warm unconditional love which is our true nature will melt the layers of separation and division across the world! As time goes by more and more of our friends will join our family with love and true joy. Our family is poised to grow and become a truly global one. Let us rejoice in Divine Love and Peace and become One with the Absolute representing one Earth in the Universe.

Dādāshreeji has blessed us with Love and Peace so that everyone on Mother Earth is filled with Love, Peace and Transformation. Let us recognize Dādāshreeji within each person and treat him with the same respect that we hold for our Inner Dādāshreeji.

Reject and discard the forces of breaking away, fragmentation and dissonance. The future lies in joining, celebrating togetherness, cohesion and oneness.

Wishing everyone a wonderful Navratri, Happy Dussehra and a Joyous Diwali!

Mitra Samyak





Subtle & Sublime Maitri Light

Dear Friends,

I am sharing below my understanding and experience of Maitri Light.

I received Maitri Light twice. A few years back I had severe loose motions and vomiting. It was late at night and I was feeling completely helpless. I was worried about how I would pass the night in that condition. That's when I thought of requesting for Maitri Light. I have no memory of whom I called nor who the medium was. All that I remember is that I slept well at night. The entire storm in the body quietened down and I became alright after two days without taking any medicines.

The second time was this year, very recently. My right knee was so stiff that I could not bend it and would ache while sleeping. So I couldn't sleep well. I was depressed, weak and had no desire to do anything. This had been going on for about two months or so. Then, I thought of requesting for Maitri Light. As it was being given, I felt a very warm loving energy in my body. The pain did not disappear immediately though; but in my heart I felt reassured that it will go. (Previously, I would be scared about my health).

A few days later I accidentally came across a lady who was an accupressurist. I started going to her for treatment and felt some relief. But going every day was very time consuming as her house was a bit far so I discontinued going there. I was also intending to learn acupressure from an authentic source and had shared this with Dada. Accidentally, I again came across an online course which taught accupressure to which I applied. I started doing it on my own from 1st August 2019 and within days, my pain subsided to half and today after only 37 days, just 5% of it is remaining and there is so much inner joy, enthusiasm and faith which has made my life so much better. All the other symptoms also disappeared.

I believe Maitri Light works on one's psyche too and slowly directs one to what is best for oneself. At times, it may seem that Maitri Light does not give an instant result (in a way that we can comprehend) but it does emanate in a wholesome way and slowly but consistently until one is completely healed.

**With love and respect,
Neela**



The Friendship Divine

Do you believe in magic? Since childhood, I have been fascinated with reading about magic-fiction such as the Harry Potter series. While reading these books, I would wish to be a character right out of the book. Hermione was my favourite character - strong, brave, loyal and protective towards her friends and above all devoted. She was my role model and I wished that if I get a chance, I would be her.

And then magic actually happened in my life. The entry of my Divine, my Dādāshreeji into my life!! He asked me to just accept Him as a Friend and He would take care of everything. Initially I thought - is this for real? Will He really take care of everything and how??

But slowly I realized that He was keeping His word, He did come everytime I needed or called for Him, just like a true friend. He is my saviour in distress, my best friend in difficult times. When the Divine is your best friend, there is

nothing hidden from Him, no words needed. He just knows what's best for me. He took my fears and gave me love. He took my anger and gave me love. He took my insecurities and all negativities of the mind and gave me love. He kept doing this till there was nothing left in me.

And then He made me express my love for Him. In various ways - singing, dancing poetry. But I had to first empty myself to be filled with Divine love. And every time I thought, wow I can do this, He killed my ego slowly by showing I am not doing anything. It's only Him and His love. Isn't He a true friend for accepting me as I was and turning me into love? Isn't this magic?

So friends, experience the magic by accepting your Divine as your best friend and be consumed with Divine Love !! Experience Divine Love which is the highest and actually become Love !!

Lots of Love,
Dādāshreeji's
Maitreyi Shalaka



Ek Kshan Prarthana *The Human Mind - A Curse or a Boon?*

'Ek Kshan Prarthana' (A Moment in Prayer) is your personal time with the Divine. Maitreyi Sulata warmly invites all to join her in the offering of a moment in Prayer as a regular practice to bond with our Divine Friend residing within our hearts!

