



MaitriBodh

Maitri

ANAHITA

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From the Editor's Desk

Dear Loved One,

Warm greetings of the season!
We hope you are well and in the best of spirit.

In this issue, Maitreya Dadashreeji shares a profound revelation as He makes us aware of what lies ahead for mankind and guides us on how to deal with it effectively in order to sustain us through this transformational phase.

The moment of truth has come. Mankind shall soon have to stand the test of time. It is time to stand up and be counted as we rapidly move towards the Divine Age. To sustain us through this time we will have to embrace the transformation rather than resist it. Enough harm has been caused to Mother Nature, and this is our last chance. We either accept the change, make amends to our thought process and lifestyle or be prepared to face the consequences if we do not let go of our rigidity. As we move towards the Divine Age let us imbibe, inculcate and embrace positivity. The key to sustenance is connecting with the Inner Divine for it is this bond that will guide and see us through the upcoming tough situations. Let us strengthen our internal connection so that not only are we divinely guided but also act as beacons of light to the people around us.

Maitreya Dādāshreeji also answers a seeker's question on the power of a Maitri Havan, it's benefits and on how one could use it effectively for the welfare of one and all.

October is the month to go inwards, chant, offer prayers and be in gratitude. This issue brings to you *the Navratri Vidhis (process)* to experience the Divine Mother's Love and Grace, the prayer process for the planet, details about the 'AUM Chanting Club' and information regarding how one could receive Divine Grace by participating even remotely in a *Maitri Havan*. Enjoy reading the experiences of Grace under the section 'Dadaleela'. 'Food for the Soul' brings to you the 'Sadhana for the month', 'Ek Kshan Prarthana' urges mankind to awaken to the 'Supreme Truth', while another article expounds a verse from the Devi Suktam from the Rig Veda that proclaims that the Divine Mother is the source and cause of all causation. Under the section 'Reflections', read soul-searching, inspiring articles lovingly put together by our mitras, maitreyis and devotees. Read more about the health of your hair under the 'Health & Wellness' section.

**Stay strong, positive and keep the faith alive!
Together, we shall and we will!!**

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



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We welcome your suggestions and comments on the articles. Email us at anahita@maitribodh.org

Urgent Need for Transformation

A message from Maitreya Dādāshreeji

Namaste

We wish you a beautiful divine life with good health and happiness.

I truly appreciate all those of you who stood strong during this challenging time, especially those who were spreading happiness, positivity and peace. Thank you so much for that. Keep doing this good work. Spread positivity and smiles everywhere you can. Life never stops. So, neither should we. Why should we stop dreaming? We need to keep doing what we need to do. Although seeing the situation in the current time, we may need to modify our approach towards life. But we need to keep working, we need to keep exploring this life to accomplish our dreams. Nothing should stop our progress, our growth. So, for a while you may take a pause, observe what's happening, change your lifestyle but keep moving ahead in life.

All of us are very well aware that humanity is facing its toughest test ever. In the midst of this chaos, it seems we are still not learning the required vital lessons. Unless we change within, things will never improve. How can we expect someone else to love us if we are not able to love people around us? We want respect from everyone but then we don't have respect for others. So, it's very simple. If you want to see that change outside in the world, you need to change yourself internally first. If you want the best in life, give your best to life. That's how it is, so simple. Not at all complicated. Start changing yourself immediately. The current time is asking for that positive change.

We have definitely gone wrong somewhere in understanding our life, Mother Nature, our planet. We have touched a raw nerve, evoking an unfortunate fatal response from Nature. And as a result of this, we still don't see any relief but rather a worsening of the situation. To be very honest friends, we sense and expect something more to come. So, now what do we do? Do we keep doing what we were doing earlier, as it is or we change it? Change it for the better? We need to move towards that change.

"How do we change for the better?"

So today we want to suggest, to share some easy ways to implement this change. It's up to you whether you want to apply and follow these steps or not. But we know that this will change you effectively. You will experience that profound transformation within through just a few simple steps. If through these simple things you can change your life, you can change your



surroundings. Why not at least take a step towards this? Whatever we suggest, has always first been experimented upon ourselves by us. We study the effect; we see the impact of it and only then do we offer the suggestion. So, at least try once. You will emerge stronger from any forthcoming impact. I know nowadays people don't have time for positive things. So, you may not have time to go through this video entirely but even then, I'll briefly mention 3 effective steps. If you want to know more about this then please feel free, reach out to us. We will help you to explore this. We want you to grow spiritually and nothing else. So, what is the first thing that we can do?

