

MAITRI ANAHTA



MaitriBodh
www.maitribodh.org

ISSUE: 04 || VOLUME: 08 || APRIL 2020

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Never!

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Positivity

From the Editor's Desk

Dear Friends,

In the past few days of the quarantine, a lot has already been said and spoken about the wrong doings of mankind to Mother Earth. What remains to be seen is how much we have learnt from this pandemic. Would all the realisation and repentance be limited to this period of lockdown or have we truly learnt our lesson? The true test awaits us when we go back to the routine and mundane life after the lockdown is lifted. Will we go back to our old and reckless ways of living or are we willing to consciously amend ourselves so that our actions don't cause harm and imbalance to our surroundings?

Collectively, we need to work on restoring the harmony and balance in Mother Nature. We urge one and all to please use the time available on hand judiciously. To begin with, families may sit together and understand how and why we have reached the current situation. Considering the well-being of Mother Earth one may jot down the lifestyle changes that could be adapted to make a positive difference not just in our physical environment our internal emotional and eventually our financial well-being as well. The key to bringing about a permanent shift in one's approach lies in going inwards. *Connect with yourself!* Meditations, prayers, chanting are a few tools given to mankind by the Divine to connect with oneself. As one goes within, a new sense awareness develops. This awareness constantly guides one to act consciously and helps us move in the right direction.

For the ones who are new to meditation, Maitri Sambodh Dhyān is a guided meditation available on YouTube in English and Hindi. To experience the positive effects of this meditation we advise that it be practiced daily.

Read *Maitreya Dādāshreeji's message as He answers the why's and how's of the current situation*. In this issue, we also bring to you insightful and introspective articles along with satirical humour conveyed graphically.

Divinity has given us a chance to make amends; this might not be one available next time!

Be positive, spread peace and stay safe!

**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

Isolate to Connect with the Divine

Dear Friends!

Take a deep breath and relax your mind!

All of a sudden, all the rush, hustle and bustle has come to a standstill. The busy streets of cosmopolitan cities are filled with contemplative silence. Our regular, fast paced schedule has suddenly disappeared and turned into a quiet room with the freedom to experiment and explore all that we missed doing for long. You are now compelled to spend time with your near and dear ones. One may use this as an opportunity to strengthen one's relations and make them more meaningful than ever. Apart from the Sun and the Moon, globally, human activities have undergone a radical change. In almost all parts of the world, normal operations have ceased or slowed down through intervention by the Higher Forces.

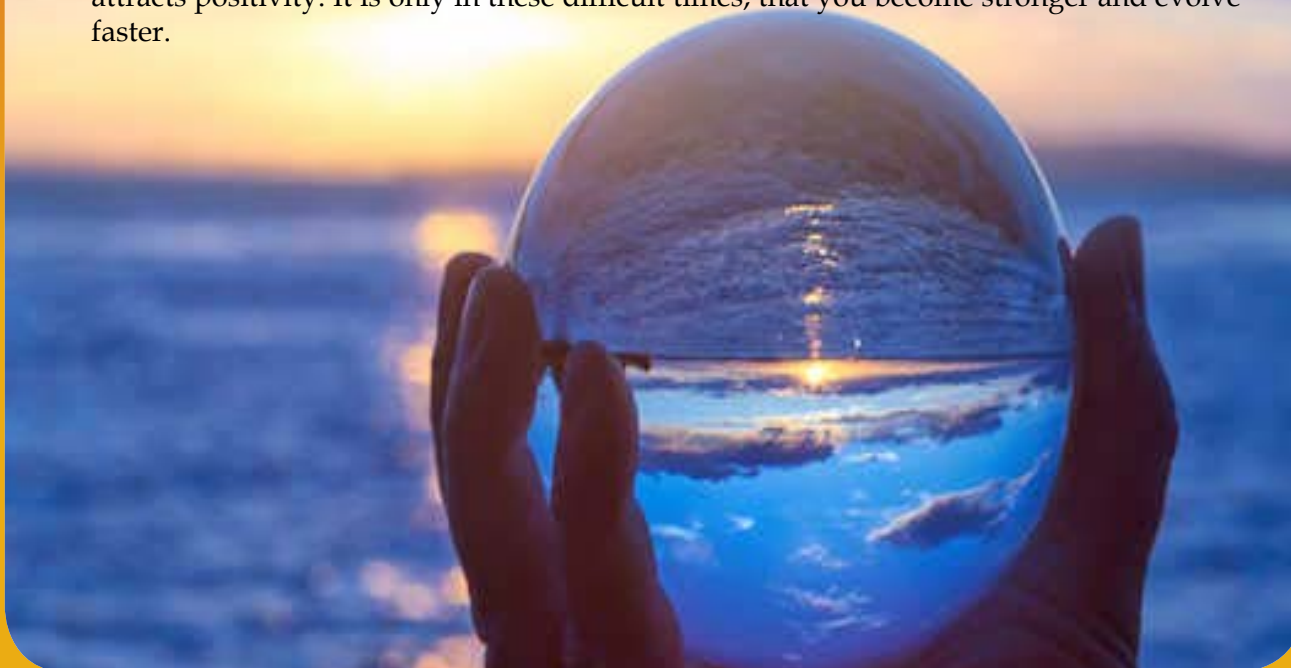
In this rarest of the rare situation, the human mind has got very little scope to retaliate or effectively respond to this unprecedented challenge. This time the human mind can only observe and take corrective steps to protect themselves. The human mind wore a fake mask for long and bragged in the name of religion, region, race and rationale. The dominating, intellectual mind and self-pride has fallen flat. Let's stop the mind games! Nature has had enough. We have crossed the patience threshold of our planet. Something has seriously gone wrong somewhere. Otherwise, such a sudden shock of disrupting the global routine design won't have emerged. Each one of us should identify where we went wrong individually as well as collectively and start taking steps to correct ourselves at the earliest!



What bothers us now is the question, when will this calamity be over? How long are we going to suffer like this? These questions are repeatedly hounding us. In a practical sense, we think that knowing the exact date of the stoppage of the current situation will stop us from worrying. But, the question arises out of desperation. We want to come out of an unpleasant situation. None of us wanted it. Many of us are under stress, in panic and are disturbed. The frustrated mind would yield only annoyance and pain for the self and others. Hence, know that the question and the answer to it will not dissolve the current issue. Therefore, be wise! Drop the question and move ahead! But if you want, you can still entertain the question as long as you want. It will only attract restlessness whether you receive the answer or not.

First and foremost, we must calm our minds and stop panicking. If we truly understand what's happening globally, we will automatically get dissociated from stress and fear. It's the best time to know the state of our mind. How strong and patient the mind is! From a spiritual perspective, it's about freeing the mind from stress and fear. The current worrisome state of the mind should be replaced by a peaceful and empowering mind. That's the spiritual objective. Hence, learn to calm your mind!

The human mind inherently wants to know things in advance. As if, that would make things better by applying this information in their life. Tell us, how many of you were not aware that the planet is suffering and facing the heat due to man's wrongdoings? If you knew it or felt it at least once in recent times, what did you do about it? Once the current episode subsides, what will be your plan of action to prevent the recurrence of the calamity? Those who are anxious or desperate to move into the routine life will shockingly be amazed to see how many of us would stand for the planet after the current episode. History says that the human mind tends to forget such experiences and quickly gets used to routine life as if nothing ever happened. How selfish are we? Change the way you look at things! When you evolve spiritually, your perception towards things and situations is different from the others; calm descends, giving increases and open-ness attracts positivity. It is only in these difficult times; that you become stronger and evolve faster.