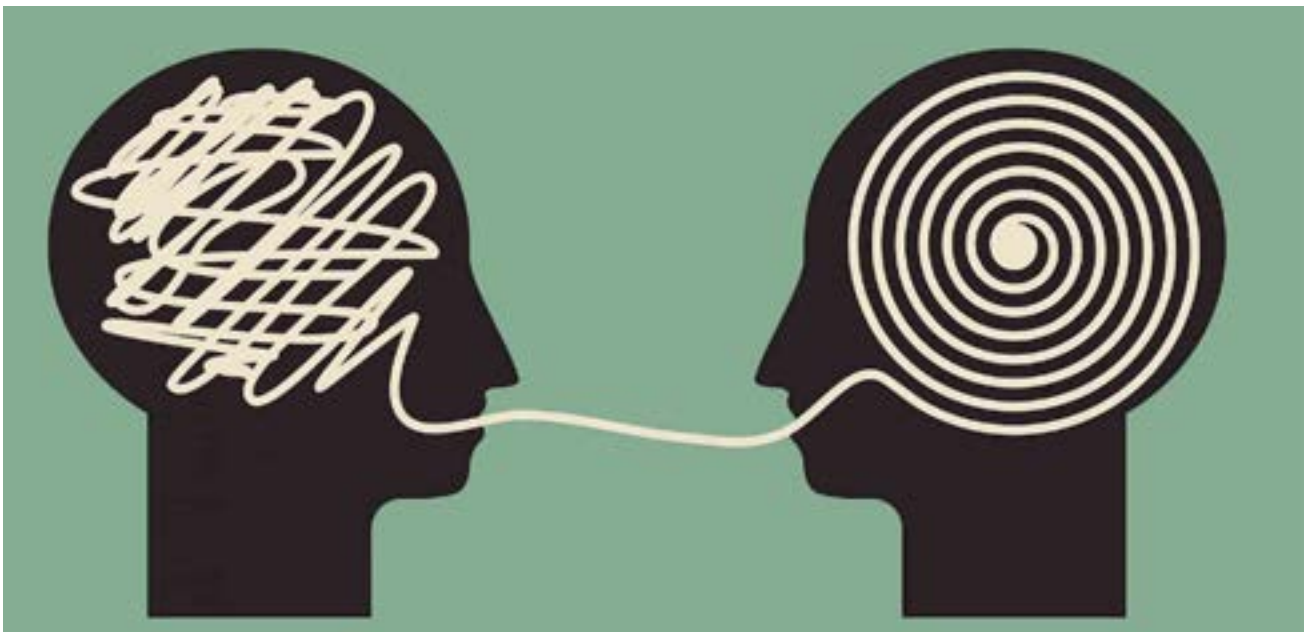
Beloved Friends,

I warmly welcome you to the love and light of the Divine!

Finding calm in the midst of activities of our daily lives is truly a challenge for each one of us. With the pressures and demands of life, and an occasional curved ball thrown at us, today there is a constant struggle to be at peace within every human being. With long hours and countless people and situations vying for our attention, our mind is constantly abuzz with chatter. The result of which is that our mind- a powerful tool that we are blessed with has today become our own enemy; the very source of turmoil in our lives. Much has been said, written and taught about taming the monkey mind. Yet the struggle

remains and the battle with the mind continues. Today, let me take this opportunity to share some crisp and focused experiences that I have learnt with the grace of, Divine Friend Dādāshreeji with the pure intent that this experience may benefit all our wonderful readers.

Existence is simply a continuum of unending energy. Thought is also simply a vibration and a powerful thought manifests itself very easily. Imagine for a minute how many countless thoughts we have each day and most of which we are not even aware of? Worse the mind today is like a loaded gun, aimlessly shooting thoughts like bullets here and there, without us even being aware of what's going to go where and trigger yet another process in the universe or



simply come back to us as an echo. The situation is scary and alarming and yet we continue to blindly live the way we do, trying to manage life on an automatic mode and yes for those blessed with the experience of the Divine in their hearts, manage to live life with more awareness and fruitful direction.

