

# MAITRI ANAHTA



MaitriBodh  
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10 Sādhana for the Month

15 Maunam: Silence

17 Your Quest Our Support

## *From the Editor's Desk*

### **Dear Friend,**

We are undergoing a Yug Parivārtan (change of Age) as we step into the Golden Age (Satyug) from the Dark Age (Kaliyug). This is a time of Transformation. Hence we are witnessing an upheaval. Nature is evolving all around the globe. Everything around is changing and adapting to the new process of life. This process of Transformation calls for participation not just from Mother Nature but mankind too, for we both co-exist and are interdependent. As human beings we too have to undergo through this transformative phase.

Transformation - that is internal, is a change in the belief system, concepts, ideas, perspective and all that one holds true as a basis of the interpretation of life. It is a challenging and trying process but the energies of the current times are supportive of it and anyone willing to embrace this change shall be divinely guided. Connecting with the Inner Divine is the only solution to help us move ahead and emerge stronger internally as we face the challenging situations. Hang on as you break and transcend the barriers of the mind; where your learnings form the basis of your inner understanding that would reflect in your actions. Take the leap of faith, seek Divine guidance as you connect with the Inner Divine. Embrace the change in awareness and go with the flow.

In this issue, do not miss reading *Maitreya Dādāshreeji's answer to a seeker's query on the effects of chanting on one's mind and its connection with the heart.*

Also read experiences of Grace, miracles of healing and tales of transformation as we bring to you the sādhanā for the month, soul-searching, inspiring articles and a poem. Also shared are a few food combinations that can provide one with great health benefits. The section Young Impressions brings you a poem and the column - 'Catalysts for Transformation' which features inspiring and motivating acts by personalities that have made a difference in the world. Under @MBP read the deep and transformative experiences of seekers on the path of self-discovery.

**Drop the resistance and embrace change!**

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

# CONTENTS

05

## PEARLS OF WISDOM

---

- Message from *Maitreya Dādāshreeji*

08

## DĀDĀLEELĀ

---

- The Power of Divine Healing
- Thank You Dādāshreeji!

10

## FOOD FOR THE SOUL

---

- Sādhanā for the Month: Self - Acceptance
- Ek Kshan Prārthanā: Let's Simplify!
- Maunam: A State to Experience beyond human mind
- Your Quest Our Support



# CONTENTS

18

## HEALTH & WELLNESS

---

- Food Combos for Better Nutrition

20

## REFLECTIONS

---

- The Moon, the Maitreya  
and Divine Learnings
- You are Unique
- My Journey of Transformation
- The Wheat Flour

25

## YOUNG IMPRESSIONS

---

- Catalysts for Transformation
- Poem

27

## @MBP

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- Event Updates



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and experiences to [experiences@maitribodh.org](mailto:experiences@maitribodh.org)



## PEARLS OF WISDOM

**Question: Dear Dādāshreeji, What are the effects of chanting on our mind? Secondly, how does it connect with our heart?**

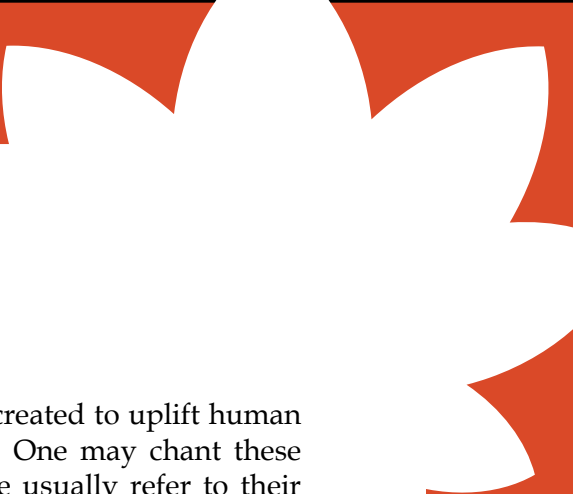
**Maitreya Dādāshreeji:**

**Dear Friends,**

Every aspect of the universe affects you and everything around. Sound is one of the elements. When you hear it, you experience corresponding emotional and mental changes. Depending on the type of sound, you may feel good or get disturbed. You experience it in your regular conversations with people. When someone encourages you, it generates positive emotions. Similarly, when your colleague criticizes your work, you get angry or feel disheartened. So, if you could observe it, you will notice that your inner-being continuously changes depending on the kinds of words exchanged between the two of you. Now, are these changes occurring only due to words?

If you apply this understanding to the kind of music we listen, you will see a similar impact. You are very well aware of this as there are ample studies available on the effect of music on the human body and mind. Good music elevates your mood. It keeps you happy and positive. To share some examples, the Indian classical rag, 'Ahir-Bhairav' directly influences your heart chakra and facilitates its activation. You may listen to it in the morning hours. Similarly, the frequency '528hz' is known as the 'love frequency'. It helps in awakening the love within and around. If the human body and mind can experience change through words and music, can it not experience it through a set Divine mantra?





Mantras are powered, and energised sound frequencies created to uplift human consciousness, at various levels of its spiritual journey. One may chant these mantras depending upon the need of the seeker. People usually refer to their religious scriptures to chant the divine mantras or hymns. One is allowed to do so, but at the same time, one should know that one shouldn't practice certain mantras without proper guidance. Some mantras are mild (soumya) in nature, and some are intense (rudra). Hence, decide accordingly! Your conscience will guide you. Apart from mantras from the scriptures, your Master or Deity may directly give you mantras to chant. These mantras are now energized and more powerful. The reason is that these are as per your current life situation. They easily blend with nature, and most importantly these are energized by the Master for you. That means that when you receive and practice the mantras; they are already charged with the power. Today, there aren't many Masters who can create a new mantra and infuse it with Divine power.

You may notice three primary effects of mantra chanting. The effects are not limited to the points mentioned here.

**1. Wish Fulfilment:** The seeker may opt to chant specific mantras to fulfil his or her needs. The requirement may be spiritual or material. Irrespective of this, one may continue to practice the chanting for the prescribed number of days. Through the power of the mantra, it becomes easy to translate your wish into a language the Divine can understand and respond to. The mantra helps to transmit your prayer to the universe with a particular frequency. Whenever you do anything with pure intent and dedication, your wish is bound to come true with the will of the Divine. The time for its fulfilment is not under your control. Let the Divine decide that! If you offer your prayer with great honesty, its fulfilment is inevitable and will occur when the time is right.

**2. Purification:** The regular chanting of mantras will purify your inner-world. It will first clean the consciousness and then start purifying the inner layers one by one. The process is biological and may take years. The level of purification directly depends on the state of the physical Master you are following. The awakened Master knows the way and the time of spiritual fruition.