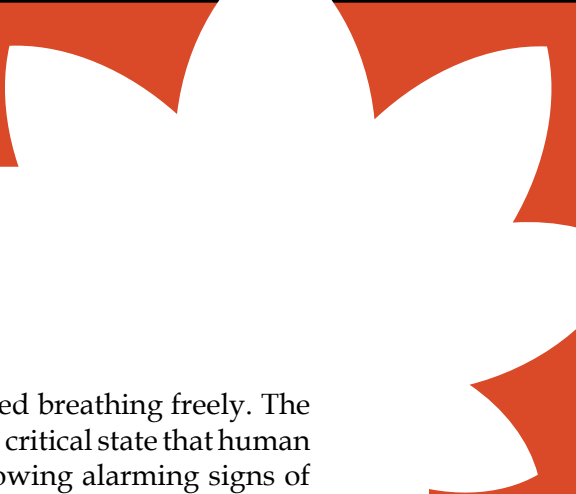


There are two sides to the current scenario. The first is about our self, human beings. We saw ourselves unexpectedly and shockingly locked in a confined room. Those who were regularly busy, continuously occupied with commitments may find it challenging to cope up with the confinement. No matter how you were earlier, you are forced into a situation of remaining isolated. You have no direct control over it. The only option you have is to flow with the situation. Then, why don't you understand the message that Nature sends to you through this isolation? The earlier you understand the message, the earlier freedom follows. The message for humanity is to connect with their 'True Self'. You could never give time to yourself since long because of various genuine reasons. But now, Nature has allowed you to be isolated from the others and connect with the Divine. Wholeheartedly embrace this message and step into a new future to receive abundance! Those who were already experiencing the connection with the Divine all the time had no issues of flowing with the sudden upheaval. They had concerns for the less-privileged ones. Hence, they offered their services and prayers, sending help to all those who were in need. Being connected with the Divine, you are in a position to help many whenever required. It's not a choice but the need of the hour. Having been on the spiritual path for long, your inner-peace should never be disturbed by any external influence.

Hence, my friends! Use this isolation to connect with the Divine; we may not get this time again. We are now looking ahead in time to enjoy our free access to the world. Later, we might regret by saying "those days in isolation were better days". Our current situation is like that of a monk sitting in a cave meditating on the Divine, disconnected from the world outside. The only difference is, he is doing it happily and joyfully, and here we are trying to do it with the unpleasant mind. At least, try once and comprehend the message of the universe positively. You will see a profound shift in your life.

We are somehow forgetting or might not be paying heed to the other side of the current turmoil. Our home, our planet! What did we do to it these past years? We are crying and praying about our difficulties. What about our world? Did you pray for our planet? If you have or had prayed earlier for the earth, then the current scenario is the positive response. All those who were sensitive enough for the Earth cried and prayed for the health of the Earth.





At last now, since the last few days, Earth has finally started breathing freely. The planet has got its oxygen back and is able to recover from the critical state that human beings had created for long. On one side, the world is showing alarming signs of crisis, and on the other, the wrath and pain of Nature has reduced significantly. We can come out of the crisis by simply following the directions given by the local authorities. We need to keep the selfishness aside and harmonise ourselves with divine, verdant Nature. To help our planet remain healthy, why can't we stay at home for some more days? You work so hard for your family. You are ready to sacrifice anything for your family, then why not be at home for some more days to help improve the health of our planet? You still have options to work from home or to interact with people. You can remain alive and happy at home. Let us be less selfish and offer some more time for our planet to get healthy and happy too!

My friends! Prepare yourself for the 'spiritual transformation'. It is just not a word but a natural state to be in. The clock is ticking towards this. After every 14,000 years, the world goes through such disruptive events ushering in a new era of love and peace. The rational mind might not comprehend this; but will see it happening as the time passes. Let us be true to ourselves! Your awakened Inner-Divine will guide you to successfully pass through this phase.

*Let the Divine lead you from ignorance to 'The Truth'.
Let the Divine lead you from darkness to the light.
Let the Divine lead you from bondage to liberation.*

*Soon, everything will be alright!
Dark and dense clouds will disappear!
A new radiant golden Light will appear.*

*Your prayers have been heard.
The Divine has intervened.
The Divine knows better.*

*Do not worry!
The Divine protects you all the time!
Grace and time will heal everything!
Love of the Divine will win!
Love for the Divine will win!*



**Love and Blessings,
Maitreya Dādāshreeji!**

Divine Guidance

I would like to share my recent experience about the mass prayer held on 1st March 2020 where I personally felt Maitreya Dadasheeji's Grace and presence reaching me and my surroundings as well. While chanting the Dādāshreeji mantra I experienced Him sitting in front of me physically and smiling at me. Moreover, I was amazed to learn that someone else whom I had invited for the first time to attend this prayer meet shared this similar experience exactly at the same time. It was just wonderful to witness new people connect with Dada in their first meeting. It's a divine and wonderful experience and I fall short of words to express the bliss of the moments and the many ways in which Dādāshreeji has touched my life and provided me with answers whenever I needed them the most. The entire journey that began from attending Dreams, Destiny, Divine, awakening to Self - Realisation (Bodh I) and Arohan classes has redefined my existence and thought processes towards life and mankind as a whole. 'Dada' as I fondly call him, inspires me to be the best version of myself. Practicing Maitri Sambodh Dhyān gives me peace of mind and a sense of contentment in life. An understanding that whatever is happening to me in life has a predefined purpose and that I need to enjoy and learn throughout this journey. It's pure joy and I feel privileged to be under Dada's guidance and I wish for others to experience the same bliss in life as I do.

Paridhi Maheshwari



We are One and Blessed!

I would like to share with you an incident that I experienced last week after participating in a Maitri Sambodh Dhyān meditation and subsequently received Maitri Light.

I had had a busy day and also experienced a great many challenges in the weeks before, therefore I was very grateful for the opportunity to participate in the session. During the meditation I was able to immerse myself deeply in the Divine Love inside and thereafter after receiving could feel the effects of Maitri Light very strongly. All the stress of the past was gone and I was in a deep state of gratitude and love when I made my way home. When I got to the subway, four young people, a girl and three boys around the age of 14/15, boarded the train at the same time. They had wine bottles in their hands and were very drunk. They swayed and chatted in a very uncomfortable manner. I immediately felt compassion for these young people and started chanting the Dādāshreeji Mantra internally. The youngsters took seats a little further away from me and I could only partially see them, but I could hear them all the more. After a few stops, one of the young boys suddenly came in my direction and sat in the free space opposite to me. He buried his face in his hands and started to cry. I too could hardly hold back my tears - the divine intervention was so noticeable here - and so I continued to chant. Shortly after that, a second boy sat silently next to me and he stayed that way until I had to leave the train on reaching my destination.

I went home deeply touched and grateful, because I had just received an example of how DIVINE LOVE works when we let it into our lives - not only for ourselves but also for passing on to others - WE ARE ALL ONE and blessed with DIVINE LOVE!

Dādāshreeji Sharanam!
In deep gratitude,
Maitreyi Eva





The All-Powerful Maitri Sambodh Dhyān

Maitri Sambodh Dhyān took me deep inside; my mind became very silent and still. I didn't feel like speaking. Even now, as I write I am in that state. I am in silence. I felt my Master's presence so strongly and saw golden and blue lights during the meditation. When I close my eyes, even now I feel that powerful energy. For the past few months and days Mahavataar Babaji has come into my life. Thanks to the MaitriBodh Pārivār for connecting us to the Higher Consciousness. Thank you, thank you, thank you!