An important question to ask yourself would be - are my thoughts, words, emotions and actions truly aligned and directed in a positive direction and creating joyful and constructive life for myself and others around? Or are we displaying automatic, compulsive actions simply out of our habits and mind games because the mind is out of control. Are you living in a constant state of chaos, indecisiveness and deep unending worry? Do you find yourself in pain and misery most of the time? Are you unaware of the impact of your thoughts, words and actions on your own life and on those connected to you? If the answers to these questions is a 'Yes', then we need to cure our mind and only once that's done can everything else be aligned.

A healthy and a well-controlled and focused mind leads to a proper alignment and functioning of the mental, physical, and emotional faculties within us culminating into living the life of not just a human being but one who is well integrated and responsible.

Understand the nature of your mind

In very simple terms, we can understand the mind as the carrier of energy packets (of what has happened in the past and the anxiety of future) in the form of memories. It needs to be

fed continuously by either of the two extremes, for the hungry mind is like a hungry tiger ready to attack us. The only way we can literally short circuit this madness is to use some simple tools as a way of life by practicing to stay in the present moment with positivity and awareness. The present moment is the liberating moment from the past and the future.

How do I make my mind a boon? Here are a few key learnings from my own life-

Focus and Direction

At present the problem of the mind is that it is changing direction moment to moment. It's like you want to travel somewhere and after every 5 steps you keep changing your direction. Obviously the possibility of you reaching your destination is remote. Hence get a clear focus of what is it that you truly wish to passionately pursue in life and then keeping your actions unwaveringly focused on that goal - in that direction that will truly help you achieve what you initially set out for. You achieve this with inner strength, focus, clarity and positivity. A well-directed mind is a well-organized mind through which a lot can be achieved. Once you are clear in your mind what you desire or need to grow in life, then maintain a steady stream of reinforced thought towards its achievement, without changing direction. There is no way that your goal cannot be manifested.

Tangible and achievable goals

The mind does not understand the intangible. Anything tangible is easily relatable and achievable for the mind. Envision which you





desire to pursue or achieve in life, try converting it into small, time bound achievable goals. This helps the mind stay focused and aligned and thus harmonizes your actions in the right direction.

Connect with your breath

A direct link exists between the breath and the mind. The science of controlling the mind through breathing techniques is India's greatest gift to the world. You would have noticed that with anxiety and worry the rate of breathing increases, conversely when we attempt a task that requires deep concentration, such as threading a needle, our breathing automatically slows or even stops. The next time your mind tries to run away from you, try breathing your way into calmness. Become aware of your breath, connect with it in a tense situation and very naturally you will calm down. Also following the discipline of breathing techniques under the grace of the Divine, helps calm the mind. Connection with our breath helps us to stay in the present moment and execute responsible actions successfully in awareness.

Stop overthinking! Be aware of your psychological drama

Most people live their lives governed solely by the mind, completely cut-off from the reality of life. Everything gathered from our five sense organs is getting recorded within us as thoughts which then affects our emotional and physical

wellbeing. Based on the inputs we receive from outside, we create our own illusory, drama, a story in our minds with continuous psychological processing, which has nothing to do with reality. We then live our life based on this illusory story or drama in our minds. To get out of this vortex all that is required is to become aware of this drama and story going on in your head. Be aware of this story and don't identify with it. You will automatically set yourself free from the tyrannical mind.

Articulate possibility and positivity

Let us say you desire to build a house that requires a million rupees but all you have is half a million in your savings account. If you keep repeating that it's not possible in your thoughts or words, then understand that on one level you are creating a desire for something and on another level you are saying you don't want it. So in your mind there is a conflict and hence you never get your act together to fulfill your aspiration. The possibility or otherwise of the fulfilment of anything in life is not our job. That's Nature's role. Our role is simply to determine what it is that you really need and strive your utmost to achieve it. You cannot allow the non-achievement from the past to colour your future. This is a dramatic reduction in the infinite possibilities of the human spirit. Our negative thought patterns generated out of doubtful minds can only create impediments



in our growth in life. Be clear be positive.

