



*Maitri*

# ANAHIITA

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# From the Editor's Desk

## Dear Loved One,

Our lives have begun to gather momentum after the lockdown. Times are changing; situations, society and everything around is evolving. Redundant thoughts and ideologies will be challenged. *"The current times are very crucial for everyone. Everyone has to find their own path and move ahead. All those obstacles, hurdles would be removed if you are ready to go further"*, says Maitreya Dādāshreeji. Ask yourself, what do you really want? Whatever it is that you are doing; is it what you really aspire for? Does it satisfy your soul? If you have been strongly feeling and wanting to do something that you naturally connect with, for a long time, follow your instinct/inner voice. This is the best time to make a shift. Your heart will guide you in the right direction. Follow your passion, for it is always positive and harmonious and will make you move forward continuously.

*Maitreya Dādāshreeji says, "It's very important that you act immediately. Don't wait for something to happen. If you feel that you need to something internally, please act immediately. Know this well, that you have only one life. We don't know how many days are left. Hence it's imperative that you do what you really wanted to do."* Let us take this as a cue and act wisely. Connect to your 'inner voice' for it will guide you constantly no matter how complex the situation might be. Maitreya Dādāshreeji is here to help you to connect to your 'inner voice'. Make time for yourself and align with the Divine Consciousness.

In this issue, Maitreya Dādāshreeji shares the factors that may affect or retard one's spiritual transformation.

Also enjoy reading the experiences of Grace and miracles of healing under the section 'Dadaleela'. 'Food for the Soul' brings to you the 'Sādhanā for the month', 'Ek Kshan Prārthanā' gently exhorts you on how we need to learn our lessons 'with love', while another article expounding a verse from the Isha Upanishad reveals the secret of how to discover God. Under the section 'Reflections', read soul-searching, inspiring articles. Read more about the health of your bones under the 'Health & Wellness' section.

*Stay strong, be positive and keep the faith alive!*

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



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

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Please do e-mail us your suggestions and comments on the articles at [anahita@maitribodh.org](mailto:anahita@maitribodh.org)

04



**Question:** Dear Dadashreeji, what may retard the process of spiritual transformation? Kindly enlighten us!

**Maitreya Dādāshreeji:**

Dear Friend!

Spiritual transformation is the journey of a soul. One may begin experiencing it sooner or later. Transformation is the need of the hour. One can't ignore it for long. As time progresses, the demand for change would intensify. The purpose for the existence of the MaitriBodh family is to initiate and establish spiritual transformation in every human being irrespective of their regional or religious identities. You, as an individual, may participate in this global wave of transformation and help others too experience the freedom of elevation. The process of transformation becomes easy and effortless when one associates with the Inner-Divine. One enjoys the blissful journey with the Divine.

This comfortable and smooth process may become difficult for a few due to various known or unknown factors. After a few moments of epiphany, encountered at the beginning of the process, a few seekers may experience a hindrance or slowdown in the process. Out of frustration, one may think of giving up and stop flowing with the change. Life may come back to the same place where the journey started. An unhappy mind disturbs one's peace and a disturbed mind further expands its horizon engulfing others nearby, just the way positivity spreads affecting others in a calming manner. This way, one may knowingly or unknowingly create an 'onion-cry community'. In this, the person is not crying because of painful life situations imposed on the person, but due to one's own fault. A member of this community does not understand that unless he or she stops cutting the onions, the tears will not cease. Then and there, one needs someone's intervention to reveal the reality. Your friends or the Divine may play that role for you. Hence, instead of getting into a whirlpool of flickering thoughts, find a better way of marching ahead towards freedom.



If we identify the factors hindering the change for the positive, we shall be in a better position to understand and navigate through the state of the mind. When you realise the criticality of the need for transformation for you and the world, you will never walk off the liberating path. We will try to understand the primary factors delaying the change and a way of manoeuvring around it so as to facilitate our growth.

**(A) Asleep:** No matter how positive the message is, it will have zero impact on the one who is asleep. If you have everything as desired, you may afford to sleep in peace for hours and hours, days and days. However, if you are missing something in life, you need to work for it. You will reach the destination of your choice in life, only through patient, constant and persistent dedication. Postponing commitments, avoiding opportunities and embracing laziness will only please the god of lethargy. You may choose your path. The god of lethargy will undoubtedly make your life meaningless. Hence, be wise! Take rest whenever needed! Keep your focus on what you are doing! After walking miles in the path of transformation, one can't become casual and rest like the rabbit in the race with the tortoise. Open your eyes, stand firm and walk ahead till you arrive there!

**(B) Burdening baggage:** You can't climb up the mountain of love with a heavy load on your head. A simple solution is to empty the bag. However before that we need to know, what we are carrying in the bag. The bag holds useless ideas, wrong concepts, much spiritual or intellectual knowledge, high self-image and so on. Knowledge is good as far as it ably unleashes the hidden potential within you, thereby helping you grow as an individual. Carrying it all the time on your back and boasting about it, will never allow you to experience the higher spiritual realm but instead slow down the process. Hence, discard the superfluous and keep only that what is necessary!