1. The first thing is to 'cultivate spiritual values'

You need to embrace spiritual values. Now, your mind may ask "what are those spiritual values? How do we know about these values"? So, I will just give you a general understanding, a general definition so to say, so that you'll understand. Any quality that attracts and expresses Love and Peace is a spiritual quality - caring for someone, praying for someone, helping someone. Anything which helps you to increase love within you. Just embrace those qualities and see the change within. It will strengthen your mind. And believe me, it will act as a protective shield around you in the time of crisis. Be with those spiritual qualities; you will grow spiritually, naturally. Your honest attempt is required and not perfection. If you think you are a perfect human being then you don't need to follow this step. We can go to the next.

2. Acceptance

Accept yourself 'as you are'. Accept the situation 'as it is'. You are not at fault every time. Don't blame yourself. Don't blame others. Nature has offered the best. Acknowledge it, accept it wholeheartedly. Don't struggle with it. Acceptance will boost your spiritual growth. It will instantly uplift your level of awareness. You reach beyond the realm of happiness and suffering. You will start understanding life - truly. When you feel a sudden loss of energy or sometimes get depressed, worrying a lot, don't know what to do in life, with no direction, no help. An overall confused state. There, in that state, immediate relief will come when you accept yourself 'as you are', when you accept the situation 'as it is'. Just try it once and see the magic. Whatever is happening - it is just there, it's a play. This is how the situation is. And you will automatically receive help when you accept it. You will get the direction. Because then there is no internal struggle. There is no loss of energy. Help will be provided. But first, just accept it. If you don't have legs to walk, someone will come and give you support. If you are in the dark, then someone will show you the light. But first accept whatever is happening. Just be at ease with yourself. Everything is alright. Everything is perfect at that moment. Just learn to accept the situation 'as it is'. After these 2 steps the third would be-

3. Divine as a Friend

In this period of spiritual transformation, the most potent force that can firmly build your spiritual growth is the Divine force. And that is, by connecting with the Divine. Invite any form of the Divine of your choice. Establish a connection as a friend or as a Maitreya. Your Divine will appear, HE will walk with you and sit right next to you. The only way to connect with the Divine is through love. Express



your love towards the Divine. Your 'Inner Divine' will guide you towards the light and spiritual transformation. That's the easiest way. If there is anyone closest and nearest to you, it's your 'Inner Divine'. So, instead of searching here and there; search within. Connect with your Divine and witness the change. There is not much time left. Each day is important for all of us.

We have this habit of treating symptoms. If this happens then just do this, or if this happens, then take this. But we don't have the ability to focus on the cause of the situation. And the cause of everything that is happening around you - is within you. The Divine focuses only on the cause and not on the symptoms. So, go within, connect with your Divine. The Divine Light will hold your hand tightly and walk with you in this difficult time and help you to move to the next phase. So, invoke the Divine and be with the truth and free yourself. Those who are already on this path, on this journey with their Divine Friend will have profound new experiences. They will witness a shift in their consciousness. So, keep doing what you are doing. Keep flowing with your experiences. Don't stop. There is more to come. Experience Love, experience the Divine and spread the same everywhere. The world needs positivity, the world needs love and nothing else. Your transformation is the only thing that's going to heal everything on this planet. Instead of running after mystical powers, or mystical experiences or altogether different spiritual games or spiritual shows, what is truly required at the end is your transformation. And that will happen only when you connect with your Divine. You don't need to follow me or anybody else, follow your heart, follow your Inner Divine. It is so simple. Take the steps immediately and allow things to unfold with time. Growth will be the only result. We are there with you all the time to support you, to show you the direction. Apart from these 3 points, we feel the need to convey something more important so that you will get an idea what's happening and what it is that we can do here onwards.

“Preparing ourselves for the future”

So, listen carefully. Our planet is in the process of connecting with the 'Higher Universal Source'. In this process, many things will undergo change. In one way we can term this as a cleansing process. The atmosphere will displace and expel unsettled, dissonant or any disruptive energies and thereafter only retain purity.

That's the direction here onwards. Only purity and truth will remain in the future. You may think this as some unrealistic vision or occurrence, but this is going to be true. Listen to your heart and your heart will share the truth. Nature is going to correct everything to align itself with the Universal Consciousness. This shift occurs every 14,000 years. So, it's going to be a major change. All of us need to prepare for it accordingly. The human mind can't resist or fight against this change. It can't stop this galactic shift and the associated spiritual transformation. The only way is to flow with this change. That's the only option you have. Every day try to be a better human being. If you keep doing this automatically, you'll be able to flow ahead positively with less hurdles, with less pain, less suffering. But everyday you have to change yourself, feel better about yourself, knowing “I am learning and moving towards the Divine”.