Want vis-à-vis need

The human mind keeps us occupied with unending wants based out of observation or comparison in the material world. Be very clear that the heart is fully aware of your passionate desire and need. Remember the mind is insatiable. However take care of what you articulate. If you articulate 'a want' to the Universe, then all you will receive is 'a want'-not the fulfilment of your heartfelt desire or need. Be clear in what you seek- the desire, want or need.

Your thought at the start and end of the day

If you want to make yourself a peaceful, loving and joyful human being then all you need is to commit yourself into becoming one. Every day start your day with the thought that you are a peaceful, loving and joyful being and you share goodness with all those around and just before sleeping, spend a moment with yourself, thanking the Divine for all the wonderful gifts of life you are blessed with. Sleep with the thought of gratitude for the many blessings received and get up with the thought of positivity and joy before the start of the day. This will keep your mind happy and healthy and your actions and emotions positive

and well directed. Through this practice you are generating substantial positive thoughts and emotions for your own inner growth.

Faith in Divine Grace! Be patient with your growth

As the theory goes it took million years to make a human being out of an ape-man. Hence the process of transformation of our minds is also a profound and patient process. It has taken millions of years for the mind to become complicated and maybe bizarre to how we see it today. Divine Grace and benediction in our lives plays a vital role for this transformation of creating a well-established, positive mind that is a boon for humanity and functions as per its original design and purpose. So until then enjoy the journey of transformation with faith, patience and commitment.

Love your mind. Use it well. Don't be at its mercy or hate it. It's also an important part of the all-encompassing creation. The Divine is communicating with you at all moments within your heart. Use this connection effectively and constantly. As Dādāshreeji says, "allow your heart to lead your life, not the limited conditioned mind."

Today's Ek Kshan Prarthana (A Moment in Prayer) is to offer our prayers for our minds to be healed!

Beloved Divine Friend,

Let the Grace and Love of the Divine bless my mind!
Such that it becomes the Divine Mind

Let the Grace and Love of the Divine awaken my heart!
Such that I only love!

Thank you Dādāshreeji

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.





The Power of Vedic Mantras

Mitra Sut expounds on some of the most powerful Vedic Mantras through this series, in the endeavor to help us understand them and their significance as also how to apply them in the current times

The month of October this year 2019 brings in the immense blessings and power of the Divine Mother 'AdiShakti', the power behind the entire creation.

The Divine Mother has been worshipped and eulogised in all religions and beliefs. She has been called by different names such as the mother Mary in Christianity, Isis in Egyptian, Gaia in Greek, AdiShakti in the vedas and many more. In the ancient (pauranic) literature various names of the Goddess reflect various qualities or forms such as the Ushas (dawn), Vak (speech, wisdom), Sarasvati (as river), Bhudevi (earth), Nirriti (annihilator), Santoshi (satisfaction). Goddesses such as Uma appear in the ancient Kena Upanishad (part of Samaved), as the knower of ultimate knowledge. Her certain forms such as Maha Kaali may appear

aggressive but this form of the Divine Goddess was for a reason, yet she remains the most compassionate and the loving mother even in that form, when one connects to her as many of us have experienced that in our hearts.

Following are few verses taken from part of Rig Veda 10.125 which is called as *Devi sūktam* or also *Vāk sūktam*,

मया सो अन्नमस्ति यो विप यति यः पराणिति य ईश्वोत्युक्तम् ।
अमन्तवो मां त उप कशियन्ति शरुधिश्चुत शरद्विवं ते वदामि ॥

*I am the power which makes one eat the food, to see,
to breath,
And to hear what is being spoken.
Even the non-perceivers of you dwell near me. Hear
me! I speak to you the credible.*



अहं सुवे पितरमस्य मूर्धन मम योनिरप्स्वन्तः समुद्रे ।
ततो वि तिष्ठे भुवनानु विश्वोतामूं दयावर्ष्मणोप सप्तामि ॥

I brought the progenitor into earth,
I sprang from the water of the ocean,
And from there I spread throughout the
universe, among all living creatures, alongside
the all-pervading, and with the vertex I touch
that sky.

