

MAITRI ANAHITA



MaitriBodh
www.maitribodh.org

ISSUE: 05 || VOLUME: 08 || MAY 2020

info.india@maitribodh.org



09 Science Behind
Spiritual Practices

11 Sādhanā for the
Month

18 The Time has Come -
Are You Prepared?

From the Editor's Desk

Dear Friend,

As we stand on the brink of a New Age, we are faced with some very pertinent questions: Will I continue to live as 'I, me, myself' or am I willing to see beyond my inflated ego and expand from 'I to we, from me to us and from myself to ALL?'

Let us be grateful for this wonderful, amazing life. Yes, we are in the midst of the corona crisis and the situation doesn't seem to be abating. We understand that life will never be the same. It will change, for change is the only constant! However, what this future will be for you is a decision you have to make. Will it continue to be based on fear, ego and selfishness or will you choose to create a future that is based on Love. A Love that is 'universal', 'one' for the human race and for Mother Earth.

We are grateful to the Divine and Mother Nature for taking matters in their hands and making us all stop. Grateful for creating the time for us that we ourselves had failed to do. For making us look within and re-look at our lives. This lock-down is a journey of discovery. It is a realization. A discovery of how little we need to live happily. How a wealth of love and joy is deep within us. How we are all inter-connected and that under the hardened ego lies a loving you waiting to emerge and share its brilliance.

Let us ensure that life will never be the same for us in a truly positive sense. Let us say YES to transformation and unite as one, heal Mother Earth and be worthy of being called a human being.

In this issue, do not miss reading *Maitreya Dādāshreeji's guidance to a seeker's question on how to see one's goals manifest and create a life of one's choice.*

Also read experiences of Grace, miracles of healing and transformation as we bring to you the sādhanā for the month, soul-searching, inspiring articles and a poem voicing Mother Earth's pain. Hydrate yourself with cool and refreshing recipes shared within.

Be positive, keep safe and stay blessed!!

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

CONTENTS

08

PEARLS OF WISDOM

- Message from *Maitreya Dādāshreeji*

09

DĀDĀLEELĀ

- Maitri Light Miracles

20

FOOD FOR THE SOUL

- Science behind Spiritual Practices
- Sādhanā for the Month: Peace & Positivity
- Ek Kshan Prārthanā: Mother asks: A.D. Human Race or B.C. Human Race!
- The Time has Come - Are You Prepared?



CONTENTS

22

HEALTH & WELLNESS

- Cool, Hydrating, Refreshing

25

REFLECTIONS

- Locked Down with the Divine
 - Poem
-

26

YOUNG IMPRESSIONS

- Catalysts for Transformation

29

@MBP

- Event Updates



COPYRIGHT :

© 2014 MaitriBodh Parivār Charitable Trust, New Delhi - 110029 (India)

All materials published in this magazine (including but not limited to articles, quotations, extracts or any parts of the article, photographs, images, illustrations also known as the "Content") are protected by copyright and owned by MaitriBodh Parivār Charitable Trust. All these rights are reserved throughout the world. Reproduction in any manner is prohibited. Opinions expressed in the magazine are the personal opinions of the contributing authors and is not reflective of MaitriBodh Parivār Charitable Trust's position thereon."

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

PEARLS OF WISDOM

Q: Dear Dādāshreeji, I have created my life whatever it is through my thoughts and those have become my reality. I was unaware till the age of 38 that this is because of me and always had external excuses for my job loss and financial situations. I have understood this now very well. If this life is made up of my own internal thoughts and karma, then how would I change it to what my heart desires? Do I have the free will to create a life of my choice and see my goals manifested in this life? Please guide me!

Maitreya Dādāshreeji:


Dear Friends!

The truth is that you manifest what you desire. Right or wrong desires don't make any difference to the outcome. It may be hard to accept, but the spiritual truth is, that you experience what you wanted to. Whatever you have done or experienced until now in life was a part of the journey you chose for yourself. Life is a continuous flow of events, experiences and exploration. You participate in witnessing human life either happily or sadly. I am sure your journey too, must have had similar experiences of peaks and troughs. The drastic change that has happened in you and worth-appreciating, is your realising this truth. The question reflects your seriousness and passion for shaping your life productively. Blessed ones seek a higher meaning to life!

Now we know that all experiences in life directly depend on the mental design we possess. If we want to change anything in life, the first thing to do is to change our mind. It's easy to say but hard to break and mould it into a design we want. Then, what do we do here? Do we remain vulnerable slaves to our mind and experience whatever comes our way? If the answer is 'yes', you may proceed ahead with no self-corrections and allow things to unfold with time. But if at all, one plans to improve the quality of life and make it better, the only option you have is to change your mind. In the current times, it would be the best decision one can take in uplifting their state of life.

The answer to your question lies here. With the change in your mind, you are opening a new world full of possibilities to experiment and explore a life that you always wanted. When the open and evolved mind expresses its free will with the right intent of self-growth and welfare of others, Nature fulfils your will by manifesting it at the right time. One requires pure intent and an understanding of the laws of Nature. It happens when you allow yourself to walk on the path of growth and truth. Hence, keep walking!





To elevate or to change the state of mind, you need to tune your entire being with your heart. Once, this connection happens, the mind undergoes a spontaneous spiritual change. The real transformation is always effortless. One can't willingly create or fake the change. The experience of the change is simple, natural and visible. Your focus should be on connecting with your Inner Source. One may follow or practice any authentic way to witness the transformation. That's where you need a living Guide. You may read several spiritual books or practice meditation for hours and hours, but to experience the transformation, you need a living Guide who will make it happen for you in reality. The initial changes may occur, to begin with, but then to attain a profound spiritual shift, you will need someone who will hold your hands and take you along to walk on the path of liberation – the Divine One who is already liberated. If you have attended Bodh-IV, then follow the concluding sutra. This one sutra will uplift your state immediately. When you ultimately realise it, you get disconnected from the outer influences. Your journey of life becomes smooth and divine.

If one finds it difficult to connect with one's Inner-Divine, you may make three fundamental changes in your life. These are practical and do-able actions that anyone can practice. They will smoothly augment your spiritual growth as you seek to connect with your Inner-Divine and as you follow the points. These steps will guide the one on whom they associate with. Practice the right association as below!

- 1. Be with Good People (Sadāchāri):** Here, good people mean the ones who are genuinely trying to do good things from their heart. They may fail sometimes, but they keep striving to do good for others. If you are surrounded by such people most of the time, you see a positive change within pushing you towards newer opportunities. It reduces any mental hindrance one might have within. They help you to remove the stress and infuse you with new energies.
- 2. Be with Honest People who speak the Truth (Satyavachani):** You should always keep people who speak the truth to your face no matter how bitter it might be, close to you. They never hide anything good nor bad from you. Their conduct is not limited to you, but it is the same for everyone. It has become a part of their being. They naturally express their hearts. Welcome their expressions! It is totally up to you whether to accept it or not.
- 3. Be with the People God loves (Ishwarpriya):** These are blessed people who carry no hatred for anyone in their hearts. They speak about goodness. They spread goodness. They don't expect anything from you. These people are scarce but to have them in your life is in itself a blessing. Their hearts are connected with the Divine internally all the time. If you are growing spiritually, you will sense and identify these people. You don't have to cling on to them. Their association will help you connect with your Inner-Self. Your physical attachment will hamper your growth but not theirs.