Geetha Subharam



Sādhanā for the month: Practice Forgiveness

Dear Friends,

We have been sharing one practical Sādhanā each month of the year 2020 to implement in one's routine living. We hope you have been able to implement these practices as much as you possibly could. Please remember that it's your effort that counts and not the result. We have to give our honest best for our transformation and leave the rest in the hands of the Divine. "Transformation" is a long journey albeit but a very worthy one.

Maitreya Dādāshreeji had conveyed in His January 2020 article that, *"The world is changing for good. The change would be unimaginable and unfathomable for a closed and confined human mind. The only way is to flow with the Divine to witness the change."*

We have already seen many changes occurring in the world in this context and Dādāshreeji had started preparing us for these since the start of this year through these practices.

Let's understand this month's teaching with a story. Once a professor asked his students to make a list of all those people who had hurt them at some time or the other in their life. After the children had made elaborate lists, competing with each other in the number of names, the teacher asked the children to put as many potatoes in their bag as the number of names in their list. The teacher then told them to carry these potatoes with them in their bag, everywhere they went for an entire week. "Carry the potato-filled bag to school, carry along to the toilet, keep with you in the school bus, during the playtime and keep it beside your bed at night". Naturally, the condition of potatoes deteriorated over a few days and the bag became an annoying load of baggage to carry around. After one week, the teacher asked the children how they felt about the load of potatoes on them and they all let out their frustration of carrying an unwanted baggage and the inconvenience it caused them. The teacher then explained to them the metaphorical meaning of the potatoes representing the emotional baggage the hurt had caused them.



Similarly, we all carry an emotional baggage spiritually for all the people in our lives that have caused us pain or hurt.

So for the month of April, the practice to follow is to FORGIVE OTHERS.

- Forgive all those who have caused pain to you
- Forgive all those who have humiliated or disrespected you.
- Forgive all those who have betrayed you.

For some, it may bring back many memories of hurt and pain and for others, they may feel that there isn't anyone left to forgive anymore. In both the cases, contemplate some more, further and deeper and thereafter seek the help of Maitreya Dādāshreeji to get rid of any such baggage and move forward in life. You may make a list of all those people who have hurt you.

Invoke Maitreya Dādāshreeji by chanting His mantra or by remembering Him.

Tell Him that you are sitting for the process and you require His help.

Visualise the person who has hurt you or that situation which caused pain to you.

Internally, forgive that person and surrender yourself to the Divine. If you are not being able to do it, then accept it and convey the same to Dādāshreeji for His Grace. Once you accept that you have been hurt by that person or that situation and you are not able to forgive that person, Dādāshreeji will help you to come out of it.

After sometime, when you feel comfortable, you may offer gratitude to Dādāshreeji for helping you in this process.

Once you have completely forgiven that person or that situation, you will not carry an emotional charge towards that person or that situation anymore. You will feel much lighter within. The memory of the incident or the situation may be there but it wouldn't drain you or cause any pain within.

Go through the list with your Dādāshreeji, every day for this entire month and feel yourself becoming lighter and freer within. Once your entire list is over, you may ask Dādāshreeji to help you forgive all those who have hurt you but whom you don't remember. This is also very important to make yourself lighter.

Maitreya Dādāshreeji said, "Forgive others. They are also learning and growing."

When you hold a grudge against someone or keep living in the pain they have caused you, you harm yourself more than the other person. The other person may be happy and growing in his/her life, while you continue living with that pain and hurt, which impedes your growth. Do yourself a favour and forgive them. Become lighter within. Feel peaceful within and spread the peace outside.

We express our gratitude in advance for practicing this sādhanā during this month. Your individual transformation helps to transform the collective human consciousness on planet Earth. We would love to hear your experiences as you accommodate these monthly teachings in your routine habits. You may share your experiences with us at – anahita@maitribodh.org





Ek Kshan Prārthanā: 21 Days in ICU - Transform Now or Never!

The current eye-opening crisis for the world is prompting us to reconsider and reflect on every minute aspect of our lives that we have taken for granted until now. Have we learnt our lesson yet asks **Maitreyi Sulata?**

Beloved Friends,

Here is a snippet of a conversation between Mother Earth and one of us:

Human: “May I please come in? This is my home. Mother, please allow me to come in as there is a big storm outside. It’s going to kill me.”

Mother Earth: “I am helpless my child. I wish you would have learnt your lessons when I was teaching you with love and care. My heart cries for my own children in distress, but I am helpless.”

Human: “But Mumma please, I am dying, please hold me in your arms.”

Mother Earth: “I wish I could my child, as this is not my will, but your own doing. You have severed my arms that rocked you with a lullaby and injured my womb that nurtured you as an infant and protected you all through your life here. My heart is pained and bleeding as you struck your arrow of arrogance right inside it. Yet my love flows for you incessantly. What do I do? How do I help? I myself am in the ICU, and you are asking me to help you? My child, when is it that you will realise it’s I who needs help? It’s I who needs to be healed of these deep injuries inflicted by you upon me for so long. I will be able to embrace and protect you only if I ever recover myself.”

Human: “I am sorry Mumma. But, how else can I be saved?”

Mother Earth: “O my child! You are still thinking of saving yourself, while your own mother’s soul is wounded, her heart bleeding and body dying.” Will you ever for a moment think of feeling my pain instead of your selfish greed?” Such is the miserable condition of the so called ‘most evolved species’ on our planet!

We are in the ICU!

Mother Nature and the entire Universe has been trying its best to teach us the lesson of love, care and compassion, yet we have been far too selfish and all we care about is ourselves! Hence the current crisis where innocent lives are or have been lost all over the world. There has been no respite for either the richest or the poorest nations. We are all in this together. We have all been brought on the same platform equalizing everyone, nullifying all power, all arrogance making each a beggar to survive this terrifying lesson pushed right into our faces by nature.

The big question we face now is - Have we learnt our lesson ? I repeat. Have we truly learnt our lesson? Do we realise the repercussions of the damage caused in every nook and corner of the world by us as a species? Are we feeling the pain of those suffering? The entire world is locked down - Humans, who feel that they run the world and claim themselves to be the most advanced species have been brought to their knees! And yet we are not learning in our hearts. We are still not willing to change.

We have been cornered and made to feel helpless! Do we truly realise what this means?



Do we truly realise the seriousness of the current issue? Intensive Care Unit, but we are still think we are on a holiday. Those physically unaffected by the disease have been asked by the local governments to sit at home /practice self-isolation yet how have we responded in choosing of how to utilize our time? Movies, TV, Social Media, jokes and a continuous calculation of how to take more from others, unwillingness to share or feel for the underprivileged. This is how we are spending our time. Our unwillingness of the realisation about the true nature of the crisis, not realizing the pain of those going through the same continues throughout society. We continue to break rules, and finding ways of avoiding the laws to curb our movements. We forever ask for relaxation breaks from our crazy, busy schedules, but now that it's been given, we don't know what to do about it.

Do we truly care about what we have done to our planet? What does lock down really mean to us? Is it yet another crisis that will pass and life goes on? We really need to wake up.... Our situation is like the alarm bell ringing but we still continue sleeping. What are we thinking? That we are safe in the cocoons of our homes? The entire world population is knocked down by a miniscule virus and we are thinking we are safe. This is not just a political, economic, or social crisis, this is not a war that will end soon and the economy goes through recovery, *the planet is in the ICU..... I repeat, our Mother Earth is struggling for breath, she is on the ventilator and we think that when 21 days are over, we will be free to return back to our normal crazy destructive lifestyle.*

Nature is teaching... Are we learning?