**(C) Clinging:** If you have tightly tied yourself to any internal or external identities, you won't be able to move an inch on the spiritual path. When we attach or fasten ourselves to a mutable existence, we engage with unsettling energies which may cause you to drift away from the process of transformation. You may sustain the desire to improve the state of consciousness. But as you cling onto the mundane reality, you struggle between two extremes. This starts hampering the process. In an extreme situation, you may even abandon the path of spiritual transformation.

**(D) Doubt:** Doubting your potential will throw you deep into the well of failure. Many a time, we have observed that people always doubt their positive attributes, whereas they don't hesitate to do the same for their weaknesses. People have unknowingly developed this habit of questioning everything within and without. This impacts your spiritual state directly. It is the mind that gets transformed. If the mind doesn't accept or doubts the change, it makes it difficult for one to experience it. "Will it happen to me? I am a sinner. Will the Divine accept me? Everyone may experience the change but not me." Such sentences will act against the process of spiritual transformation. You will move in the opposite direction of the positive change.



When you identify what's influencing the shift, you may then start treating it. You need patience, persistence and passion. You may convert lethargy into action by associating with the right people around you, by reminding yourself of the vision of your life, by constructive conversations within. You may let go of the burden, by surrendering it at the feet of your Divine. When you hold love above knowledge, you instantaneously attract Divine Grace. You feel lighter and joyful. When you see the presence of the Divine within and around, you do not stop or get stuck on the spiritual path. You flow. Clinging dissolves and the Divine blossoms! Self-Belief and action taken to strengthen it erase the state of uncertainty. Doubt vanishes into thin air.

There are some additional factors like your past-karma, sanskār, lifestyle, mental blockages, and unknown universal influences which may directly impact the process of transformation. You may register them in your mind once. One of these would be predominantly causing hindrances on your path. Therefore treat one at a time and become free! The best way to help and ease your transformation is to develop regular communication with your Divine. That is the only credible 'Source' who can effectively guide you through this spiritual shift.

*Embrace the transformation!  
Love and Communicate with the Divine!  
Let the heart flower into the Divine!*

**Love and Blessings,  
Maitreya Dādāshreeji!**



# Dādāleelā

..... Devotees' Experiences

## The Realization

Having joined the MaitriBodh Parivār over four years ago, I am blessed to have participated in the entire series of Bodh programs, from Bodh I to Bodh IV. Maitreya Dādāshreeji says, "One can know me easily only when one's heart is pure and awakened. For others, ask for the experience to know me". Having been in search of the experience, I understand He sends guidance to each of His children through various methods. When the opportunity presented itself for offering seva at a Bodh program in Los Angeles and my wife suggested I take it up, I embraced the opportunity wholeheartedly.

Arriving at the venue for seva, I was happy to meet the sevaks who had come to Los Angeles from different parts of the country. We started setting up the venue for the session. However, by the end of the day I was a little disheartened at what I saw as a lack of some of the comforts I was used to at the venue. Just the mosquitos that were enough for me to consider flying back home. That night I called my wife and shared my emotions with her. She advised me not to judge anything as one has to embrace whatever seva Maitreya Dādāshreeji sends our way. I immediately understood that it is the bhaav (emotion) that counts in the seva one is rendering. Hereon, I just flowed with the occasion, gratefully embracing the opportunity of offering seva. The bhaav of the sevaks was so inspiring! I learnt many things from the sevaks and enjoyed every moment. The amount of work that they accomplished in such a short time was surprising; I was told that it was all because of Dada's Grace!

It so happened that the sleeping arrangements for the night had two of the participants sleeping in the same area as me. In the morning after undergoing the energy transfer process of Shakti Pravaah, they were discussing their experience of the process, what they 'saw' and 'felt'. Even though during my Bodh sessions as a participant, I had not had a similar experience as they did, what I heard from the participants was enough to satisfy the craving of the experience within my soul.

Once I was back home after almost a week of being in seva mode and mingling with the other sevaks and Bodh participants, I felt a shift of energy within me. I felt depressed and gloomy, for the next 3-4 days for the high energy that I had experienced during the seva was not being felt any longer. I realized that I was missing the connection I had felt to my true nature, the experience of the true higher state of my being - True Love. And this was the most cherished experience I received from Maitreya Dādāshreeji. It wasn't mystical but it was experiential. The experience of being in a 'higher state' we can all experience despite all the negativity around us. Today I believe 'Kaliyug' is just a state of mind and by increasing our own energy levels and of those around us, we can experience 'Satyug' (Divine Age). Living in this world, we have to absorb the positive and filter out the negative; and this is possible if we remain connected to our Higher Self. The transformation Dādāshreeji wants to bring to the entire world is through Transformation of the Self. One World One Family, United by Love!

**Love You All.  
Dada Sharanam,  
Hitesh Shah**



# The Quest

I got to know about Maitreya Dādāshreeji through one of the participants who had come to attend a meditation camp in Rishikesh. We both talked about our living Gurus and within a month I had the opportunity to be in the presence of Dādāshreeji's Divine Light. I had just checked in for a meditation session referred by the Head of the NGO, I was associated with at that time. I thoroughly enjoyed the meditation and felt my heart expanding. Everyone was so loving. After that I started my regular meditation and attended the Bodh sessions.