After correction and establishment, the long awaited dream of a *"Harmonious One World will become a reality!"* And the Divine is working towards it, actively working towards it. Slowly, steadily but surely. One day, the Divine will take direct control over its creation. Many of you will experience this entire process of Divine Intervention. The Divine has taken a stand. Wait for that moment. And that Divine is not somewhere else, the Divine is there with you all the time, within your heart. So, just be positive that there is something good going to come for all of us. This transition might be painful, difficult but with the positive change within, you will be able to flow through it easily. Apart from spiritual transformation, my role is to help you to pass through this phase with less hurdles; but ultimately help will come from your own Inner Divine. So, *"Connect with your Divine!"*

Express yourself to your Divine. Nothing else is required. It's very simple. It's better we start this right now itself - your Divine as your best friend. We shall be there with you throughout this process. All of us are connected internally. I will again come and see you after 2 months. I will be there with you through the Divine Light. So, very soon we will see happy, peaceful and better days for our planet.

Thank you so much.

**I bless you all,
Namaste,
Maitreya Dādāshreeji!**

Question: Is it true that a Maitri Havan is so powerful that its impact reaches across the Lokas? How can we use it for the welfare of Mother Earth and every being on it? How can an individual or a family regularly derive the benefits of a Maitri Havan? Please guide us on how best to choose which of our processes of Maitri Havan, Maitri Light, Shaktipravaah (Bodh) or a Prayer may be used and under which challenging situations.

Maitreya Dādāshreeji:
Dear Friend!

A Maitri Havan is a way to connect with the Divine. We always see it as an act of Love to please the Divine with its attributes. For us, it is more than a mere ritual. Sceptics may perceive it as a waste of time because the rational mind assumes it to be a way of engaging people in a ritual based culture with some outdated cryptic words. But if you approach anything new with an open mind, you will undoubtedly extract the more profound and hidden truths. Many of us do not want to try this but rather judge it with half-knowledge. A Maitri Havan is the most natural, spiritual and scientific way to connect with nature and the Divine. Due to your lack of understanding of the subject, you see it as an option or an insignificant part of life. One should experiment with it for one's self awareness and realisation.

Now, what constitutes a havan? Does it comprise of only the fire and the traditional chanting of mantras? Can anyone get trained and conduct it? Anyone who desires to connect with nature and the Divine is entitled to learn and conduct a havan. Simply doing actions methodically by themselves do not constitute the Maitri Havan process. We believe that it is far beyond the combination of fire and mantras. The striking truth lies in two things - one is the intent and the second is the state of the doer. A Maitri Havan focuses mainly on these two aspects.



The intent behind the havan has to be pure and for the benefit of many. One should express the need for conducting it and not what one desires to attain in life. There has to be some heartfelt and need-based intent behind the act. A real purpose filled with deep emotion adds power to the prayer expressed through the havan. Unless the doer's intent is clear, we cannot proceed to conduct the havan. Hence, know the intent well!

The second point is the 'state' of the doer. The evolved spiritual state of the doer conducting the havan directly affects its efficacy and thus derives the best from the act. A devotee with good conduct directly uplifts the intensity of the havan. The doer with a deep and strong bond with the Divine makes the impossible possible through the Maitri Havan. When the doer knows the intent and has a strong bond with the Divine, he is able to convey and conclude the act of Love successfully. Hence, be a pure doer!

A Maitri Havan helps to counter or reduce the impact of past karma (Prārabdha). It augments your progress in life by removing the obstacles blocking your growth. The benefits of a havan are not only limited to improving your current status of life but also beyond it. Because of its sacred nature, it cleanses and heals the atmosphere. It invariably assists in transforming the earth at an atomic level. One of the spiritual truths is that everything is inter-connected. Once you realise this truth, you begin to influence nature and the cosmos more effectively. Hence, offerings given through a Maitri Havan by a realised conductor do reach the higher realms. One would also need to follow specific spiritual guidelines to receive such metaphysical benefits of the havan.

Anyone can learn and conduct havans individually or collectively. You may do so on any auspicious day or as per your convenience. The MaitriBodh Family conducts special Maitri havans during the holy nine days (Navrātri) marked for spiritual evolution in this month as per the Hindu calendar. If you wish, you may derive the benefits for your spiritual transformation during these nine days.