Overall, connecting with the heart and following these three points will help you immensely to begin the transformation. You will be able to express your best and manifest things the way you want. The subtle shift occurs when your knowledge gets upgraded to a higher dimension. Spiritual knowledge and wisdom take charge. The upgraded version of intellect comes from the firmament, and wisdom comes from heaven. When these get functional and express fully within, you see a magical shift in the practical life. They will supersede your mind whenever required, changing things as per the Divine Will. These are the spiritual changes of higher dimensions wherein the Divine takes charge, and the fake self has a lesser role to play.

Hence, My friend! You can change life into that of your choice. Go further, arise and allow life to manifest as per the Divine Will where you become the Truth!

**The Truth is Love!
Empower the self with Love!
Smile with Love!**

**Love and Blessings,
Dādāshreeji!**



Maitri Light Miracles

I requested for Maitri Light through the website (www.maitribodh.org) as I was in excruciating pain 24 x 7. Then a Maitreyi from North Carolina contacted me on behalf of the MaitriBodh Parivār and I asked for healing. After the first session my mind set changed and all that I needed anymore was the Love of God. Ever since, I have felt that in plenty and now I am also completely pain free and on my way to full healing. A doctor had told me that I needed to get a surgery to get rid of my bladder or I would never be good. But, I am doing better and improving each day with the holy intervention. All my love and blessings to the Maitreyi who was Dādāshreeji's medium and as to all the people, who like me, are receiving Dādāshreeji's love and healing. I send you my love and eternal gratitude.

Mrs. MarÃa del RocÃo Salas Valencia, Mexico

I have received Maitri Light on several occasions to clear my creative blockages and have experienced the blockages disappear in a day or two. Not only that, I also feel more energetic, motivated and inspired to create more. It's been lovely, peaceful and magical experience each time I have received Maitri Light. It's almost as if Maitreya Dādāshreeji takes away all the worries and doubts and replaces them with confidence and love. Thank you, Dādāshreeji Sharanam.

Mansi Jikadara

One small, positive thought in the morning can change your whole day and how!
I chose French as my third language in my 6th grade academic session of 2019. I was ready and excited to learn new things. Slowly as the year passed by, I realised that I was not able to develop an interest for the language and I noticed the drop in my performance. I was unable to understand what to do to change this. It was then that my mother suggested taking Maitri Light. I was not sure if it could help me improve. Yet, I felt that there was no harm in trying it so I asked my mother to give me Maitri Light.

To my surprise, from that very day, my focus and interest in the language increased manifold. In a short span of time, I saw a tremendous improvement in my annual performance. Much to my delight, in my final assessment, my teacher wrote "I am really proud of your superlative performance, Aanya." I was surprised with myself, especially after seeing my grades.

And then, I realised that it was my Dada's Grace that helped me build confidence and trust in myself. Just that one motivational sign helped me so much and now I am not scared of the language anymore. I want to thank my Dada for His Love and Grace for reinforcing confidence and focus that helped me grow internally. I would like to suggest that everyone should try receiving Maitri Light at least once and experience it for themselves.

Aanya Malhotra



Science behind Spiritual Practices

Prevention is better than cure! This adage suits best in today's scenario. A healthy and strong immune system will ensure our survival in the time to come. Supported with scientific evidence, Mitra Sut shares how spiritual practices play a vital role in building the immune system

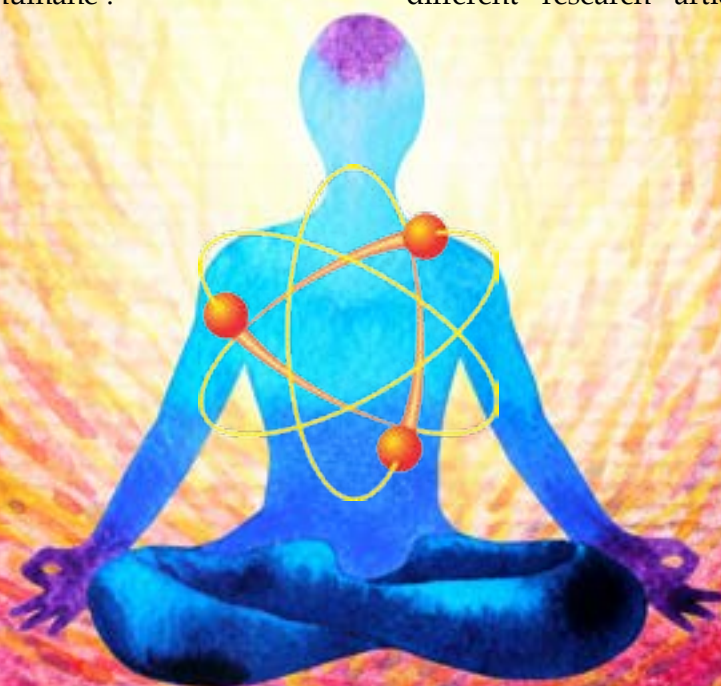
The current headlines point to the COVID-19 corona virus pandemic. Humanity is shaken! Nations and governments are in a dilemma not knowing what to do. Preventive measures are being taken in the form of lockdowns and quarantines. Every effort to save ourselves is being made by mankind. The humungous collateral damage and uncertainty has contributed more to the existing confusion, fear, anxiety and panic. While the virus is contagious, our thought pattern and thereon resultant experiences are even more contagious!

While all the efforts are being taken to make the suitable medical treatment available, there's something else that humanity has begun to realise - the harm done to Mother Earth! We forgot the ways of living a simple life, being grounded, going to the basics, connecting back to the ancient and scriptural methods of living life and truly being 'humane'.

Psychologists in the field of 'psychoneuroimmunology' have shown that the state of mind affects one's state of health. In the current scenario, the state of the human mind which is gripped with fear and stress is causing more harm than the virus! Let us try to understand more about this.

Whenever a person goes through stress, the immune system's ability to fight off antigens is reduced and the person becomes more susceptible to infections, especially with chronic stress. The pituitary-adrenal axis is activated as a response to the stress, associated with enhanced secretion of a number of hormones, the effect of which is to increase the mobilization of energy sources and adapt the individual to the new circumstance.

A large meta-analytic study of more than 300 different research articles has shown how



different kinds of stress affect one's immune system and specifically when it becomes chronic, the immune system is affected in a potentially detrimental way leading to infections and also stress related diseases¹. There are many for whom a stressful experience can lead them to engage in behaviours—such as alcohol use or changes in sleeping patterns—that also could modify immune system processes. There is an interaction between stress, the autonomic nervous system and the immune system which can cause imbalances and can lead to the development of a series of pathological conditions ranging from insomnia and hypertension to fatigue, heart disease and impair cognitive performance².