Nature is teaching us a huge lesson. Nature discards species that do not support the planet. It's happened in the past, and if we refuse to learn it's going to happen again. Nature has discarded the Dinosaurs, the Ramapithecus (extinct apes) and many such species and it is getting ready to discard yet again- this time the human species on a massive scale. It is time we ask of ourselves what is it that we are doing that we might be discarded?

Are we heading towards extinction?

We still feel that I have not caused any harm to Mother Earth personally. We all also know

the truth internally. Our indifference, apathy and incorrect actions have caused irreparable damage to Mother Earth. We are nowhere in sync with nature and hence we might be discarded as harmful.

All is not Lost! – We still have a chance!

Divinity and Mother Nature are all pervasive love, they are giving us a chance to change, to recover the lost paradise if only we would be willing to admit our wrong doings to ourselves and start with correcting our actions !

The fact that we have all been asked to stay at home isolated/quarantined is with a specific purpose - those whose hearts are awakened know this well! These are in the form of grace marks given to us, that too even after non-performance as a human species. If we are willing to change we can still save ourselves. *It's a wakeup call- use this grace period to learn once and for all! If we don't, then worse will come and by then it might be too late!*

Let's for a moment, rewind our lives to say one month from this moment. Can you see how things have changed in just a matter of days and weeks? From the biggest corporations, industries and institutions have simply shut down. Entertainment centres have closed down, public spaces are empty and only essential services are available. The immediate result is right in our faces. Pollution levels have come down, tourist spots, beaches, lakes are all cleaner than before. Since humans began retreating from public spaces in fear of the Corona Virus, nature has started reclaiming its space. Dolphins have come back to Italy's coast, swans have come back in the water tunnels which were never seen. In Singapore, otters are roaming freely in the empty public spaces as there are no noisy uncaring tourists around. Penguins are freely roaming in aquariums in Chicago. The rivers have suddenly become clean with no one to pollute them. Nature is telling us how quickly she is recovering. But will it be permanent or will we go back to our poisonous ways?

These are examples of how we humans have encroached on the territory of other living beings. We have destroyed habitats, killed



animals, over used resources. We do not own this Planet. We share the planet with other living beings. *We humans cannot keep bringing down forests, destroying habitats, polluting oceans and putting other species lives at stake.* It is time to awaken now! Mother Earth has given us a clear message- Enough! Now stop! I will not take any more of your selfishness. *Either learn to co-exist in the same flow as Nature or Nature will find its way to reclaim its space.*

In the race for material possessions and advancement, we had stopped valuing the simplicity of life and heart's connection with each other. Our true, natural self is hidden behind the superficial Facebook , WhatsApp, Twitter and Instagram life. Many so called friends, but no true friend, no true connection! *The Corona Crisis is teaching us to become natural, simple and true ! To share and bond in true human connect with your own families and communities. Stop and see for once how lost we were in the busy-ness of life? We did not even have time for the basic sharing of love in life.*

Now that we are quarantined at our homes with limited access to resources, are we truly realizing how much we have taken abundance of resources for granted? How many of us have reconnected with our families, getting to know each other better?

The Corona virus is teaching us *how much we have damaged our planet.* As soon as the transport and industrial fumes stopped, the noise and filth was replaced by quietness and clear skies that finally we have some fresh air to breathe and enjoy the happy chirping of birds!

The Corona Virus is also teaching another very crucial lesson- We are all inter connected! All are One! Nature has and continues to treat the human species as ONE RACE, the same treatment, irrespective of caste, creed, region, religion, economic, education or social status. For the virus, everyone is none else but human! There is no discrimination for the virus. This leaves us with a very crucial question- *Do we see ourselves as ONE?* As ONE world, as ONE country, as ONE community – or it will always be about individual selfish desires, arrogance and egos?

The most developed nations are in fact battling as much as the developing and underdeveloped countries. The most advanced medical facilities,

doctors and scientists have failed to find a remedy, thus smashing down the ego that humanity carries about its advanced technology. *Humanity today faces a big question that we are failing to see for ourselves- Is there a Higher Power governing this Planet? Is Humanity being forced and cornered to explore this Universal Power beyond the current understanding given and limited by our religions? The Corona Virus is forcing us to ask whether we are dependent on something much higher and bigger than we think?*

We cannot operate from a place of being disconnected from the Highest- the source of all, the Divine, the Creator, the One Universal Consciousness! He resides as unconditional love in our hearts and the disconnection from the divine consciousness in our hearts has led to disconnection from love and hence the crisis that we are witnessing in today's times!

The current ongoing lockdown period all over the world is giving us a golden opportunity to recoup and recover ourselves from the present crisis we find ourselves in!

The Divine is giving us a chance to transform and be in harmony with Nature!

The Divine is giving us a chance to value love over material possessions!

The Divine is giving us a chance to clean our polluted Earth!

The Divine is giving us a chance to heal oneself and Mother Earth!

The Divine in the physical manifestation of Maitreya Dādāshreeji is holding our hands and showing us the direction towards the Golden Age!

The big question is:

- Are we ready to learn?
- Are we ready to transform?
- Are we giving ourselves the opportunity to trust our Maitreya, Our Divine Friend in our hearts!



The time has come let's surrender to the Supreme Power!

Today's Ek Kshan Prarthana is a prayer offered to the Divine for transformation!

Beloved Maitreya Dādāshreeji,

**Let thine Divine Light and Grace transform
Humanity once for all!**

**Let thine Divine Light and Grace heal our
Mother Earth once for all!**

**Thank you Maitreya Dādāshreeji as we
surrender to this Light within us!**

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.



Spread Peace and Positivity

Mitra Parn shares the pre-eminence of spending time with oneself during this trying time and urges one and all to stay positive and spread peace

Namaste dear friends,

Our collective prayers on 22nd March'20 to eradicate the COVID - 19 have been heard and answered by the Divine. There is no need to panic, though it is imperative that we follow the norms laid down by the governments and follow the lockdown or social distancing, as suggested in our respective countries.

It is a challenging situation for all to be confined to a place with limited resources and practice isolation. *Maitreya Dādāshreeji says, "When you face difficult and challenging moments in life, your fears and weaknesses are brought to the fore and into your awareness. You probably did not notice their existence within you all these years. These situations give you the opportunity of becoming aware of your imperfections within. Take this opportunity as a boon or a Divine gift!"*

So, lets use this time in hand to introspect about ourselves and our lives. Our Maitreya has been advocating to 'Go Less' for the past three years, to consume only as much is necessary or needed. The conscious habit of buying sensibly and choosing eco-friendly products must become a part of *each one's* lifestyle.

Spiritually, twenty one days play a very important role in changing one's mindset or habits. We hope that you have been using this time wisely to inculcate positivity enhancing habits in your life. Stay in prayers, connect more with your family, your loved ones and with your dearest Inner Divine. Spend time with the Divine form that you connect with naturally. If you do not connect with the Divine in any form or believe in the Formless, then spend time with Nature, the Sun, the Light around you or the Light within you. Meditate upon the Divine form of your choice and observe the silence within. You may even pray, chant divine mantras or perform havans. It is important that you connect with the Divine and move forward. The form does not matter to the Supreme. The Divine only wants you to transform and move towards your Highest Self.



Conserve your energy and speak only when necessary. Observing silence within (maun) will help you experience peace within yourself and this peace will then emanate to your surroundings.