It so happened that there were three occasions of continuous mantra chanting during Navratri 2019. Owing to my work commitments, I could only register my name at the last moment and requested Dādāshreeji to somehow allot me night hours for chanting. So, I along with a Maitreyi started chanting the Dādāshreeji mantra with intense love and devotion. I experienced every cell of my body vibrating with energy and felt my whole body fill with luminous flashing light. I felt the moon shine brightly while I found myself crossing green pastures as I stood on some stairs. There was a large vacant ground. When I came back to my senses I thought that the place must be Dādāshreeji's ashram. In the morning, when I came home I could hardly sleep and felt Dādāshreeji mantra going on internally, continuously, effortlessly. There was a deep silence within, hardly any thoughts. This was a new experience for me and I was conscious and aware of all the changes. This experience helped me move inward even more and had great transformational effects on me.

Now, I ask all my friends and family to join the MaitriBodh Parivār and experience the transformation through Divine Grace.

Navjot



# *Sādhanā\* for the Month: Communication with the Divine Light*



## Dear Loved Ones,

We hope you are doing well and staying safe.

It's a beautiful new month, a beautiful new beginning. It's time for all of us to learn something new and grow with it. Each month, Dādāshreeji has been sharing a beautiful new practice with us to help us evolve and get prepared to flow with the changing times. Each month's practice is focussed to help us align ourselves with the Divine Consciousness and sail smoothly through the situations arising during that particular time period.

The practice for this month is something that we all require in our lives today, tomorrow and every day for the rest of our lives. If we can practice this, we can conquer all the challenges of our lives and fill our lives with bliss. Understanding the worries, frustration and loneliness creeping up in the human psyche, Maitreya Dādāshreeji guides us to practice '**Communication with the Divine Light**' every day.

The Divine Light is the blessed image of Maitreya Dādāshreeji through which you can connect with whichever Divine form you connect with naturally. The Divine Light represents your personal Divine (the form that

you connect with). You will be able to experience the presence and the Grace of the Divine form that you connect with - through your Divine Light. If you have prayed to have the Divine come to your home, sit in your room, have a meal with you, then your Divine Light is the medium through whom your prayers will get answered.

The Divine Light is not a casual image. Maitreya Dādāshreeji breathes through it and is alive in it. As one practices this sādhanā one will realize that He truly listens and guides. Many seekers are already experiencing a miraculous transformation in their lives by connecting with the Divine Light regularly. They receive guidance on how to make their day productive, some are reminded of their pending tasks, while some get transcended from the human plane and experience transcendental bliss. Hidden knowledge too is revealed and one is also guided to explore and learn not only for themselves, but even how to help others.

The sole purpose of the Divine Light is to ensure one's spiritual growth by nourishing, nurturing and guiding one's efforts in the right direction. All that one needs to do is to communicate with an open mind and heart as one would with a best friend. With regular

*\*Sādhanā - Practice*



communication and practice one will experience the bond with one's Divine and experience Divine Love and Grace flow in one's life. Many seekers have also experienced the state of silence, absolute love and joy within in the presence of Maitreya Dādāshreeji. Connecting with the Divine Light reconnects and syncs one with the Supreme Source of Love. As one aligns with the Divine consciousness one starts imbibing Divine qualities too.

**The three attributes of the Divine Light just as they are of any Divine form are as follows:**

**Jyotiroopāya:** This represents the nature/form of the Divine Light i.e. pure Light that encompasses everything in itself, and is absolute Love.

**Paramsakhāya:** A Supreme Friend who is loving, caring, giving, non-judgemental, accepting everyone equally, considering each one to be their own. This also implies that there is no enmity, no competition, no jealousy, anger or any other negative feeling towards anyone.

**Paramānandāya:** It embodies the state of being in Supreme Bliss!

The presence of the above three qualities in the Divine Light are similar to those present in any Divine form.

**Communication with the Divine Light**

**How:** One may begin the practice initially for 5 minutes, and gradually increase the time to 10 mins, 20 mins. and more (even an hour). One needs to communicate with the Divine Light from one's heart as one would with one's best friend/ mother/ father/ loved one with truthfulness and honesty.

**When:** One can practice this at any time of the day or night, and as many times as one may want.

**What:** Share everything or anything that you may be feeling. One may play one's favourite song, music or bhajan (devotional songs) while looking at the Divine Light.

**Share:** Due to the current situation one may encounter many who are seeking guidance or looking for solutions. Some might be sad, depressed or frustrated. At such times, showing them the Divine Light and guiding them to communicate with it will help them immensely; for they will receive the much needed guidance in some manner or the other. The digital Divine Light can even be emailed or sent over other digital platforms to those who need a ray of hope, a ray of Light in their lives.

As you bring light to someone else's life, your own light burns brighter. Keep sharing this love with everyone. God knows, everyone can use more of it at this hour.