This should come as a warning to everyone, as the current pandemic scenario is likely to get many into this chronic state of stress and therefore the resultant diseases and so something needs to be done, which is beyond the scope of science! This brings one to go back to many of the spiritual practices, such as meditation, mantra chanting's, prayers etc. that are well-known to bring about a change in the state of one's mind, reducing stress, fear and anxiety. Studies have shown how these practices cause modulation of the immune system. In one such authentic validated study certain meditation techniques were shown to have significant effect on immune cells, manifesting in different circulating levels of lymphocytes³, with another study showing meditation affecting neuroendocrine axis and boosting immune system.

Research has also shown the effects of meditation on functional connectivity of distributed brain networks⁴ and they suggest

that as meditation experiences accumulate, the repeated engagement of various cognitive functions and associated brain networks induces neuroplastic changes which simply means that the brain has the ability to reorganize itself by forming new neural connections to compensate for injury /disease and to adjust their activities in response to new situations or to changes in their environment. Thus meditating results in a positive, cognitive, emotional, and behavioral outcome in daily life.

There are many other similar research studies showing benefits of various spiritual practices that bring in positivity and happiness and how it helps to boost our immune system⁵.

In the MaitriBodh Parivār we have many offerings to bring in a positive change, a transformation and one such study is already published "Imaging & neuropsychological changes in the brain with spiritual practice"⁶.

The Dādāshreeji mantra itself has a miraculous power to connect you with your 'Inner Self' and bring in peace and positivity. Other guided online offerings by the MaitriBodh Parivār to enhance positivity, happiness and one's immunity are the Maitri Sambodh Dhyān, Maitri Prayer, Breath awareness, all of which are freely available on YouTube.

So let's work to transform from within, radically, bring in positivity, re-organize brain networks and enhance our internal natural immune booster that lies within our reach and within ourselves. Let us brace ourselves for the current times to come!

REFERENCES:

1. *Psychol Bull.* 2004 Jul; 130(4): 601–630
2. *PLoS One.* 2015; 10(3): e0119025.
3. *Int J Yoga.* 2014 Jul;7(2):147-51
4. *Front Hum Neurosci.* 2012; 6: 38
5. <https://www.scientificamerican.com/article/how-happiness-boosts-the-immune-system/>
6. *Indian J Med Res* 148, pp 190-199.

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.



Sādhanā for the Month: Peace & Positivity

Since the dawn of 2020, we have been sharing one practical sādhanā* each month to implement in one's routine living. We hope you have been able to implement these practices so far. Be it to see the positive in every situation, give love to all or to forgive those who have hurt you, these simple yet profound practices bring a deep shift in our lives. Whether we realise it or not, these efforts from our side of taking a step forward in our lives, helps our personal transformation towards a better future, those associated with us and eventually, the entire humanity.

The practice is to spread "peace and positivity" through our thoughts, words and actions and it is the most essential practice for the current times. Any negative or challenging situation appears in our life to teach us something, which means to direct us towards the higher positive. We receive learnings from our close friends and family first. When we don't pay heed, they come to us from the next circle of friends, colleagues, or even strangers. Even then when we don't learn, it comes from Nature or Divinity. Each time the lessons repeat for us, it comes back with more intensity.

For instance, the current scenario has brought a positive impact on Mother Earth and the global pollution levels are now at the lowest in decades. It's not like man did not know that the health of Mother Earth was deteriorating and a serious shift was required. All environmental agencies had proposed plans worth millions which even then would not have brought about so much relief for the planet as these few days of social distancing, isolation and lockdown have brought.



**Sādhanā - Practice*



Every situation, every natural occurrence has something positive in it. It's just one's perception that matters. Maitreya Dādāshreeji says, "Receive positive and give positive – the key essential that all need to think about and practice in one's life. By applying this truth in your life, one can replace pain and suffering with happiness and opportunities. Its practice boosts your growth; strengthening you within. It is simple and easily practiced. It is not limited to spiritual seekers. Thus all people can practice and witness the profound change this brings into their lives." He further shares a very practical example of how to apply it one's life. He says, "Suppose you happen to be a part of a discussion where both, bad as well as good, are shared. It may be a story about someone whom you know little of. What should you do here as a wise person? Gather only the positive content for your growth. There are many such incidents of your life where you could have chosen only positivity, yet you did not! It is not about 'that person' or 'that situation' but about 'you' and what you receive from your surroundings. There might be ills all around, but with wisdom select only the positive. In the end, this would form your character."

Just as bees are always attracted to nectar and nothing else; similarly we too should see and accept only good and positivity. As we practice this, one starts accepting everything. One will complain less and become calmer, supportive and find great strength within.

Just by choosing the positive in every situation, one can bring about a deep shift in their consciousness. Seeing the positive, the restlessness of the mind and the uneasiness within oneself is settled and it automatically makes one more peaceful. When we choose not to judge others and respond wisely, we choose peace and positivity. Being peaceful is always in one's own hands. It depends on how we choose to express ourselves in a challenging situation. As Dādāshreeji has taught us earlier that when we begin to feel peaceful, we spread the peace to those around us. In this way, with each one choosing to be peaceful, this peace spreads to many. Gradually, the peace spreads to Nature. And when there is peace in Nature, She spreads it to each part of the world. Hence, for a peaceful world, we have to begin with peace within us.

By applying this simple practice every day, we can bring a huge shift in our lives and make us feel lighter within and be more joyful and at ease with life. Let us choose peace and positivity in every thought, words and actions and spread it to all around us. Applying this one practice itself could make our world a better place. Let's take this step together towards our transformation and keep evolving with a new learning each month.



Ek Kshan Prārthanā: Mother asks: A.D. Human Race or B.C. Human Race!*

Maitreyi Sulata shares seven actions and a prayer for acceptance of transformation to recover from the current crisis as Mother Earth asks us if we have learnt our lessons yet and are willing to make amends to our past ways of living

Beloved Friends,

I warmly greet you in the Divine Love and Light of Maitreya Dādāshreeji!

In continuation of my sharing with you in our April edition, here is another snippet from the ongoing conversation between Mother Earth and a representative of the Human Race:

Human - "O Mother, I feel caged and heartbroken sitting at home. When will this situation change? I wish to breathe the fresh air and go outside to look at the clear skies. I wish to embrace and engage with the outside world. I wish to be free once again Mother and not contained at home."

Mother Earth - "I wish that too. I love you more than you love yourself. The freedom you enjoyed was given to you as it was my will to see my children happy as I embraced you all in the warmth of my womb. I wished my children to express and explore their Beings freely. But my sons and daughters have simply misused my Love, my Grace. Instead I have been so badly wounded by you; so much so that my own life is now at stake. The freedom given was used instead to fulfill your selfish desires, and greed because of your arrogance and power struggles. In the process you harmed each other and my other children who are an integral part of this beautiful nature. You wounded me, other collective beings as well as yourselves leaving our hearts blocked in pain and suffering hungry stomachs, as well as cold hearts and souls.