The Maitri Havan is a form of a prayer conducted through a spiritual-scientific process. One may also offer prayers alone in any way one feels. There is no compulsion to conduct havans for accomplishing your needs. All these ways are available to ease the shift of your consciousness. If a Maitri Havan is conducted for fulfilling your wishes, then Maitri Light is done for an intervention through divine energies to heal physical, psychological and emotional impairments. Above all, shaktipravaah is a Divine intervention process, bestowed upon the receiver for their spiritual transformation. One may connect with the Divine through any of the available and effective ways. If you possess a strong and deep bond with your Inner-Divine, things will start manifesting for you. Your Inner-Divine will guide you further as to what's best for you.

**Keep your mind open!
Flow with the Divine!
The best will emerge to empower you!**

**Love and Blessings,
Maitreya Dādāshreeji!**





**1st- 31st October, 2020
10PM (local time)**

STEPS TO PARTICIPATE

1. Please sit in a comfortable posture and watch your breath for 2 mins to completely relax your body and mind.

2. With complete Love for Mother Earth in your heart, convey this heartfelt prayer to your Divine:

"Dear Divine, please transform and awaken humanity to be in harmony with Nature. Let each and every human being love, respect and care for Mother Earth. Please heal Her with our Love. Let only love and peace prevail on this planet."

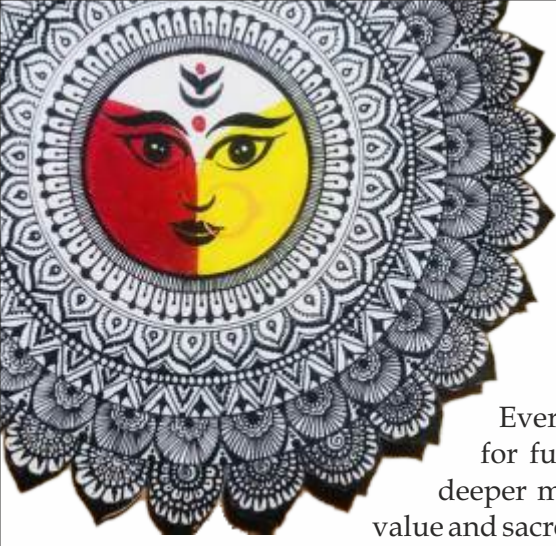
3. With this prayer, please chant the mantra of your Divine form or the universal mantra 'Aum', as you feel comfortable, for 21 counts.

4. Experiencing love in your heart, with genuine concern communicate with your Divine expressing the need for recovery of Mother Earth. When you feel light within, express gratitude to Him for His Blessings.

5. Placing your left-hand palm on your heart, with your right hand touch the ground and pass on the love to Mother Earth. Express

Inspired by **Maitreya Dadashreeji**

A month-long daily Global Prayer Initiative by Maitri Family for Global Transformation



Navrātri Celebration (17th to 25th October 2020)

Every festival has its own special significance and is not merely celebrated for fun and enjoyment. It is important that we understand what is the deeper meaning and reason behind celebrating our festivals to add to their value and sacredness.

Our planet Earth receives energy to move around the Sun from the Divine Source. The balance in Nature is maintained by this Source. This Divine Source preserves, maintains and balances the Universe. We go about our daily lives, many times taking for granted how much the Source contributes to our existence. Everything that we enjoy is because the Source is our provider and we must remember to express our gratitude from time to time.

Whenever there is a change in the external nature our internal nature also undergoes a shift. Our bodies and minds change. Weather changes and the influence of the solar energy causes the energy levels of our body and mind to rise and fall. If our energy level is high, positivity increases. As a result, we become dynamic, enthusiastic, creative and happy. If our energy level goes low, negativity increases resulting in greed, ego, jealousy and hatred.

The days on which we celebrate festivals are very special days to raise our positive energy. Festivals are marked as significant days because the energy of the Source is at its peak and can be tapped and received to help us keep our energy levels on the higher side. The festival of Navrātri which is celebrated over 9 days - Nav - Nine, Ratri - Night, is one such ideal occasion which contributes to our individual energy.

God's glory, His cosmic creation, His selflessness and His greatness can best be depicted in all the qualities of motherhood. Just as a child finds all the best qualities in his/her mother, similarly, all of us look upon God as a Mother and celebrate Her during Navrātri. On these nine special days, we worship the female embodiment of creation - The Divine Mother. She represents the creative aspect of the Absolute. The nine days of Navrātri are entirely dedicated to the Mother Goddess and all the attributes of Her Motherhood.