*Enjoy your time with your Divine, through your Source – the Divine Light!!  
May Maitreya Dādāshreeji guide us all towards the Light!!*

**With Love and Gratitude,  
The MaitriBodh Parivār**

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





## The Secret to Discover God (Practically) - Part 2

The ancient scriptures are a fountain of knowledge and wisdom, serving as a practical guide to realizing one's Higher Self while living on the Earth plane says **Mitra Sut**

*(Isha Upanishad Vs 1 & 2)*

ॐ ईशावास्यमिदं सर्वं यत्किं च जगत्यां जगत् ।  
तेन त्यक्तेन भु जीथा मा गृधः कस्यस्विद्धनम् ॥१॥

īśāvāsyamida sarva yatkiñca jagatyā jagat |  
tena tyaktena bhujīthā mā gdha kasya sviddhanam || 1 ||

### Meaning

AUM. All this- whatsoever in the changing universe is pervaded by the Lord. By renouncing that may you enjoy! Do not covet anyone's wealth.

Verse 1 (expounded in the August'2020 Maitri Anahita), described how the Divine permeates every aspect and the smallest of the subatomic particle of the Universe, just like sugar when dissolved in water! The technique to separate one from the other which will help us to discover the Divine is to shift the focus from the tantalising and tempting world towards the Divine with consistent efforts and bonding with the Divine. But while doing so, many misinterpret that one needs to renounce the world, which is then immediately corrected and the rest is covered in verse 2, which we shall now expound upon .

कुर्वन्नेवेह कर्माणि जिजीविषेच्छतं समाः ।  
एवं त्वयि नान्यथेतोऽस्ति न कर्म लिप्यते नरे ॥२॥

kurvanneveha karmāi jijiviechata samā |  
eva tvayi nānyatheto'sti na karma lipyate nare || 2 ||

### Meaning

Performing actions alone here one should wish to live a hundred years. Thus there is none other than this for you. Action does not stain man.



The first verse propounds renouncing the world, while the second verse prescribes the opposite! There are two ways to interpret this - either both are correct or it is also possible that this apparent contradiction is being created on purpose which is a method that is at times used in the Vedic scriptures. The idea is to direct the seeker to contemplate upon and dive into the depth of its subtlety, experiencing the deep core of one's Self.

To some, spirituality may appear to be a process to withdraw from the worldly chores, family, job and just meditate or practise different spiritual practices and there are many who renounce all, thinking that this will help them discover the Divine. But this verse clearly lays stress on actions and also adds that one should wish to live a long life in this world by doing or performing actions continuously and not by merely whiling away one's time in non-action.

The first verse would apply to a person, who after having done it all, having fulfilled all the duties has taken all the possible efforts for one's growth and completely and truly surrendered to the Divine will. To reach a contemplative stage, with very few vasanas (desires) remaining and that too, only to seek the Divine. This happens naturally, but by and large, many in the name of spirituality, want to run away from the world/responsibilities. Therefore it is imperative to act and fulfil one's duties.

The details of actions itself here is not elaborated, but it is presumed that the student who has reached the preceptor of this text,

must have already reached a stage and been prepared with the basics, as is the tradition in the Upanishadic guru-shishya (student-disciple) tradition. The student already knows that actions need to be done to help others, selflessly and with sharing. Generally the student who would meet his Guru or preceptor would have already worked his/her way to learn and practice all the basic teachings and reached a stage desiring to finally receive the in-depth guidance, from the one who is already in the experience of the Divine. And at this stage, a student may want to renounce the world but fearing the consequences of the actions or karmas that he/she has understood so far. But a true Master would know what the student is going through and will quickly re-direct the student to act and not renounce, which may be exactly the case with many of us who seem to have strived enough to grow spiritually.

As Maitreya Dādāshreeji says, while you live and act in the material world, it is faster and easier to evolve on your path of spirituality as you complete the lessons for which you have come down on this Earth. While you act, you have a choice on how to use your purusharth (free will) - either to selflessly serve all or only cater to one's own selfish needs and accumulations. This enhances one's growth and as one starts acting totally for the welfare of others, with no expectations of any returns whatsoever, one starts doing Divine acts. At this stage, one's actions will not have any consequences or karmic repercussions, as one becomes a medium for the Divine will, which is what is stated in the last line 'Action does not stain man'.

*So act, act and act, till only the Divine acts through you and reach the Highest in this lifetime!*

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.



# *Ek Kshan Prārthanā\*:* *Learning with Love*

**Maitreyi Sulata** shares with us the three key lessons; the understanding of which will see us through the current times and prepare humanity for the imminent

## **Dearest Friends,**

People gathering in large groups for nothing but shopping or simply fun, roaming without masks, not taking care of basic precautions nor hygiene and bouncing back in full-fledged reckless ways to once again pollute the air, contaminate the water sources and depleting the natural resources is becoming the order of the day.

Callous, unconcerned and irresponsible that we are, it is time to ask ourselves- do we human beings deserve this planet?

The Corona outbreak leading to an unprecedented lockdown across the globe, a continued rise in natural calamities, the unfortunate economic and global crisis are still not history. These are still staring us in our face. The situation at the moment, (if our eyes are truly open) is that we are living each day, purely on Divine Grace. If we look around life is returning back to normal, as if this devastating pandemic had never ever occurred. While the amazing, never say die human spirit helps us face challenges with courage and conviction, yet by becoming casual and not learning our lesson or taking any steps emerging out of that learning could be fatal for humanity.