How can I release you back in the open when you are simply not willing to change, when you

are simply not willing to let go of your own egos and selfish greed and desires? How can you be trusted not to go back to the destructive behaviour you have displayed till date?

Will you stop caging my birds and animals for your entertainment?

Will you stop polluting my air and water with the toxins you create?

Will you for once think about an empty stomach before wasting food?

Will you for once stop wasting precious water under lavish showers and dripping taps?

Will you stop constructing tall buildings with even more concrete for your own luxury and choking the ground?

Will you stop fighting over power, money and greed for more than what you know what to do with?

Will you for once think about others before your own-selves?

Will you still ruthlessly and mercilessly judge, ridicule, humiliate and kill my Messengers of Love and Peace?

Will you still continue to value material success over spiritual wealth?

Will you? Will you? Will you?



So here I ask this question to myself and then to you as a member of the human race. *Will you continue to think, act, behave like the species of Humans (B)efore the (C)orona outbreak? Or will I get to see a new you. The (A)fter (D)istancing Human Race?*

Nature and the Universe have been beautifully designed by the Divine only and only to support your growth and evolution. We never do anything for your downfall. The Corona Virus is like those clouds hiding the Light of the Sun to make you realise the harm you have caused to Mother Earth and indeed realise that you have become a species not in harmony with Mother Nature. *You are in fact a threat!*

Will you take this Corona Outbreak as an opportunity for learning your lessons once and for all and take the corrective actions that the current situation is showing you so clearly?

Will you promise me - your Mother, to be a better Human Species ...a transformed Human Species?

Do you as the Human Species realise the need for this Transformation?

Have you learnt your lessons or are you going to ignore all that I am pleading with you and go back to the destructive and dangerous species that you have become?

Look around, the situation is not settling. There is no solution in sight. Some governments have not opted for a lockdown and have allowed people to take the blow of the disease, even if it means resigning themselves to destiny of a decimated human population. There are also other economies that are struggling to recover from the initial blow and then there are countries wherein the lock down is getting extended as there is no cure in sight.

The situation is getting more challenging and complicated as it seems its dangerous to let people out, as the threat of community spread (human to human transmission) is still hanging like a sword over the human race. It is your collective karmas and learning as One Human Consciousness that you are facing the consequences of today. Government policies and lock downs are a mere reflection of your own doing and Nature's response to it. You seem to be divided and confused in your approach which has its roots in your selfishness, greed for power and money and incredibly huge egos. In none of these scenarios have I seen any sizeable number of people who are not crazed by Creation and instead more concerned about bowing in front of their Creator. You seem to have forgotten your Source.

You are cornered as you have failed to respect me (Mother Earth) and my innumerable gifts of life as well as other beings who are an integral part of Mother Nature!

All that which you never loved, respected or treated with equanimity is forcing you to do so now!

You my child are the reason for the current sad state of affairs and yet you alone are the solution.

What is the Learning? Where do you start? How should you make a beginning?

The solution is right there if you choose to believe in it!



While Transformation the world over requires a commitment at a deep level, consistent work with individuals, communities and countries across the Globe, which the MaitriBodh Parivār and Maitri Global Family has undertaken the world over under the Grace and Guidance of Maitreya Dādāshreeji, yet I share with you **7 Actions** that may help the World recover from the current crisis:

1. Open Your Hearts and Acknowledge the Highest

A simple and profound solution to the current crisis is to acknowledge that there is a Higher Presence governing the entire cosmos. Let your false pride bow down to the Highest that has created everything. The Highest, the Divine is not outside of your existence but residing in your hearts as you are like those rebellious teenage children who know that their parents can help them out of a difficult situation of life, yet refuse to seek guidance from them, because they think they know better. As soon as you open your hearts to the Divine presence within, you allow the Light and the Love of the Divine to awaken your inherent intelligence and awareness to rise above the current crisis and take the appropriate actions as per the need of the time.

2. Communicate and Pray to the Divine

For those already connected, simply communicate with the Divine and seek His intervention to resolve the current crisis. No prayer ever goes waste. Pray heartfully for your fellow human beings and for me (Mother Earth) without any expectation of desired results and leave it up to the Divine to keep everything moving positively in life.

3. Seeking Forgiveness

This is the most precious and beautiful time to forgive yourself and others in relationships as well as seeking forgiveness for actions that have caused harm to me (Mother Earth)

4. Offering your Love in every possible way

Spending time offering your love to your loved ones, offering care and support to those affected by this disease, or fighting as front line warriors through prayers and any other practical ways is the most wonderful way of healing your way through the current crisis. Remember your words and actions born out of love for another brings a smile on the face of the Divine which in turn helps you.

5. Saving Resources

As your Mother I compassionately and selflessly gave myself to you to use my resources, but you in your greed, selfishness and ownership extracted and consumed me mercilessly with wanton wastage without realizing the need of offering it back to me to or to nurture your fellow beings. Now is the time to save every drop of water and every particle of grain that my compassionate heart has given you. Live a simple life with only what you need; and not that which is your greed. This is not a choice but the need of the hour.

6. Say YES to Transformation!

Your set ways of living life is now unable to hold your life together any longer. The material life and your own false identities held with pride is now breaking up and seeking new ways for its upkeep.

Everything in your outer and inner worlds is crying out for a change!

Resistance will bring pain. Acceptance will bring joy and a solution. So flow with the current time in acceptance! You will witness a positive shift!

7. Global Leaders, Influencers and Decision Makers - Unite for Once!

Let's unite for Global Resource Sharing

Leaders of the Human Race that are holding key positions as world leaders and Influencers in different areas - be it Business, Politics, Education, Entertainment etc. appeal to them - the time has come to unite as ONE HUMAN RACE. Keeping the past aside, can and will you unite as ONE Global Family, dissolving all boundaries - for remember that the current crisis is not a localized problem. Everything



is interconnected and ONE. No one in today's scenario can localize and operate in isolation. You can resolve this only if you start thinking and feeling about your Planet as One Global Family.

Beyond My Country and Your Country...

Beyond Centre and State...

Beyond Religion and Race...

Beyond Power and Politics...

United you can be a powerful force for the positive. For once can you become *ONE GLOBAL FAMILY!*

Individual countries may have limited resources, different taxes and tariffs and policies but if Leaders and Decision Makers unite beyond selfish human interests and false pride you can and will heal me (Mother Earth) as one integrated whole unit. *One family , One world with One solution!*

If you transform there will absolutely be no need to wait for the lockdown to be over.

The freedom will be offered to you spontaneously by Mother Nature - simply and naturally!

So are you ready to be a (A)fter (C)orona Human Race!- *A Transformed and United Human Race* willing to live in love and harmony with one and all?