**3. Tuning the 'Self':** The profound spiritual change one would experience is, tuning the self with the Divine. As you keep chanting the mantra, you keep evolving spiritually and start marinating in the divine nectar. The mantra heals the body, purifies the mind and elevates one's spiritual state. The spiritual vibrations penetrate deep within the layers of the consciousness from the physical

body (sthula sharir) to the astral body (sukshma sharir). With regular practice, the body particles, molecules vibrate at a higher frequency which gradually turns into the 'divine body'. When the mind receives the calming divine vibrations, it too starts getting attuned with the sacred sound. Past blocks, traumas and unwanted memories start disintegrating. It empowers the seeker with guiding intuitions, productive creativity and improved cognitive abilities.

The root of the mind is in the heart. And the heart is the place where your Inner Divine resides. Your body and mind get connected to the heart, the divine abode. You receive direct guidance from the Inner Divine. The connection reveals the deep mystical and ethereal knowledge. The Divine expresses its qualities with no inhibitions or blocks through you. The divine mantra smoothly and surely keeps trickling deep into the subtle layers until you become the mantra itself. Be prepared!

One may choose to chant the mantra at a specific time for a few days depending on your need. Once you complete your sādhanā, you should leave it to the Divine to grant the boon. For the devotee, there is no such specific time or limiting days to chant the mantra. The devotee keeps chanting the mantra day and night. With each breath, the devotee ceaselessly takes the name of the Lord. It is done sometimes internally and sometimes verbally. When the breath becomes the Lord, and the Lord becomes the breath, the divine union of the Two manifests. Your destiny (prarabhdha) ends, you get freed from karma, and a new divine chapter begins, far beyond what your mind can imagine.

You may continue chanting the 'Dādāshreeji Mantra' which transforms the human mind into the Divine, empowers you with divine qualities and gives you liberation (moksha) from the cycle of birth and death.

The world is changing. Change your 'Self'!  
No one is waiting for you but your God.  
Spread Love!

**Love and Blessings,  
Maitreya Dādāshreeji!**

## *The Power of Divine Healing*

I would like to share the miraculous recovery of my eldest brother Mr. Hirenbhai Shah in Chicago, USA from the COVID - 19 virus. He was admitted in hospital on March 20th and was extremely critical since he has been also suffering from LUPUS (systemic autoimmune disease) for more than 12 years now. The doctors gave us no hope. During that time my wife remembered about Maitri Light (praying process). A Maitri Light medium was contacted and he started the process immediately from the next day of his admission. With full commitment and conviction the medium religiously offered Maitri Light to my brother daily. Soon, there was improvement and the extreme critical situation abated. After staying in the ICU for almost seven days with a hospitalization period of 22 days he was discharged on 12th April and now is at home in Chicago.

This miraculous recovery has been possible only due to Maitri Light. It has done wonders and worked a miracle. What was impossible became possible. I also appreciate this praying (prayer + healing) process that is very short, easy and very much doable and adoptable by anyone.

We really fall short of words to thank the Maitri Light medium and the Divine for saving the life of my brother. Maitri Light is truly a gift for mankind by Maitreya Dādāshreeji and we vouch for its efficacy after having experienced a real miracle on our life.

**Thanks and Kind Regards,  
Nitin Shah**

### **Dada Sharanam.**

I would like to share my experience of Maitri Light. Last year, sometime in October, my mother and brother were taken ill and had to be hospitalized. I was at the hospital, praying to Dādāshreeji for His Grace to give me strength to handle the difficult situation. Even as I was praying, I received a message on my phone giving information about the prayer-cum-healing process of Maitri Light. It was given to my brother immediately. He started recovering and was soon discharged from the hospital. My mother, who had been suffering from a chronic and painful medical condition, was also given Maitri Light. Thereafter she was in a very happy state of mind and absolutely painless till the end. It was Dādāshreeji's Grace that both my loved ones received the love and healing they needed from Him.

My brother is a general physician and has to work in the current situation (COVID -19). He has received Maitri Light and it is helping him perform his duty without fear with Dādāshreeji's blessings.

**Thank you, Dādāshreeji.  
Love and Gratitude,  
Sonali**





## *Thank You Dādāshreeji!*

I was having fearful, sleepless nights during the initial days of the Corona pandemic outbreak because my daughter was away in another State for her internship. After having finally got her home safe and sound, I was more than determined to keep my family safe and healthy. There was chaos, insecurity and a fear of death prevalent in the external world while everyone felt safe when they were in their homes. I realized that when one associates oneself with the material world - restlessness, insecurity, fear of loss of life/possessions may bother one endlessly. While an inward way of life where one is connected with oneself would make one calm, peaceful, joyful, accepting, centered and loving in any kind of situations that is so liberating in itself.

My spiritual journey started last year and it has been filled with startling revelations. Words are not enough to express my gratitude to Maitreya Dādāshreeji for changing my way of looking at life. Previously, I never knew what being fearless was, but today I am a completely new version of myself - fearless and one who is able to stand up for her beliefs and for her near and dear ones. On my spiritual journey as I forgave myself and started loving myself for who I am, I understood that pain is a part of life so instead of shedding tears, I now pray for others. Prayers have become an integral part of my daily routine. My focus changed from the 'self' to the 'other'. I understood I am not the doer and I am part of the Universal Consciousness. Even when I get hurt or angry it is momentary and does not affect me because I am at peace and in stillness within. I had a notion about being the best daughter, sister, wife and mother, but I realized my mistakes and shortcomings gradually. I am happy that I am in awareness now and I have the chance to correct my mistakes and not to repeat them. With awareness and awakening has come self-realisation, to become who I truly am.

This is indeed a revolutionary phase in my life that has been possible only because of Divine Grace and Love of Maitreya Dādāshreeji. `Thank you for guiding me always. Thank you to the mitras and maitreysis for bringing me into the MaitriBodh Parivār, for their prayers and love. I have found true friends in the Parivār. Friends I can confide in, friends who know me inside-out, who know my every thought. In this wonderful love filled Parivār I see people being carved and polished into gems from rough stones. I feel His spirit in each and every member of the MaitriBodh Parivār!

**With loads of love and gratitude,  
Simmy Walia**



## *Sādhanā for the Month: Self - Acceptance*

Thank you everyone for following the sādhanās shared every month. We are sure that by practicing these diligently one would notice a profound shift within themselves. With each sādhanā that we practice, the Grace of Dādāshreeji starts flowing specifically to help us with that process. Practicing these Sādhanās, diligently would help us all rise as a consciousness individually as well as collectively.