अहमेव वात इव पर वास्यारभमाणा भुवनानि विश्वा ।
परो दिवा पर एना पर्थिव्यैतावती महिना सं बभूव ॥

Translation: I only breathe forth, like the wind,
while holding together all living creatures. So
vast am I, that I extend beyond heaven/ space
and this earth.

In the above few versus from one of the most original and oldest available scriptures, the Divine Mother declares, she is the Source which enables all the body activities and the senses to function. A theory of creation is described in which She declares that its only through her that progenitors came down to the earth and how creation occurred. She is the one holding all living creatures together and describes her vastness, which is beyond any human imagination!

There are several texts added later and many stories attempting to convey the eminence of the Divine Mother. Shaktism is a major tradition and came in later from Indian subcontinent, wherein the metaphysical reality is considered metaphorically feminine and Adi Parashakti (the original primal energy) as Supreme. The Goddess herein is considered as the Supreme, Ultimate, Eternal Reality of all existence. The literature on Shakti theology grew in ancient India, climaxing in one of the most important texts of Shaktism called the Devi Mahatmya, which highlights the worship and devotion the Goddess Mother.

The Divine Mother is the very Source without whom this creation would not have been possible. She is compassionate, the most loving giver, nourisher, provider, sustainer, wish fulfiller and is all encompassing.

In the MaitriBodh Parivār, the Mother Goddess is regarded as the highest. Divine friend Dādāshreeji has revealed that she is the very source / energy behind the mission of Maitri Yog, to bring in Love, Peace and Transformation on Earth.

So, let us all take this opportunity to connect, bond, experience, worship and surrender to the power of the Divine Mother, and receive Her immense blessings!

A doctor by profession, (currently working as a Consultant Neuro-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 Divine Friend Dādāshreeji.

image credit: <https://www.wikimedia.org>

Devi Sukta, Rig Veda 10.125.1-2



3. Add water to the jaggery so that the jaggery is fully immersed. Bring it to boil until the jaggery gets completely dissolved, stirring it occasionally. Switch off the stove. Let it cool for 5 minutes. Strain the syrup.

4. Take a wide pan. Keeping the stove on a medium flame, pour the jaggery syrup. Bring to boil. When it starts boiling, add the paste or powder and keep stirring continuously so that no lumps are formed by adding ghee occasionally. Stir for approximately 10 mins. Take off the stove. The jaggery and powder should be well mixed and in a semi solid state.

Test: it should not stick to the hand/fingers.

5. Now add a pinch of turmeric powder and cardamom (elaichi) powder, mix it once again and let it cool.

6. Store in a (steel/glass) air tight container.

How and when to consume?

After the morning routine, take 1 tsp of this lehyam on empty stomach with or without warm water. Also, 1 tsp at night before going to bed.

It can also be used regularly.

If the soaking method is followed, the shelf life may be maximum 1 week and if powdered the shelf life may be more. Shelf life depends on how well we stir it during the procedure.

More remedies in future!

Seethalakshmi ji is a home maker, animal lover and passionate in her quest of serving humanity.



Peace Begins With Me – Sonia

Dādāshreeji teaches us, that if we work on our inner peace there will be more peace and love in the world. In this new feature, we will present real life stories of children and young adults, who showed understanding, and were empathic and compassionate towards others, even when the circumstances were challenging.

Sonia sends a story from a decade ago, when she temporarily lived in another colony, because their new home was being renovated. To their shock their new neighbors despite being from an army background, used to throw a lot of garbage, including leftover food, on their side of the fence. This shocked Sonia and one day she confronted the lady about this behaviour.

One evening I went across and told the lady that there was too much garbage being thrown by them into our side of the fence which was very disturbing and they needed to stop. To my utter surprise, she began to react with abuses and insulting language that one would not expect from someone of her seniority and stature.

My sister heard all this and rushed out, and began to cry seeing how I was being treated. I requested my sister to leave as this was too harsh for her. I told this lady that if she continued this way, I could also step in and use such foul language and we could be hurling insults at each other and become a spectacle. Instead of seeing reason in my argument she began to insult us even more. I was nonplussed and several men also who gathered were very disturbed to hear such language from a woman and offered to call the police.