The Divine is ready with Grace and Blessings!

The Divine is willing to offer every possible help to support your Transformation!

Maitreya Dādāshreeji, physically in the form of One Universal Divine Consciousness is determined to help Humanity through this current crisis!

Are you willing to walk with the Divine?

If you take one step towards a change within – say a 'Yes to Transformation' - The Divine and Mother Nature will take ten steps to support you!

Are you, my child willing to walk with the Divine for the transformation of the Human Race and Healing of your Mother?



Today's Ek Kshan Prārthanā (A Moment in Prayer) is for the Acceptance of Transformation in Humanity.

**We open our hearts and bare our souls
to The Divine Light,
Let Our Maitreya's Divine Light enter
our consciousness
Let Our Maitreya's Divine Light
transform us once and for all
Let Our Maitreya's Divine Light heal
our Planet once and 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.



The Time has Come - Are You Prepared?

Rise above the conditioned mind, break the barriers and give yourselves the opportunity to seek the Highest under the guidance of a true living guide says
Maitreyi Sonee

With the unsettled environment and upheaval at all levels (economic, social, mental, emotional) as a fallout of the lockdown, there is an opportunity that has presented itself, of deep Inner Reflection. The life that we have gotten accustomed to living, has come to a standstill. Life style changes are inevitable. This time is conducive for the imminent deep 'Inner Transformation'. In this period of flux and uncertainty, it becomes imperative for humanity to understand that help is needed and it is needed right now. This help can only be offered by someone who, while being physically present on this planet, is 'one' with the Divine Consciousness. A Guide - who will show us a path out of this moment of crises that our actions have gotten us into.

I was recently asked a question which got me to share my learning. The question asked was, "How is one to experience the complete state of devotional, beloved love for the Divine?". *Saint Guru Gobind Singh ji said, "I speak the Truth , everyone listen, only those who love will realise and experience God"*. The God I knew was the One I had read about, heard about, knew about and had been devoted to - as the Formless. I had a deep yearning to experience something beyond the logical understanding of the mind; the taste of deep, tangible experience of unconditional love for the Divine and from the Divine. This came true when I came into the physical presence of Love Incarnate Maitreya Dādāshreeji. My



intellectual understanding of religion and spirituality became my own experience of the Supreme Truth. A living, breathing experience of Divine Love! I became aware of the presence of the Source within us. When it awakened, it became my constant companion and soon merged the intangible, the tangible, the form and the formless into One Divine Consciousness.

I realised that if one is physically unwell and needs treatment, could one be totally cured by a virtual doctor? It might be a temporary solution, but not for long. Eventually, one will have to go in person to a doctor for help who will diagnose and treat the ailment after a thorough check-up. Most humans relate to a form, someone whom we can reach out to for direct guidance and experiences. For ages we have been seeking help from the intangible. Help has come in some ways and in its own time. In today's context when we look at our situation, can we wait for an indefinite period of time for help to reach us? Let us look beyond our conditioned mind-set and seek help from the right Source.

Maitreya Dādāshreeji says, "Divinity is always ready to help you and uplift your consciousness. It is up to you, if you are ready to receive it and how you receive it."

Mankind has to transform to face the current and upcoming challenges and Maitreya Dādāshreeji is here to help us sail through these trying times.

He represents Divinity for one and all, beyond human limitations. As the Maitreya, He is our True Friend, re-establishing our bond with the Divine Form that we relate to. This connection that we form with our Inner Divine, guides us further to internally face the challenges of life, to help complete our lessons and move forward in this journey to live a meaningful and fruitful life. Dādāshreeji's hand is stretched out to help us experience the Highest. We need to play our part by taking the help offered. His Grace, Guidance and Love will help us strengthen the bond with our Divine.

"Use all the resources to uplift and improve yourself. When all your efforts end, allow me to work on you. You will witness that transformation you needed for long" - Maitreya Dādāshreeji

Maitreyi Sonee is a designer who has been working in her studio for the last 15 years with passion and commitment. It is only recently she discovered her inner calling with her Divine Friend Dādāshreeji. Through her writing she aims to express the power of having a Living Master in one's life and hopes to motivate readers witness the profound love she has been experiencing since her first encounter with her Inner Divine.



Cool, Hydrating, Refreshing...

Swati Kejdiwal shares the recipe of a cool, hydrating summer cooler and a refreshing salad to beat the heat

With summer around the corner, dehydration is a very common phenomenon. Hydration plays a very crucial role in a healthy lifestyle. Increasing the intake of certain fruits and vegetables that are high in water content and at the same time rich in antioxidants, vitamins and minerals along with energising liquids can ensure that we are sufficiently hydrated.

Here is a list of a few water rich fruits and vegetables with their water content:

Fruits:

Watermelon – 92%
Cantaloupe – 90%
Oranges – 88%
Strawberries – 91%
Apple – 84%
Peach – 88%

Vegetables:

Cucumber – 96%
Lettuce – 96%
Tomatoes – 95%
Broccoli – 91%
Spinach – 93%
Celery – 95%

Citrus Cucumber Salad

Ingredients:

- 2 sweet lime segments, peeled and halved
 - 3 orange segments, peeled and halved
 - 1 cucumber, peeled and cut
 - 4 lettuce leaves
 - ½ carrot cut into thin strips
 - 1 tomato sliced
 - 1 tbsp lemon juice
 - 1 1/2 tsp extra virgin olive oil
 - A pinch of red chilli flakes
 - 4-5 mint leaves
 - Salt to taste
1. Wash and soak the lettuce leaves in chilled water to keep them fresh and crisp.
 2. For the dressing mix the lemon juice, oil, chili flakes, mint leaves and salt and whisk well.
 3. Drain the lettuce leaves and tear them to bite-sized pieces. Arrange them on a serving dish.
 4. Add the sweet lime, oranges, cucumber, carrots and tomatoes in a bowl.
 5. Pour the dressing over it and mix properly.
 6. Spread the salad on the lettuce leaves and serve immediately.



Sattu sherbet is a great drink to quench your thirst in the summers as it helps in cooling the body. It is rich in protein, fibre, calcium, iron, manganese and magnesium. It is a low glycaemic index food and a good option for diabetics.

How to make Sattu powder:

Take 1 kg of chickpeas (Red Chana). Wash properly and soak them for around 4-5 hours. Strain and keep to dry under the fan or sunlight until very little moisture remains. Dry roast the chick peas on low heat until they start making a crackling sound. It might take approximately 15 to 20 mins. Keep aside. Then take 50 grams of cumin seeds (jeera) and dry roast till it is slightly brown in colour and gives an aroma. Cool the chick peas and cumin seeds and grind to a very fine powder in the mixer. Store in an airtight jar for further consumption. Use this sattu powder to make the sweet/salted sattu drink. The recipe is shared below.

Note: You may sieve it once you grind the mixture if you want it to be extremely powdery. While roasting some of the shells will come off, discard them and grind the roasted gram. It is perfectly fine if shells are not removed naturally, the stubborn bits will be removed anyway when we sieve the powder.