For the month of June, our Maitreya Dādāshreeji has guided us to practice '*Self-Acceptance*.' It implies that one should acknowledge themselves for what they are, as they are and however they are - naturally. We are all created by the Divine with a unique quality and He knows why He has made us how we are. Please understand, there are certain qualities that we are blessed with naturally but there are also certain qualities or habits that we pick up based on the circumstances and situations that arise in our lives. For instance people become embittered or are filled with distrust for others because of some unpleasant situations that occurred with them. That is not a natural quality of oneself. The natural qualities or self, include facets of oneself that are inherent in them.

Let's take the Sun as an example. It's the quality of the Sun to shine bright and give light and warmth to everyone. It shines with the same effulgence for everyone without differentiating between anyone or judging others. It does not discriminate and shine more brightly for someone who has been good that day or specifically make someone sweat because he/she did some bad deeds that day. It is just simply being itself and expressing its true quality. At the same time, the Moon has no light of its own and simply reflects the light of the Sun. But that does not make it any lesser or greater in its role.



It provides light at night, once the Sun has set. It has its own healing properties for everyone and plays its own role in the sky, on the sea and on land. They are both amazing and powerful on their own, each a unique creation of the Divine meant to express itself.

Similarly, a fish swims, a bird flies and a leopard leaps. A fish need not fly, a bird has no use of making big leaps and a leopard is not doing justice to its being if it starts swimming. Each of them express themselves as they are and need not compare themselves to any another being.

Delving deeper into this, Dādāshreeji has described self-acceptance as – *“It is a state of being at ease with oneself. You are required to accept yourself with your strength and weakness. The difficult part is to accept deep-rooted negative judgments within one’s consciousness. Such negative memories resist the process of acceptance. These block formations keep you tied by not allowing you to accept yourself. However, it is not impossible. We have seen seekers successfully doing so when helped through the process of Divine intervention. Self-acceptance lays a strong foundation for your spiritual growth. Start practicing it!”*

We all need to appreciate ourselves as a unique creation of the Divine and focus on our exclusive quality. When we start comparing ourselves with others, we forget to focus on the purpose for which we were created. We need to discard all unwanted ideas about ourselves and simply embrace ourselves ‘as we are’. When we get stuck we call for Divine intervention from Dādāshreeji. Identify where you are not being able to accept yourself, pray to Him and surrender your inability to accept your quality. Completely, let go and let Grace work on you.

**Let the Grace and Love of the Divine heal our being!**  
**Let the Grace and Love of the Divine help us accept ourselves completely!**  
**Let the Grace and Love of the Divine express itself through us unconditionally!**



# *Ek Kshan Prārthanā:*<sup>\*</sup> *Let's Simplify!*

Simplicity is our essence and the Divine is at hand to guide us back to our roots, writes **Maitreyi Sulata**, as she urges us to rediscover our true self and embrace simplicity

## **Beloved Friends,**

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

At a time when I felt lonely in life, disconnected from myself and others, a very dear friend reminded me of a famous saying, "Be You and the world shall adjust". But how do I 'be me'? I mean who is the real me? The quest finally brought me to the Lotus Feet of my Master, our Maitreya Dādāshreeji. When I first met Him, I thought to myself "He is so simple, His teachings are so simple." He has been guiding me ever since to be simple and natural. Today, I am truly experiencing what Our Maitreya had been teaching so compassionately, all these years for now it is 'The need of the Hour!'

Hence this month's sharing too is very simple, very very simple indeed as that's the message, "Let's simplify!"

For all friends of the MaitriBodh Parivār who have been basking in the Grace of Maitreya Dādāshreeji for some time now as well as the ones who are now experiencing Him for the first time - I am sure that by now you have witnessed a major shift around you; in your surroundings as well as within yourself. If you have travelled with me in the last two months of Ek Kshan Prārthanā (April and May'20 editions), I have shared how our Mother Earth has been deeply afflicted by the collective actions of us as One Human Race and the associated learnings for Humanity in the current era.

If we have truly contemplated on ourselves during these times where we have been cornered by Mother Nature, we are not far from the realization that the reset button has been already pressed for our Planet and since our Planet and Mother Nature has rejuvenated, in front of our eyes; the only way for the Human Species to resonate with this present flow is to become natural exactly the way each and every component of Nature is (with the current exception of the Human Race).

We are not aligned in our emotions, thoughts, speech or actions. At the moment we are a frightened bunch - a bundle of chaotic, unnatural beings having burnt their own homes, now screaming for survival. On the other hand the clear skies, pure air and water, the humming birds and happy animals are cheerful and blissful with humans having been removed away from the territory they had encroached. The only way to come back out and start living together in harmony with them is by becoming natural like every other element of Mother Nature.

And the only way to be natural is to simplify and once again connect to our own true selves!

*"Being spiritual is being natural. Being natural is being at ease with yourself."*

*"Spirituality is being natural. Once you free yourself internally then it will flow naturally."*

<sup>\*</sup>Ek Kshan Prārthanā - A Moment in Prayer





Our Maitreya Dādāshreeji has been sharing these priceless teachings on being natural for so many years over and over again. He was preparing us as Humanity for the current times. Now is the time to drop the false identity, the layers of ignorance, the fruitless thoughts, the pains and hurts of the past, the burden of the ego and free ourselves to be who we truly are—simple and natural like a free flowing fish in water or a bird piercing through the sky with open wings. That’s who we truly are.

Unfortunately, we complicated our lives so much externally and internally that we became completely unnatural! We were more concerned about how others would perceive us and we hid behind masks. We were no longer ‘us’. We ‘adjusted’, instead of being ‘us’ naturally. We have dug our own graves, and now the only way to survive is to let go of everything and anything that’s become an internal and external burden for us. Just let go and simplify.

Once we let go of all the false identities, pride, ideas, notions, hurts and aches and baseless thoughts it’s like baring our soul to the Divine and embracing change! Saying ‘Yes’ to the transformation and once again becoming who we truly are - *Pristine and pure Love!*

The Divine is eagerly waiting for us to align and reform our tormented state to the natural

and original state of being. The fear of change, if at all arises, is because we have moved away from our own true nature which resides in our hearts and impregnated ourselves with harmful ways of living, with a wrong mindset, impure thoughts, warped attitude, false identities and detrimental actions. It is only in situations like these, which are beyond human control, that we are compelled to look within ourselves, away from the material and sensory life. Now since everything within and around us, that we considered as permanent sources and reasons of our happiness is collapsing, and with no human control to change us, the only way is to become like how nature is. Truly authentic and truly natural!