During this time of chaos and fear, it is essential that you practice 'Peace & Positivity' in everything that you do. Watch, hear, read, speak or indulge in activities that make you feel peaceful and positive. When you stay happy and positive, your body's immunity increases and helps defend your system against any foreign bodies. Inculcating good habits like waking up early in the morning, bathing regularly, eating healthy food, *stay fit* and feeding the mind with positive thoughts only boosts the immune system. This has been backed by scientific studies as well. Make a conscious effort to stay happy, calm and positive.

Now, how best can one stay happy, peaceful and positive? *Maitreya Dādāshreeji* had shared the following three points (in *Maitri Anahita* magazine's January 2020 edition) that will help one flow with peace and positivity not just now but throughout your life.

- *"Balance the mind: If you sense any mental or emotional imbalance, learn to balance it. One can achieve this through meditation or prayers. One should aim to attain a state of perfect equilibrium wherein your body, mind and surroundings are completely under control.*
- *Disengage from the past depressive memories: If any past unwanted memories are present and are taking a toll on you, you must disengage from them. You should throw out anything that is burdening your heart and out of your consciousness.*
- *Serve and Connect: Offer your time to serve others, the less privileged ones! Good karma acts as a driving force in your spiritual journey. Through service, you connect with people's heart and transform them."*

*I request you all to choose peace during this period of pause.
Spread peace. Spread Positivity.
Lots of love to everyone.*

Mitra Parn is one of the blessed souls who has lived under the Guidance of Dādāshreeji since his formative years. Surrendered to His Divine Lotus Feet, Mitra Parn lives a life of selfless service and has been zealously working towards spreading MaitriBodh Parivār's message of Love and Peace to every corner of the world. A mentor to many, he shares his life experiences with Dādāshreeji, to help others grow to their true potential.





The Power of Mantras - Understanding & Application

Mitra Sut expounds two verses from the Mundaka Upanishad that compel one to re-think about one's purpose and the on-going journey in life

Sanskrit Verse

द्वा सुपर्णा सयुजा सखाया समानं वृक्षं परिशस्वजाते ।
तयोरन्यः पिप्पलं स्वाद्वत्त्यनश्नन्नन्यो
अभिचाकषीति ।। 3.1.1 मुण्डक –उपनिशद्

समाने वृक्षे पुरुषो निमग्नोऽनीषया षोचति
मुह्यमानः ।

जुष्टं यदा पष्यत्यन्यमीषमस्य महिमानमिति
वीतषोकः ।। 3.1.1 मुण्डक –उपनिशद्

Meaning

Two birds that are ever associated and have similar names, cling to the same tree. Of these, one eats the fruit of divergent tastes, and the other looks on without eating.

On the same tree, the individual soul remains drowned (i.e. stuck), as it were; and so it moans, being worried by its impotence. When it sees thus the other, the adored Lord, and His glory, then it becomes liberated from sorrow.

The above two verses from Mundaka Upanishad are one of the most profound to understand clearly what our life is about and makes one re-think about our journey in life, our purpose. The Mundaka Upanishad is an ancient Vedic text, of the Atharva Veda and imparts one of the highest spiritual knowledge.

The above two verses exemplify two birds, and suggest a deep philosophical thought. In the first verse it describes that these two birds are connected and similar. 'On the same tree' points to the fact that they are part of the same being, like a mirror image of each other, but with a difference. As the verse mentions, one is 'eating' fruits of different tastes, which signifies trying to fulfill the innumerable desires that seem ever-changing and insatiable! While the other bird is

just looking and not eating.

This is our story, that of a human being. The first is the lower self, our ego, our identity, someone we already know well enough. But who is the other bird who is only observing? It is the Divine that is within each one of us, looking at us and waiting. That 'looking' signifies the patience of the Divine. With all compassion the Divine is waiting for the child to move away from the lifelong worldly temptations and look at 'It' (the Divine)!

The second verse describes the state of an individual, drowned and stuck in this samsaara (the tangible world) for not just this life, but many lifetimes. It describes the state of its helplessness, worries, pain and suffering which we are so familiar with.



Is there a way out of this misery? The solution is shared in the last line of the verse. We now know that the other bird is the Divine and has been waiting for many births for us to look at it. This Divine is within each one of us, the adored Lord. When the bird realizes this, it's journey to freedom from one's sorrows begins. It eventually realizes and experiences the glory of the Divine and thus attains liberation.

Ask yourself, is all that we do from morning to night, birth to death, what we seek? We seek permanent happiness and want to experience true unconditional Love, but unfortunately we have been looking at the wrong place.

We laugh when we see a bird that looks in the mirror and thinking that there is another one keeps pecking the mirror. But isn't this what we all are doing? The world is like that mirror fake, unreal, like a mirage, where happiness and true love are deceiving. The truth lies on the other side and the other side is nowhere else but within! To realize this truth in itself is nothing less than an awakening. The journey begins with one's endeavor to re-establish the bond with the

Divine within and eventually experience it. The Bodh programs held by the MaitriBodh Pārivār are specifically designed for the same.

The above two verses give a pathway to liberation, as well. It hasn't been easy to those who have tried to tread this path previously. But for us it's simple and effortless as we now have someone who has already walked this path and is in a state much beyond - our *Maitreya Dādāshreeji*. He beautifully states that,

"You can experience this state of Liberation/ Moksha in your life, here and now. There is no doubt about this. You become internally sure of the fact that you are free from the earthly bondage. The layer of ignorance vanishes with the awakening of spiritual truth. The state is not a mental imagination or a self-created world. You breathe and walk within that state. It is a passive and natural state of consciousness"

To know how to experience this liberation do read His message in Maitri Anahita March'20 issue.

A doctor by profession, (currently working as a Consultant Radiologist in P.D. Hinduja Hospital, Mumbai) Mitra Sut - as he is fondly called also teaches and conducts spiritual sessions and shares the insights gained from his Master Dādāshreeji.



Easter : Welcoming a New Time

The spirit of easter has always been to celebrate the coming of a new age, a new life says **Maitreyi Cecilia**. Now more than ever, easter has come to us as a spirit of renewal that we must cherish

Easter is a time when people come together across the world to mark a new beginning and celebrate the rising of Love. Love within our hearts.

The term Easter dates back to the name of a goddess in England, Eostre, and was celebrated at the beginning of spring. She has been described in the writings of the Venerable Bede, a British monk who lived in the late seventh and early eighth century.

Historically, Easter is a beautiful time for it has been celebrated in culturally varied way and holds differing significance. This celebration marked the beginning of the spring equinox and the coming of the Light (Light of spring overtaking the darkness of winter). Hence the date of Easter varies each year and coincides with the vernal equinox.

For Christianity, it marks the basis of the faith that Jesus has risen and His love alive in every heart. In the Jewish community, Easter is celebrated as Pascha also known as Passover. Passover is a time when Jews remember the deliverance of an entire community and liberation of the Jewish people from slavery in Egypt. In early

America, Easter was a family gathering of the old and young. So as to keep the young children engaged and joyous, the idea of an Easter egg (egg being a symbol of new life) was introduced.

As celebrations took a different face each time, the common theme that always remained was the celebration of new life, welcoming a new time.