At that time I remembered my deep conviction about non-violence and I would prefer to be quiet and naturalise this lady's anger by staying calm and not reacting. She continued her tirade for 10 to 15 mins and tried to influence everyone. Gradually everyone dispersed and went away and she quietened down as I was not reacting.

Over time, everyone realised that this family was being nasty and they soon lost all their friends. After a few months we moved out and the incident was soon forgotten. Recently, years after we had moved out, my brother went to visit that neighbourhood and happened to run into the same lady. She was warm to him and invited him to her home for a cup of tea, but he said he wasn't able to reciprocate her warmth because of her behaviour towards me in the past. She immediately apologised and expressed her regret at how she treated me and asked for forgiveness. Her husband later shared that she had some psychological issues and so was very reactive. My brother developed more respect for the stand I took that day.

Sonia was able to remind herself of her deep value of respect for all and commitment to non-violence. She took a step back and desisted meeting fire with fire. This approach deescalated the situation and brought some sense of dignity and compassion back. The lady remembered the good way she had been treated and was transformed.



Catalysts for Transformation



Edgardo Zuniga

A life well lived is one that leaves a positive impact. We may leave an impression of our presence on the souls and the lives of those nearest and dearest to us, but there are a few individuals who leave their mark on humanity. These are the individuals who have changed the world with their vision, their dreams and their hopes for a better tomorrow for humanity. This column will feature inspiring and motivating acts of personalities that made a difference in the world.

“It is never too late for us to do something good, no matter what mistakes we have made in the past,” Edgardo “Perros” Zuniga

It is not uncommon for us to hear of heroes who have helped children or the poor or elderly. In fact, many of our articles have been dedicated to such people. However, there exists a man, as devoted to charity as any other generous human, and he champions the cause of stray dogs.

Perhaps a more loyal animal than the dog has not been heard of. Indeed, it is not uncommon for us to hear of stories of dogs protecting their owners from fires, burglars or violent people. Edgardo acts as a guardian angel for these loving creatures. He travels all over Mexico on a tricycle, carrying only the basic necessities for his survival and supplies to help treat and befriend stray dogs. Be it rain or sunshine, Edgardo travels with his loyal band of dogs, he stops wherever he can, earning money from odd jobs. With this money, he rescues stray dogs, treats them for any injuries, feeds them and then takes them to the local animal shelter for adoption. His band of stray dogs also help him win the trust of the other stray dogs.

Edgardo, left his home town of Jalisco, at the age of 48 with a clear goal to help rehabilitate and rescue as many stray dogs as he could. In the last five years Edgardo has incredibly achieved, helping over 400 dogs. He believes that dogs are creatures of love and protection and we must reciprocate the same. With much love and affection he treats them, feeds them and does everything he can to ensure that they have a better quality of life.

Fortunately to help his efforts, people from all over donate generously to his cause after a video of him went viral on Facebook. An outpour of enthusiasm and encouragement has kept this “Guardian Angel for Dogs” determinedly on his path. In fact, he is now popularly known as Edgardo “Perros” Zuniga, where the word Perros is Spanish for dogs.

Edgardo serves as an inspiration for all that kindness which should be given freely to not only humans, but animals as well.



Regular Awakening to Self Realisation (Bodh I), Maitri Sambodh Dhyaan and Maitri Light sessions are being conducted all over India and abroad.

Request a Prayer

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

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

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

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

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

Dear Friends,

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

Send in your questions to anahita@maitribodh.org

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

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



Upcoming Events

Purification (Bodh II) & Path Divine (Bodh III) For registration contact: 9011465721	31st Oct to 3rd Nov 2019	Lonavala
Dreams Destiny Divine For registration contact: 9752531945	9th & 10th Nov 2019	Indore
Heal the Soul (Bodh IV) For registration contact: 7355553355	11th to 15th Nov 2019	Amritsar
Heal the Soul (Bodh IV) For registration contact: 982052419	18th to 22nd Dec 2019	Karjat
Maitri Mahotsav For registration contact: 9769593971	27th Dec 2019	Mumbai



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