After thousands of years, a wonderful opportunity has been offered to us yet again. An opportunity for Humanity to reconnect to our own true selves and once again become human, genuinely human! We never gave ourselves a chance, we never gave ourselves time for all kinds of reasons, but now Mother Nature Herself has isolated us from the others. We have been given another chance to reconnect with the Divine. Embrace this opportunity, this message wholeheartedly and naturally step into the new future and receive abundance.

Let’s prepare ourselves for the ‘spiritual transformation’. It’s not merely a word, not



an intellectual understanding but a 'state to be in'. The time has come which occurs every 14,000 years when the world goes through such disruptions, only to usher in an era of Love and Peace. This is the here and now. Forget the past and stop worrying about the future. Your Inner Divine will guide you successfully through this phase.

Further we are all the more blessed that we are not alone, for the Divine in the form of our Maitreya Dādāshreeji is here in the physical form, on our Planet to help us to connect to our true selves.

Our Maitreya with His Grace and Guidance is here to connect us to our own Maitreya - our 'True Self' residing in our hearts, in the form of light, which is the Highest Bliss - our true form - the place of stillness and peace, the place of pure unconditional love that is far far away from the everyday fears and insecurities that we face as the artificial and fabricated Human Species we have become.

Come, let's focus, simplify and become natural and together recreate the most wonderful world!

Today's Ek Kshan Prārthanā (A Moment in Prayer) is for us to 'simplify and become real'! Let us bow our heads in prayer and seek His intervention in our lives so that He may grant us simplicity and our real us.



**Beloved Maitreya  
Dādāshreeji,  
Let thine Divine Light  
simplify me,  
Let thine Divine Light reveal  
the real me,  
Thank you Our Beloved  
Maitreya!**

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.



# Maunam:\*

## A State to Experience Beyond Human Mind

Mitra Sut elucidates on the power of silence and it's true meaning

### Origin:

The word mauna is taking from the sanskrit word मौनम् maunam, which means - silence, taciturnity, silence of the mind. The sanskrit dictionary also gives many words such as - अनिर्वचनम् (silence, not uttering anything), अभाषणम् (silence, not speaking), अवचन (absence of assertion, silence, taciturnity), अव्याहृतम्, (silence), निषब्दम् (silence, a calm), - as referring to silence. Mauna is not just keeping quiet, verbally not talking, but an internal silence.

The noun मुनि Muni, meaning sage or hermit is derived from the word Mauna, which means maunam - it is the essential quality or state of a sage!

### Understanding Mauna - Silence and its Purpose:

Our mind is always in a state of chatter, fluctuating with innumerable thoughts, wants, desires and moving outwardly. As a human being we are naturally inclined to express ourselves and that constantly keeps our mind active, wanting to talk internally or actually verbally. However our conditioning has brought us to a state of scattered, unwanted, non-focused non-stop thoughts, which take away so much of our energies. It is very important to conserve our energies for fulfilling our true purpose and work to our full potential, which most of us have experienced is difficult. One of the root causes is this untamed, wavering mind.

When you are able to reduce this chatter and fluctuations, by bringing the mind to focus and then gradually trying to silence it, you will experience a huge amount of energies and discover an amazing potential within you.

Patanjali, a great sage with his master-work on Yoga Sutras, has described Maunam as a tapas (austerity or discipline) of the mind. Just like we exercise our body to keep physically fit, the mind needs to remain healthy and one of the ways to practice mauna. In his book he mentions

योगश्च चित्त वृत्ति निरोधः ॥ २ ॥

Yogashchittavrittinirodhah

(Patanjali Yoga Sutras chapter 1 verse 2)

### Meaning:

Yoga is restraining the mind-and its deeper layers (Chitta), from taking various forms (Vrittis). Yoga is the restraint to the point of stoppage of chitta vrittis. Chitta vrittis or modifications bring into existence, the fluctuations in the mind, as also influences by past impressions / sanskaaras. Hence when they stop, the mind stops. (In the MaitriBodh Parivār, an intense process called Chitta Shuddhi (purification of the chitta) is conducted in Bodh- II under the Grace of Maitreya Dādāshreeji).

*Silence is the origin of all sound. It relates to the Source, the very origin of Creation. To be able to experience that Silence, along with the practice of sādhanās, the Grace of the Divine/ Master/ Guru certainly helps.*

Mauna is an internal state. The eventual state of being in complete silence (a Samadhi like state), in which there's a possibility that some can work and act as they normally do while they experience that Silence continuously - the state of an Incarnate.

### How to practice Mauna?

Just as when we start a new physical exercise for the body, we start gradually, step by step.

\*Maunam - Silence





Similarly, practicing mauna should be gradual, initially starting for a few hours, then half a day then 12 hours, then 24 hours and so on. During the period of mauna you may observe your thoughts, but not try to resist or fight them, as they will otherwise increase further. During the initial stages one may get an intense feeling of restlessness, irritability, anger, etc. as one is not used to this practice. That's why one needs to start practicing this gradually.

Spiritual practices such as meditation, mantra chanting, etc. will help prepare one to be in a state of mauna for a longer time hence it is recommended that one practices these alongside. During this period of mauna, one should keep away from all active work and most importantly from all electronic devices viz. phones, laptop, television etc. Trying to communicate with someone by writing on paper or through signs defies the very principle of practicing mauna.

As we saw earlier, it is very natural for thoughts to arise. Chatter increases while practicing mauna, because that is the nature of the conditioned mind. In mauna, you are just trying to be as you are, with the awareness level increasing multifold. However, the mind

requires to hold-on to something and therefore a Divine bond is the best solution to enhance your growth through this practice of mauna. While you are in mauna, as you bring the mind to experience the Divine form or formless, or True Love or Bliss, or just the Silence itself (whichever comes naturally), it will make one dive further into silence and the above experiences become stronger as one goes deeper.

#### **Few benefits of practicing Mauna:**

- Experience your true state, your Higher Sacred Self
- Bond with the Divine - form or formless
- Conserve a huge amount of energy which otherwise goes waste in unnecessary activities
- Immensely increases your focus, concentration power
- Uplifts one's level of awareness
- Realize your true potential

It is suggested that one must practice mauna at least once a week, but depending upon one's ability and needs, one can start from few hours and gradually increase the time, to experience this profound state.

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.





# Your Quest Our Support

The section 'Your Quest - Our Support' brings you answers to your spiritual queries, inner experiences or to questions regarding teachings that are addressed directly by **Maitreyi Sulata, Mittr Shankh or Mittr Parn** through this column

## Question:

**Seeker:** With so much of mistrust towards other human beings around us as we are experiencing in the present time of social distancing, how can we reconnect again with our world around us?