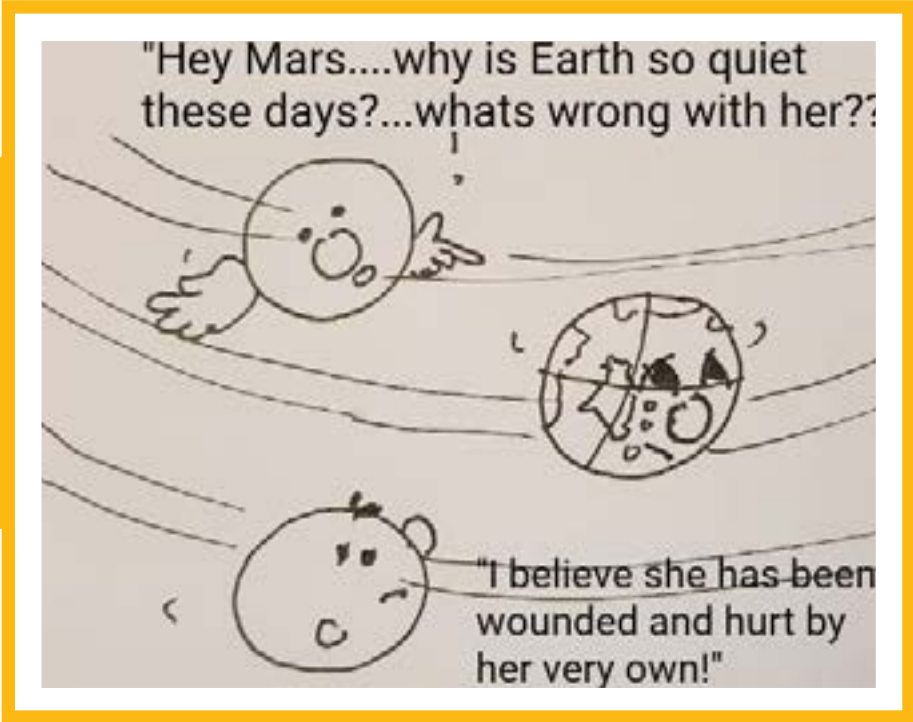
When we look deeper and reflect on the current times of COVID-19, we can see the spirit of renewal. The entire world is spending time indoors, with themselves. Each one is a given a chance to enhance their beings, connect within and embark on a new journey of life. We will all come through this challenging time, in renewed spirit of Love and Bliss.

Our Beloved Mother Earth is healing profoundly; the air is cleaner, the skies are bluer and new life emerges with every passing moment.

Let us reflect on this Easter Sunday, as we commemorate the rising of a new era, an era of Love, Peace and Transformation as One World, One Community, One Truth! The truth - that we are all connected - that we are all ONE.

Maitreyi Cecilia is a Pediatrician, currently training in Pediatric Neurology at Duke University, USA. Her greatest passions are child health and their spiritual growth. She envisions to aid caregivers and parents in the holistic physical, mental and spiritual development of children.







Your Quest - Our Support

You may get answers to your spiritual queries, inner experiences or receive clarity regarding teachings addressed directly by **Maitreyi Sulata, Mitr Shankh or Mitr Parn** through this column

Question:

My life has changed 180 degrees since my association with Maitreya Dādāshreeji and the MaitriBodh Parivar. Life has become joyful and I have been privileged beyond measure to experience Divine Love and Grace. As per Dādāshreeji's teaching, I do try to share goodness to people around me, however, I am yet unable to give them the experience of love that I should embody and radiate. I do end up getting angry and hurting people, especially the ones closest to me if they are unable to understand my spiritual quest or my state of being. Kindly guide me as to how to deliver the experience of love that I need to.

Sneha Laghate

Answer:

Dear Sneha ji,

I warmly greet you in the Love and Light of the Divine and am happy to know that you are enjoying the Love and Grace of Maitreya Dādāshreeji in your life. Thank you for sharing your experience with us. I understand and commiserate with you on your situation wherein you have understood the teaching bestowed by Maitreya Dādāshreeji that 'love is our true nature', but are experiencing difficulties in experiencing the same with yourself and hence others.

The moment you bond with the Divine, you grow. A sure sign of your growth is that you have become aware what you are feeling. There are many others in the world who are still struggling to understand their reality. As Maitreya Dādāshreeji says, "There are no short cuts in spirituality." With time, Sādhanā, patience and most importantly His Grace, the experience will be bestowed upon you and then you will be able to share the same with everyone.



Sneha ji, at this stage I would like you to understand the difference between this want or craving of the 'experience of Love' you are searching for, as this may help you in your journey. Any want or craving arises out of the unquenchable and insatiable mind, which wants to acquire incessantly anything and everything. It's never at peace or rest. In your situation, though it wishes to acquire the experience of love, which though is better than craving for any other fruitless thing, yet it is important for you to understand that it's nevertheless still a craving - a craving for love! Be aware of the clever mind that may misguide you into believing that it's a 'good want' as it's for love. A want or a craving that makes you restless is a want or craving. There is nothing good or bad about it! It is what it is! All you need to do is to be aware and accept its existence.

However, as compared to the mind; the heart simply is! When there is a need originating from the heart, there is no restlessness or craving associated with it. You are simply at peace within. There is no goal you seek to fulfil. There may be an associated passion, but that too is coupled with energy and direction and hence there is no associated feeling of lack that want or craving creates out of the mind. You work passionately and even arduously but this time without any internal upheaval.

Explore for yourself, where you stand right now in life. Is the experience of love a passion (that also comes with energy/power and direction towards fulfillment) or a craving of the mind (associated restlessness because of lack of fulfillment)? Whatever it is - simply know your truth and the rest will follow naturally in your life.

You have taken the first step towards transformation. It's an ongoing and never ending process. Until the vessel is emptied, it cannot be filled. Give yourself time, accept the current situation, practice your Sādhanās with devotion regularly, offer your heartfelt seva as you are already doing and when the time is ripe, the state will be bestowed by Maitreya Dādāshreeji. At all times focus on the Creator and do not get deviated or get lost in the labyrinth of creation. The Divine knows when His child is ready for the next step towards the Source. When Grace bestows the experience of love, you will simply be in the 'state of love' and become a source of love for one and all. You will no longer want it, you will simply be it!

I shall also pray that the experience that you seek becomes your reality from within!

Enjoy your journey of life and continue to serve others in need.

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



Immunity Boosters

Crisis or no crisis, building immunity is a must for all. Nutritionist Swati Kejdiwal shares simple ways in which one can do so

In the current times we don't have control over diseases and to prevent them all that one can do is to increase one's immunity.

The immune system does a remarkable job of defending us against disease-causing micro organisms. The stronger the immunity, the higher are the chances of prevention and faster the chances of recovering from a disease/infection.

The following are some recipes to boost your immunity, reduce cough, break down mucous and boost the health of your lungs.

Recipe 1:

- 1/2 tbsp fenugreek (methi) seeds
- 3-4 fresh basil (tulsi) leaves
- 1 pod green cardamom (elaichi)
- 1/2 to 1 tsp fennel (saunf) seeds
- Boil all the above in 500 ml of water
- Reduce it to 250 ml
- Strain and sip warm

You may or may not cover the pot while boiling. Should some of the concoction remain unconsumed it can be stored in a glass bottle and consumed within 5 to 6 hrs. of preparation.

Recipe 2:

Add 2-star anises, 2 bay leaves and 2 cardamoms in 1 litre of water. Sip this water throughout the day. It helps to increase one's energy levels and immunity.

Recipe 3:

- Take 20 -30 ml Indian Gooseberry (amla) juice in a glass of water
- Add 1 tsp ginger juice and 1 tsp honey to it
- Stir properly and drink it on an empty stomach in the morning

*Amla is a rich source of vitamin C.

Ginger has strong antioxidant, anti-inflammatory properties.