Sattu Drink (Salted)

Ingredients

- 3-1/2 tablespoons Roasted Gram Flour (Sattu Ka Atta)
- Few Mint Leaves (Pudina), finely chopped
- 2 tablespoons Coriander (Dhania) Leaves, finely chopped
- 1 Green Chilli, finely chopped
- 1 tablespoon Lemon juice
- 1/2 teaspoon Cumin powder (Jeera)



- 1/2 teaspoon Black Salt (Kala Namak)
- 3 cups Chilled water
- Salt to taste

1. In a bowl, add the sattu flour. To this, add rest of the ingredients and mix well after adding cold or chilled water.
2. Stir until the drink is uniform and without any lumps. You can do this with a spoon or use a butter milk churner.
3. Pour it into the tall glasses and serve.

Sattu Sherbet (Sweet)

Ingredients

- 1 litre chilled water or water at room temperature
- 4 tablespoon roasted black chickpea flour (sattu)
- 3 tablespoons regular sugar or jaggery - add as per taste
- 1/4 teaspoon black salt

Take water in a jar. Add other ingredients. You can also add a little lemon juice for tanginess. Mix well and serve.

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.



Locked Down with the Divine

If we take one step towards the Divine, He takes hundred steps to reach you. The Divine is waiting for us eternally and the lockdown is an opportunity in disguise for mankind to take the first step and re-establish the connect with the Divine says

Maitreyi Shraddha

Imagine a situation where we are locked down with the Divine, would we then ever ask when will this end? Although, our Inner Divine is always locked in our heart how often do we connect with Him? Maitreya Dādāshreeji has always guided us to communicate with our Inner Divine to strengthen our bond with it. However, in the hustle and bustle of life sometimes the ONE who is closest to us, who understands us and is always with us, is given a back seat or taken for granted. We want to spend time with the Divine but the other commitments get first priority. The Divine is eternally waiting for us with love and patience. As the lock down was

announced the first thought that came to my heart was that this is the time of the Divine, for the Divine and given by the Divine for humanity to 'just be'. This time has been given to us to shift the focus from the external world to our inner world. We keep complaining about the situations in the world. However, the truth is that the external world is the reflection of our inner world.

I welcomed this time with an open heart and was happy to spend every moment with Maitreya Dādāshreeji and requested Him to help me learn and grow. While spending time with Him, I



became more aware of my thoughts, words and actions. I realised that although I have welcomed this time to be with Him, Mother Earth is in pain and I too am responsible for her pain. However, in spite of being in pain Mother Earth is still giving us unconditionally. She is nourishing and nurturing us with air, water, food and much more so that we are able to live comfortably even if it means being confined to our homes.

As I had prayed for a learning, Maitreya Dādāshreeji gave me a profound experience. I got to know that my father was unwell and had to be taken to the hospital. My first immediate response was praying for his well-being and speedy recovery since he lives in another city and I couldn't reach him due to the lockdown. Secondly, I requested a couple of my close friends to pray for him because collective prayers would help him recover. During the day, I would connect with my family many times to check how my father was doing. I felt relieved only when I came to know that he had recovered and was all right.

This experience made me reflect on my actions. I am aware that Mother Earth is unwell, in pain. I do pray for her everyday but how many times do I check on her well-being? When I wake up in

the morning, do I acknowledge her presence? Do I acknowledge her gifts and her unconditional love? Do I ask her, "Mother, how are you? Hope you are feeling better." I will take care of her by making conscious decisions that are in harmony with my surroundings and Mother Nature so that she is not hurt by my actions.

The splendid view of the chirping birds and squirrels amidst the tall trees made me marvel at the beauty of Mother Nature. The Creator has indeed been very kind and generous to us for this flawless creation which we mostly tend to take for granted.

The moments that I spend with my Divine are becoming my treasure and strengthening my bond with each passing day. My prayers to Maitreya Dādāshreeji for healing Mother Earth continue. Let us all give her time to recover. Let us all keep sending our Love to her so that she feels better. Let us pledge to become aware and live a life of Love and Gratitude for everything that Mother Earth and the Divine have given us.

"Make the right choices in life!" – Maitreya Dādāshreeji

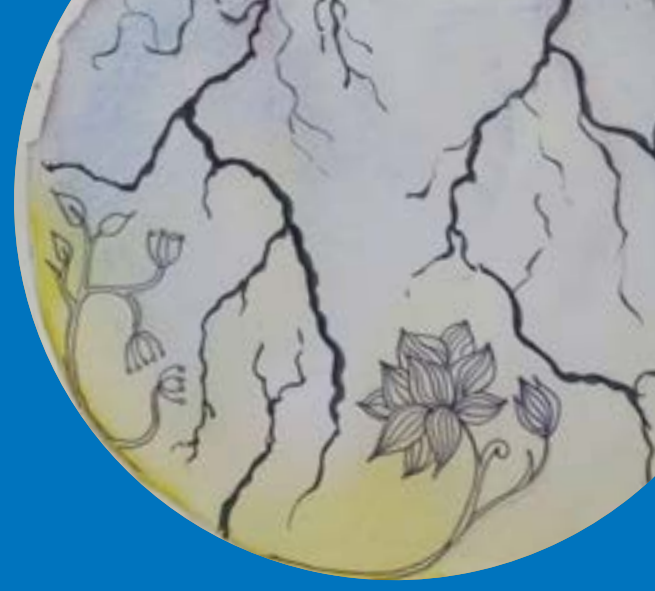
Maitreyi Shraddha is a student of life, she finds joy in being with her students with different abilities.



धरती की पुकार

(Cry of Mother Earth)

Artwork by: Snigdha Karmahe



Meaning:

क्या गुनाह था मेरा, साथ मेरे ऐसा व्यवहार हुआ,
जिद के आगे तुम्हारे, जीना मेरा दुश्वार हुआ।

हर एक जरूरत तुम्हारी, प्यार से की मैंने पूरी,
थी कई ख्वाहिशें भी मेरी, रह गई जो आधी अधूरी।

रो रो कर गुहार तुम्हे, थी लगाई मैंने बारंबार,
थे मदहोश पर तुम, कर दिया सुनने से इंकार।

आया संकट जब आज, हुआ चूर घमंड तुम्हारा,
भीगी बिछी बन घर बैठा, गया टट अहंकार सारा।

जानती हूँ मैं ये वक्त, तुम्हारे लिए है कठिन बहुत,
ना समझा तु आज तो, होगी इससे बड़ी मुसीबत।

होता है दर्द मुझे भी, देखकर तकलीफ तुम्हारी,
करना सही बच्चों को, है माँ की ही तो जिम्मेदारी।

लगा लो गले मुझे तुम, पाने को प्यार हूँ मैं बेकरार,
कर दूँगा जान तुम पर मैं, ब्योछावर कई कई बार-कई कई बार

शत शत नमन तुमको माँ

What was my fault, that I received such
behaviour,
Due to your stubbornness, it's become difficult
for me to survive

Every need of yours, I fulfilled it with utmost
Love,
I too had a lot of desires, which remained
unfulfilled

I cried out my heart to you, every now and then,
But you were so intoxicated, you refused to
listen

Today when trouble has befallen, your
boastfulness has shattered,
With a broken Ego, you sit at home like a
frightened cat

I know these are very, trying times for you,
If you don't learn today, there will be bigger
difficulties in store

Seeing you in trouble, I too feel your pain,
But isn't it a mother's job, to get her children on
the right track

Come and hug me, I am longing for your Love,
I will lay my life for you, umpteen times

I bow a thousand times to you Mother!!