## Answer:

Dear Friend,

I warmly greet you in the Love and Light of the Divine. Thank you for sharing your honest apprehension. I am sure your query will help many people across the world who are presently going through the 'forced' experience of isolation.

The current reality is that our regular fast paced life has suddenly come to halt, as we are confined to our homes. At any other time, it would have been incomprehensible that the cause of threat of infection and its associated suffering through any connection with another, even with non-living material possessions, be perceived as disturbing. In the current time of social distancing making a physical connect with the physical world around is currently not possible. Let us not think of this as a problem. Rather let us introspect and try to get to the bottom of what Mother Nature is trying to tell us. As a seeker of life, I urge you to take this as an 'opportunity' to re-connect within and deepen your bond with the truth of your existence - your Inner Divine. The world and whatever we comprehend and perceive outside of our existence is and will remain an illusion. It is simply like how a child is given toys to play, learn and grow in the process. However, if we begin to consider toys as the ultimate reality of life, we are bound to get stuck internally and not grow nor evolve with life, specially the current changes. These are impermanent tools that were given to us by the Divine for our growth and evolution on the planet.

The truth is that the Divine is within our hearts. Endeavour to connect to and strengthen the eternal peace and love within.

Hence, my friend, as our Maitreya Dādāshreeji says, *"Let us 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"*.

As you grow spiritually and connect with your own Divine, everyone around you will also start to benefit with your higher state of consciousness.

Now is the golden opportunity to go deep within and bond with the Divine!

Wishing you the best of Grace in your journey towards Transformation!

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

*For any personal spiritual queries or further clarity feel free to connect with me: [maitreyi.sulata@maitribodh.org](mailto:maitreyi.sulata@maitribodh.org)*



## Food Combos for Better Nutrition

Swati Kejdiwal shares a few food combinations that offer incredible health benefits

Research shows that certain food combinations can have nutritional benefits when consumed together. Pairing food creates a synergising effect in your diet and not only increases the nutritional value and taste of your meals but also helps to absorb the nutrients effectively. Right food combinations improve health, assist in better digestion and also help in controlling one's weight.

Many combos happen to pair brightly coloured food which will help you 'Eat the Rainbow' and also get new textures to your plate.

Rather than taking supplements, focus on eating certain pairs of foods that maximize food synergy. For example - rice and beans together is a complete source of carbohydrates and proteins, adding Vitamin C to it boosts the iron absorption.

Below are a few food combinations that we can incorporate into our daily diets:

### Tomatoes and Olive oil

Lycopene is a powerful antioxidant found in tomatoes and can help protect our skin from the bad effects of UV rays and is also good for our hearts health. When tomatoes are combined with olive oil, it increases the bioavailability of lycopene in the tomatoes, making it easier for the body to get its full benefits.

### Green Tea and Lemon Juice

Green tea is rich in catechins, a powerful antioxidant which helps to reduce the risk of cancer and cardiovascular diseases and aids in weight loss. Adding a splash of lemon juice increases the amount of catechins our body absorbs by up to six times. Green tea and lemon together make a Vitamin C drink, that has anti-inflammatory and anti-microbial properties to help you stay away from medicines!

### Yogurt and Bananas

Yogurt contains beneficial live bacteria known as probiotics, which play an important role in the health of our digestive system. Bananas contain probiotics, which stimulate the production of good bacteria in our intestines. When eaten together the probiotics in bananas work to keep the probiotics healthy, thus helping to keep the digestive system healthy. A bowl of yogurt and bananas make for a perfect mix as well as a post workout snack. The potassium found in bananas and protein in the yogurt helps to build muscle and replenish amino acids that are depleted during exercise.

### Apples and Dark Chocolate

Apples are known to be high in an anti-inflammatory flavonoid called quercetin. Quercetin helps to reduce the risk of allergies, heart attack, Alzheimer's disease and certain cancers. Dark chocolate contains the antioxidant



catechin which reduces the risk of cancer and atherosclerosis. When consumed together catechins and quercetin helps loosen clumpy blood platelets, improving cardiovascular health. Melt dark chocolate and coat the apple slices in the sauce, refrigerate and have it as a dessert. You may add chopped nuts too.

### **Mushrooms and Spinach**

Mushrooms are one of the few food sources of vitamin D, and spinach brings calcium to the table. Our body needs vitamin D to create calcitriol, which helps calcium get absorbed into the bones. Quick fix: Sauté some onion, garlic, mushroom and spinach in olive oil. Add salt

and pepper to taste.

Vitamin D is a fat-soluble vitamin in the body which is required for calcium, bone and mineral metabolism in the body. It also helps to build immunity. The two natural sources of Vitamin D are sunlight exposure and a balanced diet. A daily exposure to sunlight for 15 to 20 minutes is sufficient as the external source of Vitamin D.

However, if you're considering supplementing with an alternative source of vitamin D to boost your immunity, you should consult your doctor.

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.





## *The Moon, the Maitreya and Divine Learnings*

In this narrative, **Maitreyi Shreshtha** shares a beautiful incident and the profound insight that it brought along

Each one of us is trying to find a silver lining to hang on to in the current situation of the lockdown; a way to stay positive and happy! My silver lining was going up to the terrace every night for my *sādhanās\** (meditations). I would sit under the twinkling stars and the bright moon shining down through the clear skies lighting up the Arabian Sea in front of me while the calming breeze gently took me deeper into the meditation. This was the highlight of my day to the extent that I was grateful for the lockdown. Had it not been for the petitioned quarantine I would've never explored the terrace after sunset.

As the days passed I started to get addicted to the time I spent on the terrace with myself, Dada, and Mother Earth. To add to my daily longing, Buddha Purnima was coming close and this time it was extra special! I was to celebrate it with the Maitreya Himself. I had set my heart on it, on how I would indulge in my *sādhanā* beneath the luminous super moon, light a few candles and thoroughly enjoy the evening basking in His Grace.

Alas! The dream remained but a dream as four days before Buddha Purnima we were confronted with a disturbing family emergency. A close relative's demise due to the Covid-19 compelled us to put ourselves into complete isolation for 14 days. My husband had to stay at his parent's home and my daughter and I were at ours. We were strictly advised not to step foot outside our home.

During this time there were definitely bigger things to worry about but beyond all that stress there was a deep pain I felt about my date with Mother Earth, Maitreya, and the Moon. Going to the terrace was out of the question and I was heartbroken.

But being with Dādāshreeji, one just absolutely knows that there is a learning behind everything. So I kept inquiring about it to Him for a few hours. No answers came. However, slowly Dada, as always, came to my rescue and helped me completely accept my situation as is.