Recipe 4: Golden Milk

Ingredients:

- Ghee/Coconut oil - ½ teaspoon
- Turmeric paste - ½ teaspoon
- Ground Black pepper - a pinch
- Honey - to taste
- Nuts and seeds

Adding turmeric to milk is an ancient Ayurvedic recipe that is best when consumed before going to sleep. Heat ½ teaspoon of turmeric in ½ tsp ghee or coconut oil (virgin coconut oil) to make a paste. Then add hot milk to it. While you can have your golden milk as is, adding ground black pepper to the golden milk will increase the retention of turmeric. Cinnamon powder and honey can be added for sweetness. One may even add nuts like walnuts and almonds and seeds carom seeds (ajwain) ¼ tsp to it, along with turmeric while heating the ghee.

*The curcumin present in turmeric is responsible for giving it its medicinal properties. Pepper contains a compound called piperine, which when combined with turmeric, increases the absorption of curcumin by up to an astonishing 2000%.

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





Give Love

Amongst the many trades that happen in the world, the exchange of love is the only one in which you stand to gain by giving more away. Maitreyi Shraddha shares more on this aspect

Receiving love is such a beautiful feeling. Wonder if there would be anyone who has never received love in life! One may receive love from loved ones, friends, pets, nature, Divine and sometimes even strangers. One needs to be receptive and open to receiving love. It could be the most precious gift that one could ever give. I am blessed to receive love in abundance from everyone around me and receive it in the form of care, concern, blessings, gifts and much more. We all love to receive love but how does one give love? Also, there are times when we are not in the mode of acknowledging love. Is it still possible to give love then?

Actually, giving love should be as simple as receiving love. However, because of our mind we are not able to receive or give love. The mind keeps judging the situations, people and oneself thereby forming strong perceptions and opinions. Hence, it blocks us from receiving what is good, positive and Divine. When we start giving love, the heart starts flowering and gradually one can feel and experience love in each and every aspect of one's life. Thus we become open to receiving it too. Finally, it becomes a state where you just give without any expectation of receiving anything in the return.

One of the ways to bond with one's Inner Divine is by giving love. One can start by giving love to oneself. While looking at oneself in the mirror, we may give a big heartfelt smile and begin the day by expressing gratitude to the Divine for ones' breath. As the day goes by one can give love to all the inanimate objects. One may give love to one's house, to all the things in the house, the steps or the elevators in the building, the road, the trees, our helpers, our vehicle and everything that is there for us. We can give love to strangers by praying for them. We can give love to our loved ones by being understanding, compassionate, helpful and by being there for them. Similarly, love our city and country by being a responsible citizen. One may also give love to Mother Earth by praying for her well-being. Love can be expressed to one's Inner Divine by communicating with Him regularly. Small acts of love can be performed for people around us and Mother Nature too.

When we begin our day with acknowledgement, gratitude and service, giving love comes naturally and becomes a way of our life. We start radiating love which is our true nature. We become open to receiving Love and Grace from the Divine. Life becomes much meaningful.

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



Where I Belong

The sun again shines bright in the sky,
I wake up, I wonder why,
Why are people always trying to be strong?
This is not where I belong!

People work and work all day,
At the end have nothing to say,
What they want,
No one would know,
But, I wonder if they just want to take it slow!

The day passes by all futile,
With people having no reason to smile,
I wish for happiness everywhere,
No one to hurt, no one to scare!

That man comes back to his home,
Seeing his little daughter roam,
A sweet smile she passes by,
For that smile, the man is ready to die!

Maybe people aren't that sad,
Maybe the world isn't that bad,
But, in the world there surely is sorrow,
This won't end, even if people try to borrow!

The sun gives its last wink,
And another day in my life sinks,
I see the world now at peace,
Sleeping deeply with all the ease!

Love is experienced everywhere,
For everyone is under heart's care,
Slowly the world is truly calm and strong,
This is now, where I belong!

Angel
(13 years)



Guess Who the Virus is?

Angarika the author of this article asks, the current pandemic has prompted considerations of who exactly is the cause of the devastation - the virus or its host body?

The past few years have been very eventful. The world was on the verge of the outbreak of World War III recently. We witnessed the Australian bush fires, and now a global pandemic. Who is to blame? God? The government? In truth, all of mankind must be held accountable.

It is not like we have not faced a global Pandemic before! The Severe Acute Respiratory Syndrome (SARS) in 2002 and Middle East respiratory syndrome (MERS) in 2012 wiped out thousands of humans. They were eventually eradicated right? Then why are we panicking so much during the outbreak of the novel coronavirus? Is it because we reacted too late, we took our immune system for granted or we assumed the virus would never be able to reach our country? It did. It spread like wild fire and all our dreams for the year 2020 seem threatened.

There are several students such as myself just waiting to graduate. The uncertainty of the near future is daunting. Sitting at home, the only thing that seems comforting are the television series and movies on Netflix and other streaming apps that at-least momentarily divert our minds from the unsettling thoughts about the blighting effects of this menace, also known as the Corona virus. I believe an idle mind is a devils workshop. During this quarantine it's essential to keep oneself busy to maintain one's sanity. You can sit on your couch with coffee in one hand and a Sydney Sheldon novel in another, getting lost in other world. An alternate escape mechanism I often use as a getaway from the awful realities of life is, dance. You could pursue a hobby, learn a language, learn how to play an instrument, learn how to cook, do something you've always been meaning to but time constraints never allowed you to pursue. Get in touch with your friends and catch up with them. Some bonds fostered during this period will turn out to be the strongest ones, as the saying goes, we may be separated by distance but never in our hearts.

There is no guarantee that this will all be over as soon as the quarantine period comes to an end, it may take days or months for things to normalize. We have to stay strong. We not only have ourselves to protect but it's our duty to care for everyone around us. Following the guidelines stated by the World Health Organization is essential. Not falling prey to the rumors passed around on platforms such as WhatsApp is wise.

We humans have terrorized this Earth, plundered the resources and in turn have done little to repay Mother Earth for her generosity. Yet there also seem to be unlikely yet beneficial effects of the novel corona virus which has smothered the world. We can already see positive effects as people have started acting cautiously to shield themselves from this silent killer. Pollution all over the world is slowly vanishing, marine wildlife is being spotted on shores which used to be crowded by people scaring them away and roads appear cleaner. By us staying indoors, Mother Earth is getting a chance to heal herself of the wounds that we have collectively inflicted on her. What we hope is for this pandemic to offer a solution to all the despair rampant all over the world due to the cumulative effects of various manmade adversities, occurring since the beginning of time.

We millennials are the face of tomorrow; it is up to us to take a stand. Build back this earth piece by piece from the burnt down ashes so we can see the world rise like a phoenix from the ashes. Even though today is a mess, the future seems greener.

Angarika Balakrishnan is an aspiring research enthusiast in the field of biotechnology and a prodigious dancer. A 20 year old with a disparate view on the world.



Catalysts for Transformation



Isabel & Melati Wijsen

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 such personalities that truly made a difference in the world.

"We didn't want to wait until we were older to stand up for what we believe in." – Isabel & Melati Wijsen

Climate change is a topic we often hear in the news nowadays. It has and shall continue to be a life long struggle for many of us to preserve our planet for the future generations. Most notable among the activists are of course the youth. We are all familiar with the work of Greta Thunberg, but let us now shine the spotlight on a pair of sisters who made their mark on the Green Earth Revolution.

Like many of us Isabel and Melati were inspired by the struggles and victories of notable leaders before us. Coming home one day from a lesson at school about positive world leaders such as Martin Luther King jr., Lady Diana and Mahatma Gandhi, the girls wondered how they as two young girls from the small island of Bali could ever make a difference.