Mitra Naviin



Catalysts for Transformation



Chetna Gala Sinha

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.

Chetna Gala Sinha is the founder of the Mann Deshi Mahila Sahakari Bank and Mann Deshi Foundation. Chetna Sinha's activism started out as a petition to bring basic needs to a small village in Maharashtra (India) but has now panned out to 'women empowerment' through entrepreneurship and commerce, sports championship and 'farming through drought prevention'. She began her work towards women empowerment in the rural area of Mhaswad, Maharashtra after she relocated there in 1987, with her husband.

Initially Sinha began by petitioning for electricity and toilets in the village and became involved with the workings of a local farmers organisation. There she met a blacksmith, Kantabai Salunke, who complained that the bank turned her down from opening a bank account as she only made Rs. 5 a day. This sparked the activist inside Chetna Sinha and she decided to open a bank.

Though she was successful in her endeavours and opened a bank for women to save their money and take loans it was only after overcoming many hurdles that she has reached the stage that she is in now. She struggled to get a license to open a bank and overcame it with the help of the village women who made her realise that illiteracy doesn't necessarily mean that the women were unable to count. In fact, they showed great prowess in calculating interest and collectively were able to help get Sinha her license to open a bank. Soon after the bank opened for business, she was faced with the problem of her number of customers dwindling due the bank being located far away. Thus, she introduced innovative and secure door step banking using thumb prints instead of

pin numbers for her customers and soon began to see an increase in the number of women who were making use of her bank to start their own businesses.

With the success of the bank now in hand Sinha began venturing out to other related areas when she found the women being unable to fulfil their business aspirations due to lack of economic knowledge. With the help of the Mann Deshi foundation she began a business school. This helped the women who enrolled to not only do better business but also earn more and save more. A chamber of commerce was also set up to help women enhance their entrepreneurial skills. Besides these economic ventures, she began a project to tackle the drought situation in the district and helped build dams that provided relief to the farmers who were not being able to farm all year round. Now they enjoy access to water perennially due to the efforts of the Mann Deshi foundation. She also encouraged sports activities among the villagers and began a sports champion programme. This program has nurtured many athletes that now represent India on the national as well as international level.

For her undying efforts she has received numerous awards on a national level such as 'Forbes India Leadership Award' and 'Rani Laxmibai Puraskar' for outstanding work in her field with women and many more prestigious awards. She has also delivered TED talks.

She continues her work to enable more and more women to be self-sufficient through her foundation and the bank.



Below are few experiences that our participants had post Bodh sessions:

Maitreya Dadashreeji's Blessings to Me!

This is the account of how I received truest LOVE from Maitreya Dādāshreeji and His MaitriBodh Parivār, when I was going through a testing time in my life.

I had been on the spiritual path for several years following Mahavataar Babaji. But there were blocks within me which were preventing me from realizing my true nature. My stubbornness and a constantly questioning mind were hindering my growth. It was in this time that Dādāshreeji reached out to me through two of His mitras. After I received the Divine energy transfer called 'Shaktipravaah in the program Bodh I, I realized and experienced that Babaji and Dādāshreeji were truly One – a fact that I was resisting to accept due to my arrogance. Thereafter, I took the Divine Light (Dādāshreeji's shrimurthi) with me. Dādāshreeji works from afar, unlimited by the human constraint of distance and space and even through the Divine Light. He guides by connecting to our heart. He gave me the experience of what true love is and that the key is unconditional love.

This realization unburdened me, lightened my being, emptied me clearing my muddled thoughts. I experienced Divine Love, which is true unconditional love. I realized that Dādāshreeji is present in all of life's circumstances and guides us through various means like sending us signs, messages through persons and through one's inner voice. I also experienced Dādāshreeji as the mischievous Lord Krishna and later as Lord Shiva too.

I also got an opportunity to witness the love, concern and care that the MaitriBodh Parivār radiates through its selfless acts of service when a member of the Parivār rushed to the rescue of a boy who was hospitalized and cared for him at the hospital until his family arrived and offered them support in the form of prayers and emotional support.

The best part about Dādāshreeji is His easy accessibility. Early on I tried approaching Him as we traditionally approach God with all the formality and ritual that goes with it. But the mitra guided me to befriend Dādāshreeji and establish a bond of friendship with Him. As I changed my outlook towards Him to that of a Divine Friend, I felt all the barriers between Divinity and me come crashing down, there was a sense of immediate acceptance. The mind-created blocks were dissolved in a flash as the Divine became my friend. Truly a liberating experience!

The MaitriBodh Parivār made me realize the transformation that selfless service brings about in an individual. People around me too have started noticing this transformation in my nature and being. I am now light-hearted, light-minded and light-bodied. I feel joy pulsating from within and it makes the other joyful too. I have regulated my eating and sleep patterns which has made me healthier – I received this guidance from my Divine Light! Dādāshreeji told me that, "I am your elder brother, don't worry now". In reply I said, "Dādāshreeji, you are my everything now!".

Ajay Yadav



I have been very fortunate to attend all the four levels of Bodh. Having recently attended Bodh IV my experience has been the best I have ever had in my life. I am so happy that I was able to attend it along with my mother and to see the bliss, peace and smile on her face. Those five days during Bodh IV were amazing. Mom says I cannot put in words what I felt and am feeling ever since. Every sevak was so full of love I felt a deep bond and bliss just looking at them do so much selflessly; they were all flowing in Divine Love. Even the conductors were full of compassion and love. It's amazing how they wanted each one present there to experience the Divine within each of us, the way they were experiencing every day in their lives. I feel so connected and one with the MaitriBodh Parivār. I want to be a part of their mission to spread this joy and love everywhere like Dādāshreeji says "very soon the whole world will be united in love". I feel like I have finally come home. Thank you for awakening the Divine within me and making me experience love in the true sense. Thank you Dādāshreeji for being so full of Love and Compassion for each one of us! My heart is so full of gratitude and love. I am looking forward to my journey in life with the Divine within me and by my side. Can't say thank you enough!!!!