Two days before Buddha Purnima I was sitting with my daughter and she said, "Come on Mamma, Let's paint!" I said alright and started to sketch. It had been years since I painted so I was sure that this painting was going to be a pastime.



*sādhanās\* - Practices*





I casually kept putting on paper whatever I was receiving internally. As the strokes started to take shape I could see the image materialize from my visualization. I kept sketching, completely lost in time. Morning and evening, whenever I got the chance, I would go back to this artwork. The time that I was spending painting with my Maitreya was irresistible. With every stroke of the brush I was falling more and more in Love. I was happiest when I would sit with Him to sketch my imagination of Him. This absolute blissful craziness went on for two days. And at dawn on Buddha Purnima, I finally finished. While I gazed at my imperfect and modest work of art the sun rose, followed by the dawn of my learnings through this entire week-long event. Maitreya Dādāshreeji spoke to me through the 'not so pastime' art:

**Sādhanā is doing what you Love:** We often mistakenly bracket and limit our sādhanās into chanting, meditation, and prayers but sādhanā is doing whatever takes us closer to the experience of Love and Peace. So do what you love and fall more in love with it. This experience of Love is the experience of the Divine.

**Attachment, even towards the most positive thing is still attachment:** With attachment comes pain. If you do what you love, whether it is sādhanā or seva practice it purely for the love of it. True Love does not bind. So flow with

what you love to do and appreciate what every moment brings; then move on.

**Your focus should only be the Divine:** Attachment can lead to a shift of focus. Don't stray away from the path. Keep your focus on your goal. You need to remember that the Divine is your destination and not the moon.

The terrace ambience was my attachment which made me lose focus from the main purpose of my sādhanā. While aspiring to experience higher spiritual states, I forgot to enjoy the small yet profound experiences of life like painting with my daughter that eventually helped me connect with Love.

The learnings came one after the other, in a very structured manner, just like Dada always explains. Flowing with gratitude, I pulled myself together to save the painting from the tears that rolled down my cheeks. I realized that the only silver lining in my life, since many lives, is Maitreya Dādāshreeji.

*"You see some sadhaks do nothing much; yet they witness an easy transformation on the spiritual path. You focus more on 'Sādhanās', but they focus more on the 'Giver'. The former boosts your ego but the latter humbles you" – Maitreya Dādāshreeji*

Right from a young age Shreshtha had the passion to explore her purpose trying to find a deeper meaning. Her search made her meet Masters along the way who guided her in her journey. She believes and has experienced how establishing a bond with the Divine can transform and uplift human life after meeting Maitreya Dādāshreeji and has dedicated her life to help His mission to establish Love and Peace on Earth through Divine bond and association.



# You are Unique

The uniqueness of each individual goes beyond skin differences, it is tied to the role each is required to perform on the journey to their Higher Self, says **Mitra Shivam**

This insight might bring forth a chuckle or a grin on your face but when you get down to thinking about it, just realize how strangely we humans have designed our lives. Yet what came out of this, truly revealed a very different focus of my being.

A simple yet important part of our legal system especially as many people in India are illiterate and don't even know how to sign their name on legal documents. They are often asked for their thumbprint for documentation and verification purposes.

I experienced it first-hand when I had once gone to sign a property transfer deed and the officer on duty asked me for my thumbprint. I replied that I could sign but he insisted on the thumbprint and said that it was mandatory. I wondered why he would ask me for a thumbprint even though I am literate and can sign my name.

Well I didn't know about the technical requirements of our system but his insistence on asking me for my thumbprint definitely gave me an insight. The impression of every individual's thumb is unique, as in no two thumbs in the world are the same. My Divine gave me the insight, the truth that we all are unique beings.

Do you think we all came down on Earth just to breathe in oxygen and breathe out carbon dioxide for a symbiotic relationship with trees? No, not at all, there is something special, a unique quality about each one of us just like the print on our thumbs. None of us are misfits on the Earth plane.

Our birth itself was by the will of the Divine and He is the best casting director. The character that each of us plays has a significance and the existence of which is critical to the entire 'Divine' play. We need to fulfill the requirement of the role. To excel and give our best shot all we need is to discover is the role that we are supposed to play, i.e. 'the purpose of our life'.

It is pointless to merely exist, one truly starts living once the purpose is known. We should realize our purpose of life and strive to fulfill it so that our existence is fully realized. Without a true purpose, our lives would be less interesting, dissatisfying and will not give us peace. From the moment we are born we are striving to achieve something or the other, wouldn't it be worthwhile to actually go after something that has more substance, is fulfilling and more meaningful? Pray to whichever form of the Divine you connect with naturally and seek to find your unique quality. Ask Him to infuse your life with passion and the required guidance to discover and achieve your purpose of life.

We are here for a reason and we need to aim to attain that goal we have set for ourselves. Hence wake up to the clarion call of self-awareness, self-development, self-realization and focus on your life's purpose. Your prayers will be answered. Strive and make all efforts to move in the right direction and allow the Divine to shower us with His Grace to enable us to succeed in attaining our life's purpose.

Sukhamrit Singh was blessed with his spiritual name, Mitra Shivam, by his Divine Friend - Maitreya Dādāshreeji in 2016. A businessman by profession, he loves sharing the Divine insights he has been receiving after connecting with Maitreya Dādāshreeji and the Maitribodh Parivār. He runs an old age home in Amritsar and is a volunteer at YGPT. His aim is to share love and peace with all and help each individual he meets to find a way to bond with their Inner Divine and experience the bliss in life like he did.



# My Journey of Transformation

The chatter of the mind stops when one surrenders to a Higher Power that transforms the being, writes **Aparna Dedhia** as she shares her experience of transformation

When I hit 40, the eternal question, “Who am I?” stared me in my face, setting me off on my spiritual odyssey. At the fag end of the year 2016 I started my journey with the MaitriBodh Parivār. I could not relate with the three pillars of the MaitriBodh Parivār - Love, Transformation and Selfless Service. I could understand that lack of love is the cause of suffering, and I always believed that you have been given this life not only for yourself but to serve others too. My ego played truant. When it came to ‘Transformation’, I resisted it and thought “Why do I have to change?” “If I have to change, who is He to tell me to do so?”

It was December 2018, my younger son was in the 10th grade, and I had volunteered for seva at the ashram during his exams. I was worried sick about his results. He being an avid footballer had spent the entire year playing football matches. As I was offering seva, while simultaneously chanting the Dādāshreeji mantra, an inner voice told me- “Leave all your worries and fears here.” At that very moment I realized that my worries and fears were not taking me anywhere and I felt at peace as I returned home. I don’t know what magic had taken place, but I was in peace. Gradually, this reflected in my entire being. I stopped nagging and worrying about his exams. My son was surprised at my changed attitude, his attitude towards studies also changed. He doubled his efforts, managing and scheduling time for his studies and practice sessions on his own. He managed to score a whopping 95% in the exams.