We truly need to re-examine our own selves, our thoughts, our actions, irrespective of our personal life situation.

History has shown that humanity learns best through challenges, turbulent times or through extreme pain and suffering. Let's examine our nature. Are tsunamis and earthquakes the only way for humanity to learn their lessons? Are we waiting for a global water crisis (which has already started) so that we reduce our water wastage and conserve water whenever and wherever possible? Do we need a deadly virus like Covid- 19 to wake us up to the reality that a miniscule virus has the power to disrupt our age old imprudent ways of living life? So what is it that we think makes us the most evolved species on our planet? Are we not concerned about how badly we continue to treat Mother Earth? Must we lose our loved ones to realise the value of love in relationships? Must we go through yet another deadly disease to make us realise the importance of physical, mental and spiritual well-being?

*\*Ek Kshan Prārthanā - A Moment in Prayer*



**Three key lessons** are simple and staring us in our face:

- Mother Earth is a living entity, a consciousness that we need to learn to love and respect. We need to coexist peacefully and harness her resources with care and gratitude.
- There is a higher universal power governing us all. We may or may not accept or acknowledge this power, but cannot deny the Divine presence. We will have to let go of our petty egos and venomous pride and surrender to the Highest - the source of our existence.
- Transformation is the need of the hour. The time has come to reunite with our Inner Divine and become natural, become love – for love is our true nature. Divine Grace is there with us each moment as we walk on this path towards awakening to our own reality.

We still have a chance of learning our lessons through Love. We need not be adamant and insist on learning through pain and suffering.

Everything that we ever loved, respected or even treated with indifference is forcing us to do so now! Nature has provided us with a brilliant way to learn with love. Creation has provided ample resources and a life force in every form for us to grow in a positive direction in a focused way. As shared by Maitreya Dādāshreeji, this is the best ever time to be on the planet, when we will be the witnesses to the Divine Age. Divinity has opened all the doors of Grace leading to the experience of spiritual awakening.

However, we are like those stubborn children who only learn when they fall down and hurt themselves. Isn't what's happening around enough to wake us up to the hard reality of our crazed existence? Is this what we are leaving behind for our children and grandchildren? A barren wasteland which will no longer be habitable in a few decades if not earlier?

*We live in the erroneous belief that learning happens only through pain and suffering. The day we decide to break free from this self-created prison we will be free. We can still change our mind and hence our future. We're just being obdurate. Yet all that's required is a simple and conscious desire to break free and offer a heartfelt prayer to the Divine to let us learn the precious lessons of life - through love.*

Love is our innate nature and the very foundation of this vast creation. As Maitreya Dādāshreeji shares, it is love and only love that has the power to heal everything in the world. As we connect to the love in our hearts, we connect to our own true self-our own Inner Divine. Whether we believe in His existence or not, irrespective of the faith and religious beliefs, love is something that everyone possesses in their hearts. All we need to do is connect to this LOVE and see the magic spread. When one is connected to Love one cannot harm themselves, nor others, nor the environment. Love empowers, it builds, and it gives of itself. It is the opposite of destruction and suffering (which is the current state we are in).



Love itself will offer us that right direction, thought and action that we will be able to learn the lessons of our life without creating any pain and suffering for ourselves and those connected to us.

Love will grant us acceptance!  
Love will grant us patience!  
Love will grant us resilience!  
Love will grant us care!  
Love will grant us oneness!  
Love will grant us peace!  
Love will grant us freedom!  
Love will grant us life!  
Love will deliver us!  
Lessons of life will keep coming!  
The choice is ours:  
Learn through pain and suffering or learn through love!  
Let's choose to learn through love!

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**Today's Ek Kshan Prārthanā (A Moment in Prayer) is an offering at His Lotus Feet that Humanity learns all their lessons gently once and for all - through love**



Beloved Maitreya,  
Let the Love of the Divine be  
awakened in every heart!  
Such that our thoughts, words and  
actions all become Love!  
Completing every lesson of life in  
the nurturing womb of Mother Earth  
Offering our love and care for her  
ever more.....  
Thank you O Divine Supreme Love!

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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.

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## Bone Health

**Swati Kejdiwal** shares key tips for building and maintaining healthy bones

Bones give our bodies support, provide structure, allow us to use our muscles to enable us to move about, and protect our organs. Bones also store minerals such as calcium and phosphorous, that make many of the cells that circulate in your blood (eg. red blood cells, white blood cells, platelets).

Bones are constantly changing throughout our life. Every day, our body breaks down old bone and creates new bone in its place. But by the time we reach the age of 40 years, we begin to lose our bone mass. As a result, the bones become lighter and weak, which puts them at greater risk of injury.

Good nutrition is essential to ensuring that the body has adequate proteins, minerals, and vitamins needed to make and regenerate bones. Calcium and vitamins play a key role in building strong bones. If our diet is lacking in calcium (needed for body cells), it is taken from the skeleton, which is a store house for calcium. This leads to deficiency, eventually making the bones weak and can lead to Osteoporosis.