What is the significance of worshipping Ādishakti Mahākālī during nine days of Navrātri?

The word asur (demon) mean's the one who remains engrossed only in enjoying mundane pleasures of life'. In us the asur represents ego, sorrow, greed, jealousy etc. On the first day of Ashvin (September-October), the nine days of worship begins. The Divine Mother Ādishakti Mahākālī, the source of energy, frees us from the trap of demons. She removes the veil of ignorance by helping us realise the illusory form of the demons. On the tenth day - Dashmi victory over the demons is celebrated as Dussehra.

On the first three days, the Mother is worshipped as the spiritual force - Durga in order to destroy all our impurities.

On the next three days She is worshipped as the one who bestows spiritual wealth - Lakshmi, who has the power to bless her devotees with inexhaustible wealth.

On the last three days, She is prayed to for true knowledge as the Goddess of wisdom - Saraswati.

In order to have a holistic life, one seeks blessings from all the three aspects of the Divine Mother.



Following are a few suggestions enabling a seeker to receive blessings on these nine days:

- One can observe fasting on all nine days. Fasting can be done from the time you wake up in morning upto 7 pm in the evening. During fasting one can consume water, preferably warm.
- One can observe mauna / silence for, at least, any one day out of the nine.
- One can chant the Ādishakti Mahākālī mantra and Dādāshreeji mantra for 108 counts each daily. The ideal time for chanting is just before finishing the fasting. One can also keep a prayer after chanting. This prayer can be to enhance and spread positivity.
- One should try to be at home before 7 pm so that the fast can be broken and prayers can be offered on time.
- Outside as well as packed or processed food strictly prohibited. Homemade meals are recommended during this period.

Note:

- If you are suffering from any chronic illnesses or gastric anomalies, please do not practice fasting. You may follow rest of the instructions.
- Those who cannot observe fasting may chant at 7 pm and offer prayers.
- Consumption of alcohol, smoking and non-vegetarian food is strictly prohibited during these days (Navrātri) as well as on the day of Dussehra.

Ādishakti Mahākālī Mantra

|| Om Mahākālīkaye Vidmahe
Premgiri Vasinye Dhimahi
Tanno Ghore Prachodhayat ||

आदिशक्ति महाकाली मंत्र

|| ॐ महाकालिकायै विद्महे
प्रेमगिरी वासिन्यै धीमहि
तन्नो घोरे प्रचोदयात् ||

Meaning

We know that Supreme Mother
We meditate on her who resides at Premgiri
Through this meditation we would attain enlightenment





Maitri Havan – An Act of Love

In the MaitriBodh Parivār, the process of conducting a havan is an active process of offering prayers to the Divine and receiving Grace in return. It is a universal sacred process with a scientific basis connected with nature and its laws.

Havans benefit both internal spiritual growth and material success.

- The sound of the mantra chanting creates a vibrational energy raising one's consciousness and cleans and enhances environmental energies.
- Helps cleanse the body of toxins (which may be responsible for illnesses), enhances the energy of the human body making it healthy.
- The complete offering of oneself (Poorna Ahuti) for a higher cause bestows immense grace to achieve the highest truth. By offering one's best quality, the same quality is enhanced manifold and returned back to us.
- Acts on eliminating the root cause of suffering and helps move onwards on one's journey of life
- Helps one progress from the negative to the positive, from darkness to light and from unhappiness to bliss.

This simple 'Act of Love' transforms us into our 'pure self'.

The highest form of the Divine, that is Shakti (feminine power) is highly active and at the zenith during the auspicious days of Navrātri. It is during these auspicious days that humanity is especially able to receive Grace and Love of the Divine. Through the medium of a Maitri Havan, this month, convey your prayers and receive Divine Grace and Love during Navrātri. Havans are conducted at the heavenly abode - ShāntiKshetra Premgiri Āshram, India.

You may request for a Maitri Havan from any corner of the world. Connect to the havan process with your loved ones from wherever you are. No physical participation required.

Date: 17th October to 26th October

To register or know more contact:

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The Aum Chanting Club - Sambodh Dhyān Aum

Most of us know about the Divine generally through the books and religious scriptures that we have read and referred to over our lifetime. Is the Divine really the way we have been told? Is the knowledge sufficient enough to help us understand the Divine? Do such thoughts occur to you? If yes, then, now is the time to 'Experience the Divine'.