I can say that I experienced transformation firsthand; from a person who constantly lived in fear, I embraced situations without panic and anxiety. Restraining negative emotions and replacing them with positive ones every moment also felt transformative. To enjoy Divine Grace we need to banish that which inhabits us and is inhibiting us. Divine Grace made me realize some home truths, a few of which I am sharing below.

**Anger** - Anger outbursts hurt oneself much more than the others around.

Take a deep breath and say to yourself-  
“My way or the highway won’t work always, be patient and accommodative.”

**Fear** - Incessant worrying will not change the situation and won’t get you anywhere.

Take a deep breath and say to yourself -  
“Take the first step, you are Divinely guided and protected.”

**Guilt** - None of us is infallible.

Take a deep breath and say to yourself-  
“Don’t drown yourself in guilt; instead let it guide you to move in the right direction.”

**Grief** - What is gone is gone, maybe it was never meant to be yours in the first place- that lost job, that broken relationship, that stolen chain.

Take a deep breath and say to yourself-  
“We are travellers on a journey. Nothing is everlasting, we are here to experience life and have to go back home - to the Source.”

Aparna Dedhia, a content writer from Mumbai is an ardent devotee of Maitreya Dādāshreeji and believes in giving before receiving, lives a soulful life with beloved friends and family.



# The Wheat Flour

Letting go of how, what, when and who will truly make one's journey of life joyful and peaceful. **Maitreyi Varsha** shares an incident that throws light on how we can allow Divine Love have its way with us

The recent lockdown has been very challenging for many and has made many of us explore new options and adapt to new working styles and methodologies. It wasn't any different for me. I have been habituated to procuring wheat flour by getting wheat grains ground from the flour mill every month. Unfortunately, during the lockdown all the flour mills were closed and I ran out of wheat flour. Rotis (flat unleavened bread) are a staple in our household and forgoing it for a day or more was challenging for the family.

A day prior to the announcement of the lockdown a relative casually called up and happened to mention about a good wheat flour brand. I wondered why she mentioned it out of the blue but happened to make note of it in my mind. I immediately remembered this incident and looked up the name of that particular brand on all the leading home delivery grocery apps. Unfortunately that particular brand was 'stocked out' on most apps that were delivering to our locality.

I took a deep breath, sat in front of the Divine Light and briefed Dada about the situation. I told Him that we have flour sufficient enough to see us through two days and that it was now upto Him to make it available. At the same time I also clicked on the 'notify me' button on the app to let me know whenever the flour was available. A day passed by and nothing happened. I again reminded Dada that we have only a day's supply left. The second day too passed by and at night I told Him I don't know how you are going to provide for it tomorrow. After conveying this I decided to retire for the day. It was almost 11 pm, just when I was about to turn off the light I saw my cell phone light up, this happens whenever it receives a message. I generally don't check my cellphone for messages frequently but since it

was received late at night I thought of checking it. To my surprise it was a notification saying that the wheat flour brand that I was looking for was now available. I was super thrilled and jumped up to place an order for 15 kgs of wheat flour. As I did so, I was thinking about what to cook for my family the next day because though the flour was now available it wouldn't reach me in time because the deliveries were taking place only after three days due to a huge demand owing to the lockdown. Nevertheless, I placed the order and made the payment. On successful payment of the same, the message that appeared said - Your order will be delivered by 10 a.m. tomorrow.

It was unbelievable; I rubbed my eyes since I thought I was sleepy, checked the date twice and the delivery time. I couldn't contain my joy on finding out that it was really going to get delivered the very next day. I felt like waking everyone up and sharing this with them. But like always, I ran to my Divine Light and sat in front of it with tears in my eyes not knowing how to thank Him, I was speechless and had nothing to offer to Him but the tears that were flowing out of Gratitude!

This incident is a reminder of the following:

**Awareness** - Be in awareness because the Divine has many ways of communicating and sending messages for the Divine sees the bigger picture (like the relative who called me and shared the name of the wheat flour brand).

**Surrender** - Trust and have faith that there is a Divine Force taking care of everything in the perfect manner. Know that the Divine is in charge and give up trying to take control of matters.

Maitreyi Varsha is a student of life and takes joy in simple things.





## Catalysts for transformation



Craig Kielburger

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.

*“People put us down as being young and dreamers, which I frankly find encouraging. It’s the dreamers who thought that one day the Berlin Wall would fall or that apartheid in South Africa would end.” – Craig Kielburger*

Since the age of four, Iqbal Masih worked in a carpet making factory in Pakistan for 6 years paying off a loan his parents had taken. He was unfortunately the collateral for this loan. At the age of 10, after finally being rescued by a human rights organization, Iqbal went on to be educated at school while also travelling to many countries to speak out against child labour. He had dreams of becoming a lawyer, to eradicate child labour, tragically however, he was murdered. At the time, Iqbal Masih was only 12.

However, many miles away in Canada another 12-year-old boy, read the headlines of Iqbal’s untimely death and was deeply moved. This 12-year-old boy, was Craig Kielburger. He realised that even though they were the same age, they had led such vastly different childhoods. His was happy and carefree while Iqbal had spent the majority of his in suffering. So Craig did what any young child would do, he invited his friends to discuss the matter. What started as a discussion on child labour in 1995 has now expanded to a global organization. This was all achieved by the collective efforts of Craig Kielburger, his brother Marc and hundreds of other young men and women who believed no one should live their childhood chained to labour.

Kielburger started the ‘Free the Children’ organization that began in their home. The

organization mainly filed petitions to political leaders and heads of organizations. One instance of their activism is when ‘Free the Children’ wrote a letter to the Prime Minister of India with 3000 signatures to free Kailash Satyarthi who was at the time imprisoned for his social activism against child labour. Kielburger’s organization began to gather momentum in 1995 when he travelled to Bangladesh, Thailand, India, Nepal and Pakistan to personally meet child labourers trapped in child labour. In their conversations they all expressed one desire, that their stories be told to the world so that child labour can be eradicated. Inspired by the hope that still existed within these children, he became their voice. After initially being denied a meeting with the then prime minister of Canada, Craig was granted an audience and gained the prime minister’s support as well. Upon his return he began addressing large audiences on the evils of child labour.

‘Free the Children’ has now grown into a larger organisation called the WE Charity that works towards rehabilitating those stricken by poverty and to free children from labour. It is now a worldwide community that helps provide medical relief, clean water and education to children and their families. Thus Kielburger, who is now 37 years of age, has created a lasting legacy in the memory of one child, Iqbal Masih.