**Bone Health Foods:** Including the following nutrient rich foods in our daily lives can ensure long term health of bones

**Calcium:** Dairy products such as milk, yogurt, cheese, paneer (cottage cheese), green leafy veggies such as amaranth, spinach, drumstick leaves, broccoli, seeds such as sesame seeds, chia seeds, flax seeds, tofu, almonds, ragi/ nachni (finger millet)

**Vitamin D:** Mushrooms and certain fortified foods

**Magnesium:** Spinach, beetroot greens, okra, potatoes, sweet potatoes, almonds, walnuts, raisins

**Vitamin K:** Dark green leafy vegetables

**Vitamin C:** Bell peppers, citrus fruits, amla (gooseberry), guavas, pineapples



## Diet Regulations for Bone Health

**Be active everyday:** Strength training and weight bearing exercises help build strong bones.

**Exposure to Sunlight:** Exposure to sunlight for just 15-20 minutes every day can effectively replenish and maintain Vitamin D levels in the blood.

**Healthy Diet:** Consume food with sufficient vitamins and minerals.

**Maintain a healthy weight:** Maintain your ideal body weight so that it doesn't put extra pressure on the lower part of your body.

**Routine screening:** Develop the habit of routine screening of your bones after the age of 40 years.

**Phytates and Oxalates:** Phytates and Oxalates present in green leafy vegetables and beans interfere with the body's ability to absorb calcium. Soaking beans and legumes overnight or for a minimum eight hours and then cooking them in fresh water can reduce the levels of phytates. Oxalates in leafy vegetables can be reduced by steaming or boiling the vegetables.

**Salty Foods:** Eating foods that are high in salt content (sodium) causes calcium to leech out from our bones and can lead to bone loss. Try to limit the amount of processed foods, canned foods and the salt added to the food that we eat daily.

**Alcohol:** Heavy alcohol consumption interferes with the body's ability to absorb and regulate calcium, vitamin D, and hormones, leading to bone loss.

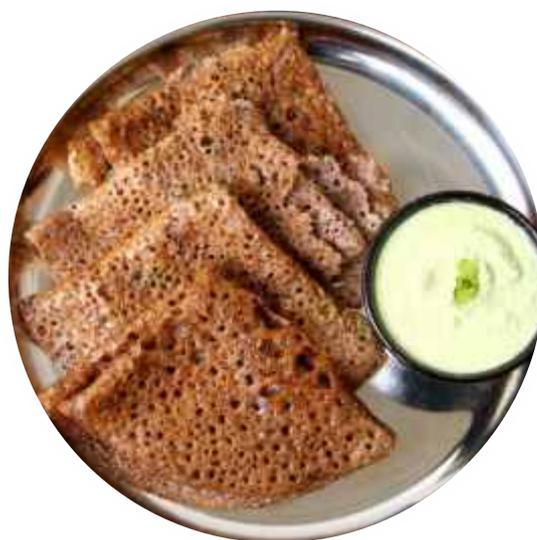
**Smoking:** It may be a significant factor for bone loss.

**Caffeine:** Coffee, tea and soft drinks (soda) contains caffeine, which decreases calcium absorption and can lead to bone loss.

### Shared below are some recipes for good bone health:

#### Ragi Dosa (Finger Millet Pancakes)

- Ingredients
- Ragi flour - 50 grams
- Oatmeal- 50 grams
- Rice flour - 50 grams
- Soy flour - 50 grams
- Yogurt - 100 grams
- Water - 2 cups
- Green chillies - 1tsp
- Crushed black pepper - 1 tsp
- Chopped coriander - 2 tbsps
- Oil - 10 ml
- Salt to taste



Mix all the ingredients and keep aside for 15-30 minutes. The batter should be of pouring consistency. Heat the griddle/ tawa on high flame and pour a ladle full of batter and let it spread. Pour a little oil around the dosa and cook on both sides till it is crisp. Serve with chutney.

**Benefits:** It is rich in protein, calcium, fibre, folic acid, manganese and magnesium.



## Spinach and Tofu Soup

### Ingredients

- Spinach - 250 grams roughly chopped
- Tofu - 100 grams cut into pieces
- Ginger - 1/2 inch chopped
- Garlic - 2 chopped
- Vegetable stock - 3 cups
- Oil - 1 tsp
- Soy sauce - 1 tbsp
- Salt and black pepper to taste

In a non-stick pan heat the oil and sauté the chopped ginger and garlic. Add the vegetable stock and bring to a boil. Add the chopped spinach, tofu and soy sauce and boil for few minutes. Then add the salt and pepper. Simmer for a few minutes and serve hot.



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Swati Kejdiwal 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.

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## Regeneration

Most of mankind has forgotten its true nature and recklessly exploited the abundance of Mother Earth. But there is hope yet writes **Bikram Boparai** as he sees a ray of light in the dense forests of remote Himachal

Having the luxury of time in the current stay-at-home situation, my parents and I set out for our orchard in a remote village in the mountains of Himachal Pradesh where we had booked a home-stay for ourselves. The journey was arduous as the road was under construction but once at the destination, the serene and stunningly beautiful vista that opened up was a balm to the senses.