Experiencing the Divine helps one become aware of the Divine within oneself. The search of exploring the Divine externally is over. It's time to connect to the Divine within to experience the Love and Peace we have been searching for since long. The AUM Chanting Club has been formed under the guidance of Maitreya Dādāshreeji to guide humanity towards experiencing their Divine through simple techniques of chanting the primordial sound 'AUM' – the sound of creation.

The first type of AUM shared by Maitreya Dādāshreeji is the 'Sambodh Dhyān AUM' which when chanted helps one connect to one's Inner Divine.

Join us to understand the technique of chanting this AUM through our free online sessions taking place every month.

To keep yourself updated about Aum Chanting Club, follow us on Facebook - Maitribodh India or Instagram Page - Maitribodh Parivār



When the Teacher became a Student

I teach the subject of Pathology to 2nd year medical students. It is a subject that deals with the diseases of the body. Personally, it's my favourite subject. How can you not like a subject which studies disease in the body so that it may be treated?

Every disease starts at the cellular level. Control at this level is critical else it goes to the multicellular level i.e. tissues, and eventually the organ system. The human body imitates life in that matter wherein any turbulence needs to be addressed there and then to prevent escalation.

It was august. The college had just re-opened for the new term and I was to start with the first chapter for Pathology i.e., Cell Injury. I use audio-visuals, funny mnemonics, jokes, songs to make the subject interesting for the students. I would simplify each key point that I thought was essential for the students to know, by using one of the above methods. As I progressed to the next chapter, it was essential for me to know if the students had understood the bridge between the Cell Injury and Tissue Injury Chapters. The next day I questioned my students on the same. To my surprise, not a single student knew the answer to my question. I asked again, still nothing. I paused and then gave vent to my anger. I was hurt as I had put in a lot of effort in preparing the materials for easy comprehension for the students; and here, despite all my hard work, they just didn't know the answer.

As a punishment, I asked them to write the entire chapter 10 times, and every medical student would know how big these chapters are. Announcing the homework, without exchanging even a single look, I stormed out. I take the infamous Mumbai Locals train to travel back home every day. That day, as I sat in my seat, I felt unrest within me. I asked Maitreya Dādāshreeji, "so all my efforts just got wasted?" Like always, Dādāshreeji helped me learn a very profound lesson here.

In the MaitriBodh Parivār, we have been a part of many sessions where we learnt the essence of life in the most simple ways. Be it from Maitreya Dādāshreeji or the mitras and maitreyis. The knowledge, that has been shared with us in the Bodh series of programs and other interactive experiences, has the answer to every problem on this planet. Yet, often when faced with challenges, we turn to Him and ask for help. We pray for better life situations. Dādāshreeji, our teacher, has taken great efforts to teach us on how to cope with our daily challenges. Yet, we fail to apply those teachings when the test arises. Does that mean even Dādāshreeji will get angry and punish us like I did with my students for not knowing the answer? Does that mean He will storm out of our lives just like I did out of the classroom? The answer is a big NO!

He will stay with us. He will help us. He will share the wisdom umpteen times to help us battle our current situations. That is exactly what makes Him an ideal teacher.

Thank you Dādāshreeji for making me aware, making me realise so beautifully that on this journey of learning, there's no place for negative emotions like anger or punishment. All that is needed is just Love & Patience!

On the path of becoming a transformed student,
Mitra Sharad



The Intriguing Light

A few years ago as my spiritual journey commenced, I had a dream in which I was walking in a forest with a group of people. All of us were following Bhagwan Nityananda of Ganeshpuri, (who I refer to as Bade Baba or Baba at times) We were all walking in a single file going up a steep hill at dusk. As it was a steep climb, I was having a difficult time keeping up with the group. I would gradually fall behind and then would run as fast as I could to catch up with them. I would catch up for a brief period but then would again fall behind. It seemed that I just didn't have the physical stamina and endurance to keep up with the others.

A few times Bade Baba would halt the group so that the stragglers could catch up; we would rest for a while and then continue walking. At times He would fall back to walk besides me, but then the group would be left leaderless and not know where to go, so He would go back to the front of the group. He did this back and forth a few times, but as I was fatigued and out of breath, the distance between me and the group kept widening.

Bade Baba then turned around and looking at me, said to the group at large, "Each one of you should follow at your own pace, just keep following the light, you will catch up."

It became dark and soon I lost complete sight of the group. I kept walking in the direction that I thought Bade Baba and the group had gone. Falling and stumbling in the pitch darkness I kept walking, at times crawling. Not knowing where I was going I desperately prayed to Bade Baba, as I was completely lost, alone and with no idea of where to go.