At the tender age of 12 and 10 an idea was born in these young girls' minds. At that time, Indonesia was ranked number two globally for creating the most plastic waste in the seas. This was due to poor recycling and garbage disposal facilities, not to mention other educational and financial problems faced by a country with millions of inhabitants. Massive amounts of trash were being dumped into the waters that were later washing up onto the shore.

The plan was quite a simple one. To ban plastic in Bali. But often it is the simple plans that are the most difficult to execute. Even though the girls had delivered speeches at the United Nations, in New York on World Oceans Day, 2017 as well as delivered a TED talk, the girls were unable to impress even the Governor of Bali into taking any action. They began a petition and obtained over a 100,000 signatures but finally had to resort to a hunger strike for the Governor to finally cave in and got him to sign a memorandum to ban plastics in Bali by January 2018.

They started the organization Bye Bye Plastic Bags, which now has a global outreach in over 12 countries with over 40 teams worldwide working towards banning the usage of single use plastic bags and encouraging the use of recyclable materials. Their vision is of a 'world free of plastic bags', where the young generation is empowered to take action. Their organization focuses on educating the public about environmental conservation and providing solutions to the problem of plastic usage.

While the girls have come a long way there is still a long way to go. The focus is now to spread worldwide to create more awareness about the issue regarding banning of plastic bags and to create a tomorrow that is better and cleaner for us all.



Global Prayer to Eradicate COVID - 19

22nd March 2020

"Through prayers we can heal ourselves, we can heal humanity, we can heal our planet" ~ Maitreya Dādāshreeji

On the call of Maitreya Dādāshreeji, people from more than 80 countries with diverse backgrounds, cultures and nationalities came together to seek forgiveness from Mother Earth, to seek help from the Divine to learn the lessons associated with the current times and pray together as #OneWorldOneFamily to eradicate COVID - 19. Mankind has pained Mother Earth for centuries and created imbalance and disharmony in Nature. The COVID - 19 virus is the consequence of our own actions and not the will of Mother Earth. The Global Prayer was an act to seek Divine intervention to eradicate COVID - 19 and to learn our lessons.



Sharing below a few experiences shared by seekers on the Facebook page of the Maitri Family for Global Transformation:

Amen! Thanks for this prayer-meditation. That was amazing. I was disconnected from this world. I have been crying for several minutes during the song "We are one". This was a beautiful experience for me. Forgive us Mother Nature!

Stella Gabriela

Annabella Montenegro Amen. I cried while following the prayer until the end. It touched my heart and I can't understand my feeling the way I've prayed with the world, bowed my head and closed my eyes and as I opened my eyes, I saw the Divine that sparkles lights on me that kept me crying till the end of the global prayer. It's been an amazing experience for me today. Thank you so much Lord for giving me time to pray with the people on Mother Earth. I feel blessed. Thank you from the bottom of my heart. Tears of oneness and gratitude running.

Renate Auer

Thank you for the Global Prayer to heal Mother Earth and seeking her forgiveness.

Lydia Duterte

Thank you! I feel so touched I can hardly express myself. I can see many of my friends were here and that makes me very happy. Thank you beloved Dādāshreeji. We will take care of Mother Earth and love humanity.

Rocío Salas

Thank you for reminding us how much we have abused Mother Earth and need to seek her forgiveness. Was a very peaceful experience thank you once again from Bangkok.

Subhagya Singh

Thank you so much for this very touching prayer of forgiveness.

Juliet Tomas Galano

There are no words which could describe this prayer.

Marco Peschak

Thank you for this one prayer I'm very appreciative thank you Father God please heal the world from covid19 virus in Jesus name AMEN.

Arnel Guiquing Tagaruma

Thank you so much for this Global Prayer, amazing towards healing of our Mother Earth..

Raquel Estillore Enjada

Thank you Lord and forgive us our sins heal and cure our nation and peoples from the corona virus please help us Mother Earth.

Tessa Peñarubia

Thank you Lord for the Love, Life and Shelter for us to live. We will take care of Mother Earth and may we be free from this virus that is causing fatality to humanity.

Nenit Almanzor Moreno

Yes amen and thank you so much that I can participate of this Mother Nature prayer. I release my worries through tears drops and I know the Holy Spirit interceded for every one of us who believed in the universe. Amen.

Gabriel Ras Bitoy



Beautiful process of union with Mother Earth and Divine. Ultimate calm and feeling of oneness with everything.

Oleg Malkov (Russian from UAE)

Thank you for this global prayer. Indeed, it was very inspiring.. It's very touching. It makes my whole being emotional. It makes me comfortable and removes my worries.. Please continue our healing prayers...Our Divine Grace, have mercy on us. Please heal us, heal this world from Covid 19..Amen.

Josie Baldiray

It bought a lot of positivity to mind. Thank you Dada for this opportunity, I am grateful.

Vinita Kapoor

The experience was good and close to Mother Nature. We need to understand Mother Nature so we stop killing Mother Nature.

Sunil Sharma

It was a beautiful experience. By the end of the prayer I had Earth in my embrace, was soothing it with my hands, cleaning it's bruises, easing its pain. It was sprouting with greens of new found life.

Parveen Sethi

My experience I can't express in words. Just have to say that I don't have any fear of this virus because I have Dādāshreeji with me in everyday and every second of my life, holding my hands, protecting and guiding me.

Siya (Mauritius)

We are blessed that we are a part of the MaitriBodh Pārivār. It was a great experience, beautiful, powerful & heart touching prayer.

Anjani Kapoor

I feel very happy and great. Thanks to Dādāshreeji.

Usha Ganjoo

Om Shanti! As I am a participant in this campaign of Mass Prayer, I strongly advocate this initiative taken by you, as I am a spiritualist and meditator. Really, you have done a great work. I feel satisfied when I see human beings caring for other humans. I am really extremely thankful to you for your act towards Humanity. Would be pleased to join you.

Regards,

Meena Kumari

My initial thoughts were:

1. This is a Chinese virus, human biological warfare. Why seek forgiveness from Mother Earth?
2. Then the thoughts shifted to Mother Earth being angry at us.
3. Then came the concerns and anxiety; my dad is recovering from stage 4 cancer and his immunity is really low.
4. Then came the zone of calmness.
5. The voice was very soothing and calming.
6. Don't feel anxious now.
7. Feeling Love & Gratitude for nature and humanity.

Akhil Bhasin



Need of the Hour

27th February 2020 at PSG College of Technology, Coimbatore

"I am 54 years old now and everyday I pray to the Divine for half an hour but have never felt the Divine presence. But in the meditation process for 20 minutes, I actually experienced the Divine in a very profound way. Even today as I talk to you...I feel the bliss of Divine" – Professor Rammohan

A lady staff was in tears, she felt the Divine as a soothing presence like a mother.....she was crying in happiness.

The program was attended by 156 participants. It dealt with the challenges, stress and difficulties faced by everyone in their lives due to the lost connection with the heart and how by operating from the heart, one could flow with ease and joy. Questions like how to recognize the voice of the heart and the voice of the mind and how to perform duties which are mundane and not joyful and many more such queries were answered by the Maitreyi with patience and great understanding. It indeed was a revelation for many that it is the heart that leads the mind! This was followed by a profound process to connect to the heart and the participants flowed with it beautifully.



Rise and Shine

2nd March - 9th March, Coimbatore

Seven sessions of this workshop were held for the students of the National Model School, Coimbatore. It was an amazing experience for the 182 children who participated with full enthusiasm. They were truly happy to be able to express themselves freely and enjoyed it thoroughly.



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.

Our Contributors

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Cover page artwork: Nandini Mundada (17 yrs.)



Regular Awakening to Self Realisation (Bodh I), Maitri Sambodh Dhyān 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.



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