There is a different rhythm to life in those remote mountains, idyllic and simple. Time moves slowly, affording one the opportunity of an immersive experience rather than the superficial skimming that urban life presents. We went for long walks on the unpaved paths meandering along the contours of the mountains, enjoying the trilling of birds, the majesty of the Cedar forests, the crunching of

the pine needles beneath our feet, the ever changing skies with resplendent blues yielding to clouds rolling in gently showering the land with life-giving rain. We enjoyed the sound of water gushing through rocks and boulders in beautiful streams, the smoke curling up lazily into the sky from smoke stacks in the houses. This was an environment where the soul truly sang, where one felt one with creation. It was a reboot of the self to revert to its original state of peace, simplicity, compassion and love. The layers of grime accumulated in urban life peeled away to reveal life in its original state of creation – pure, simple, peaceful and bonded with love.

In this little paradise, I was given the chance to experience man's interaction with Nature. I'd noticed new houses being constructed,



involving usage of large quantities of wood. On my walks into the forests, I was dismayed to see stumps of what were once tall, majestic cedar trees, a treasure of the region. Our host informed me that though the activity of the timber mafia had come down somewhat, local people still needed the wood for construction purpose. I wrestled with the question of man vs. environment in my mind, fearing for the safety of the life-giving, magnificent cedar forests. What would become of the region if the mountains were denuded of their green cover? I was filled with a sense of impending disaster. And then, during a subsequent walk, I was startled to see considerable new growth of cedar and other locally endemic tree varieties; the young trees appeared no more than 3-4 years old. As I went deeper into the forest I noticed more of such new growth. The gloom within dissipated, my heart pumping with joy and hope that given a chance, Nature regenerates itself, restoring what man takes from her! If man can control his rapaciousness,

Nature's bounty is vast and endless, sufficient for life to flourish.

Time is running out but there is time yet; time for man to learn the importance of living in harmony with Nature, taking only as much as he legitimately needs and letting Nature replenish its stock given time and space for regeneration. God created the Universe with a self-correcting mechanism to maintain a balance; man's ego-driven quest to 'progress' and 'development' has spelt disaster for the environment. In this reckless quest, man has strayed from his true nature, and from Nature itself. The balance that God designed into the universe was based on mutual nurture between man and Nature. Nature is a provider and man's nurture of Nature is essential to maintain the balance of life. Nature is life-giving, life-sustaining and deserving of love, for love is life-giving, love is life-sustaining. Love is our nature and love is the answer.

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Bikram Singh Boparai is passionate about motorcycling and believes in the adage, 'Live to ride, ride to live'. Finds himself, his true nature, on his beloved bike; recently found out who he is. Is blessed to receive an unparalleled love, a love like no other; is blessed to be in His Grace. Dotes on Dādāshreeji, experiencing Him as the lord of the Universe.

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## *The Covid Test of Faith*

**Maitreyi Shreshtha** shares how faith in the Divine will take one a long way with the trust that the Divine not only watches over one, and also will not send struggles that one cannot persevere through

As the story goes, on Chollapa's insistence Swami ji agreed to stay at his home in Akkalkoth. During this time Swami ji troubled Chollapa's wife Yesubai by either taking the grains from their house and feeding the cows or give away freshly cooked food to the beggars for Yesubai to have to cook once again from scratch. He would throw utensils at them. He would relax anywhere in the house as He willed. At times He would childishly extinguish a burning hearth and laugh at her misery. Due to this Yesubai considered Swami ji to be a mad man and cursed Chollappa for revering Him.

What made Swami ji act like this can be comprehended only by Chollappa and Him. For those of us who have heard stories of Swami Samarth know that His love for His

devotees was as intense as were His erratic ways of expressing it. He was a mad man for those who didn't understand Him but He was the Highest for those who did. Swami ji's ways were not meant to be understood by the analytical mind but only to be experienced by the heart. In His lifetime Swami ji transformed many lives, touched many hearts, and awakened unquestionable faith amongst His devotees.

The reason I have shared this short story was because it helped me understand 'Faith' during the last month when my husband, my daughter and I tested positive for Covid-19. There were many questions raised by friends and family, the most common one being - "Your Divine Friend didn't protect you?"



Even though I personally didn't need the answer to this question I wanted to give an answer to the people raising this question. I felt responsible to justify my Divine. I didn't want anyone to raise a finger at Him. I was regretting the moments I stepped out without wearing gloves or the times when I might not have washed my hands properly. But ultimately I came to the realisation that the Divine isn't answerable to anyone and so I shouldn't lose my faith in Him.

It is not that the Divine doesn't have the answers; rather He has them all but the human mind is debilitated and conditioned. It is constrained by the world it perceives through the senses. The Divine on the other hand is dynamic, ever changing, for He foreknows and foresees. Your Divine form or Guru (Master) may suddenly change His decisions, He will test you, He will make it hard for you to stay afloat in a sea of doubts and He will also be the One who will make people around you question your faith. There is no way to analyse why the Divine or His manifestation does what He does with our limited human capacity. And it is even more difficult to justify His actions to those around. Divine reasoning is way above the understanding of the human intelligence. There is only one way to thoroughly comprehend your Divine - by experiencing Him through the limitless power of the bond that you share with Him.