Just then in the distance i saw a faint, tiny sparkle of light, and I just knew that it was the light Bade Baba had asked me to follow, and if I followed it, I would be alright. So, I kept walking towards it. Gradually, that tiny spark grew bigger and brighter until it became the hot, blazing, radiant Sun. The Sun was so bright I could hardly withstand the heat emanating from it, let alone look at it. I could barely open my eyes, even in my dream I could feel its heat and radiance. But I really wanted to gaze at the orb of this brilliant Sun. So, I kept trying.

Eventually, the Sun relented and reduced Its glare so that I could see within the orb. Seeing its beautiful soothing outline, I wanted to move close to the Sun, so I walked in Its direction. Following the Sun I suddenly found myself on the peak of a high mountain with the beautiful, soothing rays of the Sun dancing all around me. From this beautiful vantage point I had a magnificent 360 degree panoramic view of everything around, above and below me. I was filled with this lightness of being, freedom and joy. It was a magnificent dream indeed!

Recently, while gazing at the morning sunrise and chanting I was reminded of this dream and the realization dawned on me that the light that Bade Baba had asked me to follow was but my beloved Maitreya Dādāshreeji. He was the Sun that had guided me to freedom, light and joy.

Maitreya Dādāshreeji is my guiding light on this path towards transformation and enlightenment. Thank you Dada for finding me and not allowing me to get lost in the darkness of this world, thank you!

May I always remain humbly at Your Lotus Feet!

Priti Parsotam,
USA



Sāadhanā for the Month: Use Positive Words

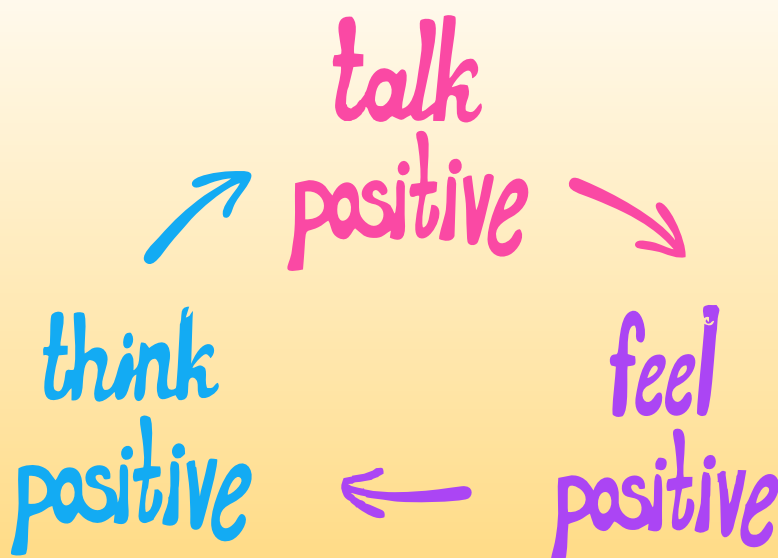
Dear Ones,

We hope you are doing well and staying safe. While we do a lot of things to safeguard ourselves externally, we mostly lack in taking care of ourselves mentally, emotionally and spiritually. The practice for this month is one that will help us to nurture our mind, and develop a healthy sense of well-being.

For the month of October, *Maitreya Dādāshreeji* has guided us to “Make use of positive words in thoughts and speech as much as one can! Keep replacing negative words with positive ones!”

Since we are constantly thinking about something or the other, this practice is one that can be applied 24*7. One has to keep observing and refining one’s thoughts and words in every moment. If your thoughts are positive, automatically what you say will also be positive. When one thinks and speaks nothing but the positive, consequently the actions will also be positive.

It is very important for one to stay positive, especially in today’s challenging times. Situations put us to the test but what is important is how we hold ourselves through them. How we think, respond or react speaks volumes about us. A situation can be handled by two people with different mind-sets very differently. A person with a negative state of mind will think of the worst possibilities in that particular situation and make it even more worse than what it was meant to be. At the same time, one with a positive frame of mind can actually turn the whole situation around because a positive mind-set would be able to resolve the situation by providing right direction to the mind. The mind adapts to what we feed it. With a constant endeavour to correct and refine our thoughts and words, eventually it becomes a part of our behavioural pattern.



Maitreya Dādāshreeji had once shared, "Most of the problems of life will be resolved by just correcting one's approach and using the right words. Words should reflect kindness, love, care, peace and friendship. One should avoid any disrespectful, harmful or disturbing words towards others and the self. My only request to you, is to keep refining your words continuously till they become Love and Divine. With this simple act of changing your approach with the help of right words and language, you can transform your life externally as well as internally. This is directly under your own control; think seriously of this change."