For his works Kielburger has received numerous honours and medals from the government including the Nelson Mandela Human Rights award in 2003. He and his brother continue their work even today under the banner of the WE Charity.





## *A Pause to Start*

World currently at a crisis,  
 Mother Nature experiencing peace,  
 Earth on a break, animals merry,  
 Cold winds and happy trees!

Got a chance once again,  
 To experience myself,  
 Life turned out to be a library,  
 When estimated to be a book!

Abstract thoughts beyond my mind,  
 Left physical limitations all behind,  
 Not a sign of fear seen,  
 To learn more I was keen!

The world has crossed all the limits,  
 It's time to start it all from scratch,  
 To be in sync with nature,  
 To be a perfect match!

It was the worst of times; it was the best of times,  
 The guilty punished, the innocent too,  
 It's the moment to again rise and shine,  
 Cause still there's lot to look into!

Let the guilty be not blamed anymore,  
 Let the earth not suffer anymore,  
 Mankind must evolve,  
 To not create monsters anymore!

A new hope will rise with dawn,  
 Ignorance permanently will set with dusk,  
 Love will be seen all over once again,  
 No one would notice that it was never gone!

Diya Shah



Sharing below a few experiences that our participants had during/post the 'Nourish the Soul' series:

Jai Gurudev! It was a great experience attending the 'Nourish the Soul' session by Mitra Parn ji. It's really life changing, truly transforming. In addition, the meditation exercise was very helpful in connecting to the Divinity within, during which I had lost all sense of time. I am very much thankful to Gurudev ji - Maitreya Dādāshreeji and the MaitriBodh Parivār for this experience. Love and gratitude!

Purushottam

Mitra Parnji's concluding session under the 'Nourish the Soul' series was stimulating as it prepared my mind and heart for experiencing the Divine energy transfer - ShaktiPravaah. It helped in calming my mind to receive the Divine energy. .

Maitreya Dādāshreeji's Divine Light (picture) was on my iPad screen and when I looked into his dark penetrating eyes it seemed as if He knew everything about me and was saying I shall take care of you.

Dādāshreeji's eyes were full of Love. He had The Look of Love; I read the message in His eyes as to what He wanted me to do. I knew his Divine energy had given me the power to love and I certainly felt some transformation in me. Now I feel as if my heart has expanded and that I am capable of giving much more love.

Premila Bhandari

It was great attending the three virtual series of the 'Transformational Sundays' by Mitra Parn ji. I was intrigued with the deep and profound knowledge shared, steps given for Anahata Aum practice culminating with Shakti & Bhakti Pravaah with Dādāshreeji's Grace on 3rd May for which I feel blessed and offer my heartfelt gratitude.

As usual, the meditation sessions were soothing especially on the final day. It was like paying a visit to my true home as I went within and gradually arrived to a state where my mind was bereft of thoughts. Though encapsulated

in a timeless space, the soft background music/chant interspaced with an occasional ting of the bell brought the consciousness back ever so subtly to the present. When I finally opened my eyes to look at Dādāshreeji's picture on the screen, I saw a shimmering aura of light emitting from the sides of Dādāshreeji's face. It was indeed a sacred moment as I looked on intently. Thereafter, I rested by lying down and flowed with the devotional music, misty-eyed towards the end of the session.

It was curiosity that brought me to MaitriBodh in January this year (2020). When I came to know that Mahavataar Babaji is Dādāshreeji's Guru, I was humbled. This enabled me to be open to receive ShaktiPravaah (Divine energy transfer) which I gladly did. In his famous book 'Autobiography of a Yogi', Paramahansa Yoganandaji has written about his Guru - Swami Yuktेशwarji and the lineage of master descendants from this great Avatar. For some time, I had followed the Master's teachings



through the SRF initiative founded in Los Angeles. Babaji's Divine vibrations, Grace and compassion for all beings still continue to flow for the welfare of humanity through a few other disciples. Now, I am reconnected to that source through Maitreya Dādāshreeji.

Over the past four months, a rapid change of situations took place, which were seemingly hard to face at first but culminated with a positive outcome in my life. Especially so, with a long awaited relief from the difficult time my family faced with having to manage a daughter who is intellectually challenged though she is quite normal in all other aspects. Along with related problems, while praying ardently for help, I witnessed the solution, paving the way for better growth, peace and happiness of the family as a whole.

My daughter is now in a vocational training centre where she is learning to adapt and be somewhat independent. But then, we miss her loving and endearing ways at home. Her bright smile, sometimes funny and childlike behavior that followed into her adult years shaped us (parents & brother) into more patient and compassionate beings. On the other hand, it has also left me with more time for learning, serving and to be more involved in spiritual pursuits that have always been close to my heart. With faith and perseverance, all changes will finally lead to auspiciousness for one and all.

And all this, I know is due to the Divine Grace of Babaji and Dādāshreeji, while I also know that Babaji and Dādāshreeji are the same consciousness and 'One'. I am simply grateful for all the guidance, knowledge and blessings coming my way with unconditional love and need for transformation. To That Divine Force, I surrender and offer my salutations again and again.

Tangamani Menon  
Klang, Malaysia

The lockdown has kept all of us confined to our homes. I was glad that I could participate in the global prayer when more than a million people across the globe participated to ask for forgiveness from Mother Earth in an endeavor to set right our actions that had caused her agony. While we strove to spread positivity among our near as dear ones, we were asked to join in for a special session to experience Dādāshreeji's Grace by looking into the eyes of the Divine Light we had at our houses at 9:00 pm on 31st March'20.

It was a long day at work and I got done with it by 8:50 pm. I was worried that the active state of my mind would interfere in my attempt to fix my gaze on the eyes of the Divine Light and experience this with all my heart. I quickly lit a lamp and an incense stick and played the video that was sent to keep track of time. Within seconds, my eyes were fixed on His. Everything else became blur except for His face which protruded in almost three dimensions. His eyes danced moving from left to right and then back to left, reminiscent of an experience I had had in 2017. I was transfixed and 'Mantramugdh' (charmed). Dada was showering Grace in a way that only He could! I was enjoying this display of His Love and how every interfering thought was discarded and thrown away during the half an hour that this scene lasted.

I expressed my gratitude to Him and for once again making me realise that once you surrender to Him, He will take care of everything.

Kunal Ashok

### Our Contributor

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](mailto: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](mailto: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](mailto:meeting.mitrshankh@gmail.com) requesting an appointment for the same.



# Our Spiritual Centres

## INDIA

### AMRITSAR, PUNJAB

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