**Thank you, Thank you, Thank you.
Much Love,
Shweta Rana**

My journey started a few months back with Bodh I and ever since my life changed beautifully and magically. I never thought that I would walk on the path of spirituality. On this Divine path I have transformed a lot. It was very difficult to accept myself as the way I am but it was possible due to the Grace of my Divine Friend Dādāshreeji in the 'Dream, Destiny, Divine' program'. I am blessed to have Him as my friend, guide and mentor. I always saw myself as a little girl holding my Divine Friend's hand and walking towards my Guru Nanak. I used to read the Guru Granth Sahib Ji every day, but today I understand the meaning of Gurbani. I have received a lot of clarity. Circumstances and people around me have changed. I feel appreciated and loved. I walked on this path with my doubts, and I am happy that the Divine chose to clear them all. Every process, at every level made me more aware of my actions, made me aware of my bad karmas. It's so difficult to see a mirror and appreciate each and every scar on your soul. With time my prayers changed and I surrendered completely. I am blessed that all my prayers are answered. The devotion and love I have seen in the sevaks is commendable. Thanks to the mitras and maitreyis for their support and guidance on this beautiful spiritual journey. Thank you Dādāshreeji for the life changing experiences!

Simmy Walia

Before joining the MaitriBodh Parivār, I was neither able to get over the lows in life nor resolve them with love. Dada's Grace and Love have brought about a major change in my thoughts which further helped me to see each incidence with a different perception. Today I can see the bigger picture of everything. The Divine experiences which I have had through the different processes of Bodh and different sessions in both Dada's physical as well as astral presence have made me feel this Bliss. Now I have a different aim in life which I have been longing for, for a long time. Maitreya Dādāshreeji helps to transform our mind effortlessly. Feeling blessed to enjoy the love and bliss. Thank You Dada and MaitriBodh Parivār!

**Love you Dada with my heart full of gratitude.
Phalguni Nare**



My experiences with Dādāshreeji started the day when I attended the Maitri Sambodh Dhyān meditation.

Every day I humbly prayed to the Divine to remove all the blockages that were preventing me to be one with the Almighty. Surprisingly, the Divine responded quickly. My heart has always accepted Dādāshreeji as my dear Divine Friend - a beloved, the love that I have been always looking for all around but something was always lacking. After attending 'The Path Divine' (Bodh III) I felt that love is present everywhere. It was overflowing through my being and my family and friends too could feel it. The Divine was filling me with 'love' every day. I was readily sharing and accepting everyone with ease as my emotional blockages were removed during the 'Agni Beej Sanskar Kriya' in Bodh II. My heart surrendered fully to the Almighty. I once again started listening to my Inner Divine. During 'Heal the Soul' (Bodh IV), I felt the energy pulsating on my forehead and then felt vibration in the navel. I could feel the energy move up and new Pranic energies enter my body. Then, my Inner Divine conveyed a message internally that when our three bodies are in a 'perfect state' one is in a blessed state. I have been full of positivity ever since and realised that our main purpose is to unite with the Divine. This urge has become strong with each passing day, so much so that my day started and ended only for the Divine.

I have been feeling the presence of the Divine everywhere and in each one ever since.

Navjot Bhullar

There came a point in my life where I felt like raising my eyes from the path I was walking on and found myself looking for the destination.

Where do I want to go? Am I on the right path? And where is it leading to?

These questions burnt deep inside me, this time firmly and not to be missed again. And the answer came. Initially it was but a soft hint, a gentle pull felt towards something unfathomable. As I took the first steps towards it, it didn't take long and I found myself in the presence of our Maitreya Dādāshreeji (Sound of the Soul, August 2019). And with the first glimpse of Him, a clear feeling did arise: I am coming home. I couldn't define where it originated from, but it was clearly present, felt within me. Since then everything feels like an awakening. Grace held my hand like that of a little child and is walking with me on this path - back home. It now seems as if my journey has begun and this is the most beautiful thing to happen to me. Words can't describe it. It is a feeling experienced deep within. A feeling of immense love, sheathed in bliss. Something that was asleep has finally woken up. The dawn on the horizon is slowly dispelling all the darkness forever and the Sun has risen.

I wish that everyone experiences this inside oneself. Listen to the soft voice inside you, it's calling you. Experience this beautiful journey of coming back home.

Kriti Nanda

Our Contributors

Catalysts for Transformation: Nishtha Basu



Upcoming Events

In wake of the current pandemic all live events have been postponed and replaced with upcoming events like Maitri Prayer, Maitri Sambodh Dhyān, Happy body exercises and follow-up sessions which are taking place online on Zoom and through live Facebook sessions.

Request a Prayer

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

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

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

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

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

Dear Friends,

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

Send in your questions to anahita@maitribodh.org

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

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



Our Spiritual Centres

INDIA

AMRITSAR, PUNJAB

Mitra Shivam
+91 92168 22222
mitraa.sukhamrit@gmail.com

Mitra Mehra Dixit
+91 95699 99945

BANGALORE, KARNATAKA

Mitra Manikandan
+91 95214 27000
manikandan.neverland@gmail.com

INDORE, MADHYA PRADESH

Maitreyi Ranjana
+91 90099 90945
ranjanasodhani@gmail.com

Mitra Arun
+91 97525 31945
arunsodhani58@gmail.com

DELHI NCR

Maitreyi Sonee
+91 98110 61282
maitreyi.sonee@gmail.com

BHUBANESHWAR, ORISSA

Mitra Das
+91 97179 24324
das_ins@yahoo.co.in

PUNE, MAHARASHTRA

Mitra Gaurav
+91 95605 73908
mitraa.gaurav@maitribodh.org

MUMBAI, MAHARASHTRA

Maitreyi Delphie
+91 87793 21632
+91 98703 50450
maitreyi.delphie@maitribodh.org

COIMBATORE, TAMIL NADU

Maitreyi Rooparani
+91 97916 13099
rroopa_11@yahoo.com

RAIPUR, CHHATISGARH

Mitra Sagar
+91 9691271110
mbp.raipurregion@gmail.com

EUROPE

AUSTRIA

info.at@maitribodh.eu
• **Vienna:**
info.at@maitribodh.eu
• **Styria:**
info.at.grz@maitribodh.eu

DENMARK

info.dk@maitribodh.eu

GERMANY

info.de@maitribodh.eu

HUNGARY

info.hu@maitribodh.eu

RUSSIA

info.ru@maitribodh.eu

SWITZERLAND

info.ch@maitribodh.eu

ITALY

info.it@maitribodh.eu

UNITED KINGDOM

info.uk@maitribodh.eu
• **London:**
info.uk.lon@maitribodh.eu

UNITED STATES OF AMERICA

DAVENPORT

Maitreyi Lori
+1 (563) 508 5745
maitribodhqc@gmail.com

LOS ANGELES

Maitreyi Priti
+1 (909) 217 6866
maitreyi.pritip@gmail.com

NEW YORK

Maitreyi Cecilia Fernandes
+1 (347) 603 4290
maitreyi.cecilia@maitribodh.org

MIDDLE EAST

info.uae@maitribodh.org