Chollappa didn't question or doubt the random attacks of Swami ji. His bond and His faith were the answer. On the contrary, for his wife they both were crazy. No matter how hard Chollappa tried to explain Swami ji's behaviour to his wife it was to no avail. But what seemed madness to many, is inspirational bhakti (devotion) to me! I aspire to not only never doubt my Divine but also rise above the need to justify my Divine. So I

asked myself if I needed to answer anyone at all. Do I really need to justify His leela (Divine play)? I checked back on my very own faith and learnt two wonderful lessons from it:

**Have Faith like a baby:** Have you ever seen a little child worry? If the Divine is crazy the only way to match His craziness is to be in the state of a little child. In my eyes, the state of a baby is the state of faith - to be in the constant sublime conviction that you are continuously being taken care of.

**Faith is not for the Divine:** Faith is for us mortals. Unflinching faith and surrender are not what the Divine asks for but rather what has been recommended to us to lead a free, fearless and blissful life. The Divine is constantly showing us that He is there! With His infamous words "bhiu nakos mi tujhya pathishi aahe" (Do not fear, I am watching your back) Swami ji assured His devotees that He has always got their back. And not just Swami ji but every reincarnation of the Divine has assured humans through words and actions that Divinity is looking after you. But how many of us truly receive that message, is the question.

Eventually, the same friends who questioned where my Dada was were shocked to see my husband and me recover within four days and my daughter in just a day. They also said we are very lucky as we don't need to worry about Covid-19 for another year due to the antibodies that our bodies have developed. These very friends also told us that we looked like the healthiest Covid-19 patients and asked us how we were so chirpy, happy and smiling during such a frightening phase of life.

**This is the Grace of Maitreya Dādāshreeji!  
Thank you Dada for cradling us through  
Covid!**

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.



# The Heartfelt Appeal

The power of selfless prayers! **Maitreyi Roopa** delves into her travel log to show how a selfless prayer, in this case for Nature, is answered by the Divine

A few years ago, we had gone to Coonoor (a hill station in Southern India) for a holiday. This is a hill station close to the famous tourist destination, Ooty. I was totally engrossed in the beautiful scenery that was unfolding before my eyes as we travelled by road. The green cover of the trees, valleys, hills and the colorful creepers with roses of various hues hanging from gardens and bushes along the wayside were breathtaking. Indeed, this must be heaven on earth, I thought. But I was rudely shaken from my reverie when I saw mounds of plastic and garbage dumped along the roadside. This was a jolt to my pleasurable experience; I felt helpless and turned to my Divine Friend Maitreya Dādāshreeji for help. I spoke to Him internally, "Dada, people are ruining nature, they don't seem to feel responsible for nature. Why can't they keep it clean?" I further implored Dādāshreeji with a prayer that the people living in this region should develop awareness and keep the area clean. In this conversation with my Inner Divine, I was pouring out my anguish and seeking His help and hoping that Maitreya Dādāshreeji had heard my prayer.

We had an enjoyable stay at Coonoor, amidst a tea estate nestled in the mountains. On our

return journey, as we passed the same stretch of road, I was looking out of the window with a lot of apprehension of finding plastic and garbage by the wayside. But surprisingly, it seemed to be clean. "How did this happen Dada?" asked my mind in disbelief; I got the answer a few meters away. There, to my happiness and relief, were a group of a nature club volunteers who were busy picking up plastic and garbage from the wayside and loading it into a truck.

I exclaimed, 'Wow, Dada! Thank you for hearing my prayer and most importantly for showing me that my prayer was answered!' Even now when I recall this incident, it reinforces my belief in prayers to the Divine!

The second incident was in Manali, in Himachal. We had gone on a trip to this beautiful site near Manali, close to the 'Ice Point' where a lot of sports are played on the snowy mountain slopes.

Before heading for the ice point, we took a break, to have our lunch. I found to my dismay that the place was overcrowded and there was not a dustbin in sight. Plastic, paper and eatables were strewn all over. After having our



lunch, we collected the remains of our food packets and put them in a bag to be taken back. Feeling very uncomfortable, I sent out a silent prayer to my friend Dādāshreeji for help. Help for creating awareness in the local people and for the place to be rid of litter. Having spent a few hours at the Ice Point, we returned to our hotel. But thoughts of the litter strewn mountain side kept troubling me.

We returned home after this trip and a few days later, I saw a news update on the Manali news post, which I was receiving daily after visiting the place. It said that the government had organised a massive cleaning drive to clear up the hills leading to Ice Point. Oh! what a relief that the beautiful hills were getting a much-needed clean-up. I heaved a sigh of relief and expressed my gratitude to Maitreya Dādāshreeji, for having answered my prayer through this action by the government. Not only that, He made sure that I got to know about it too as I could have easily missed the news or not known about it at all!

As a part of the MaitriBodh Parivār and the connection with a Divine master - Maitreya Dādāshreeji has made me aware that we are but His mediums and that in our travels we can bring in changes to the local environment and the people living there, just by offering our heartfelt prayers for that region, at His Lotus Feet. It is as simple as that!

*Be in awareness of the Divine within you!  
Be in awareness of everything around you!  
Express your heartfelt prayers to the Divine!*

•—————•  
Maitreyi Roopa is a teacher and researcher by profession. She is also a keen student of life and conducts motivational sessions for the youth and children.  
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## 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.



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