When one begins practicing this, one would start enjoying the ensuing bliss. Moulding one's thoughts and words positively would eventually help attract positivity. A chain of positivity would be formed naturally around you and your surroundings, thereby rejecting negative thought energies. This practice when performed consistently, will help in delivering the experience of positivity not only to you, but also to those you interact with and the entire planet.

Today, let us make conscious efforts at all times to replace every negative word with a positive one. Let us all start spreading positivity through our thoughts and words from now!!!

**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



The Power of VEDIC MANTRAS

Understanding & Application

Mitra Sut shares with us a part of the Devi Suktam - from the RigVed, to give us a general understanding of how the Divine Mother ensures the sustenance of the Universe

Let's re-visit the Vedas (the treasure of the highest and true knowledge), to know and understand what it reveals about the Divine Mother - Ādishakti and also re-visit the RigVed Devi Suktam (some parts of which we had covered in the Maitri Anahita October'19 issue). Navrātri (the nine nights) dedicated to the Divine Mother, fall in the month of October, helping us connect to and experience the Divine Love, Grace and Shakti (Power) of the Divine Mother in Her different forms.

RigVed part 10.8.125- also called as Devi Suktam, has a most astounding revelation of the powers of the Divine Mother and how she functions in the Universe. It is said that this has been written by a female sage by name of Vaak (daughter of Sage Ambrunar). It is said that through intense Sādhanās (spiritual practices), she merged with the Divine Mother - Ādishakti and revealed this Suktam in her exalted state. Some scholars say this Suktam also enables the power of speech, when chanted regularly and correctly.

अहं रुद्रेभिर्वसुभिश्चराम्यहमादित्यैरुतविश्वदेवैः ।
अहं मित्रावरुणोभा बिभर्म्यहमिन्द्राग्नीहमश्विनोभा ॥ 1 ॥

Om Aham Rudrebhivasubhiscaramyahama
Dityairuta Visvade Vaih |
Aham Mitraavarunobha Bi Bharmyahami
Ndragni Ahamasvinobha || 1 ||

Meaning

I move with the Rudras and Vasus,
I walk with the Sun and other deities,
In me are present the Mitra, Varuna
And Indra, fire and the Aswini devas.



This verse may sound meaningless to many of us, as we have moved away from our roots and lack the understanding of how the different forms of divine energies function to help the universe evolve. These divine forms/energies have been eulogized and worshipped in different ways in the Vedas.

Rudras are the eleven forms and followers of the god Rudra-Shiva and Vasus are the eight elemental gods representing various aspects of nature.

Mitra is one of the gods in the category of Adityas, who represents friendship, integrity, harmony needed for maintenance of order in the human existence.

Varun is ruler of the sky realm and the upholder of cosmic and moral laws.

Indra is the Lord of Heaven, the god of war and weather.

The Aswini devas are twin brothers in Hindu mythology, considered as physicians of the Gods and represent the cosmic duality of ideas such as light and dark, healing and destruction.

In the above verse the Divine Mother proclaims that She is the integral part of all the above forces of nature. She empowers them thereby, ensuring the sustenance of the Universe.

अहं सोममाहनसं बिभर्म्यहं तवष्टारमुतपूषणं भगम ।
अहं दधामि दरविणं हविष्मतेसुप्राव्ये यजमानाय
सुन्वते ॥ 2 ॥

Aham Soma Mahanasam Bibharmyaham
Tvasta Ramuta Pusanam Bhagam | Aham
Da Dhami Dravi nam Havisma Te Supravye
Ye Yaja Manaya Sunvate || 2 ||

Meaning:

I am the esteemed Soma, which is extracted,
I support Tvashta, Pushan and Bhaga,
I give wealth to those who perform Yajna,
Who appease the deities with offerings

‘Soma’ in Vedic Sanskrit is associated and used in the context of rituals like havans (fire worship) and literally means ‘distill, extract, sprinkle’; Somadeva being the presiding deity of Soma-rasa (spiritual elixir).

Tvashta, Pushan and Bhaga are three of the twelve son’s of Aditi (Aditi, is a Vedic goddess of the Earth, sky, unconsciousness, the past, the future and fertility, the personification of the Infinite). Her sons also known as the Adityas, and enable different aspects of nature, one feature being ‘pushan’, who is the god of ‘meeting’ (the word pushan means ‘to cause to thrive’, in Sanskrit).

In this verse, the Divine Mother says that She accords the outcome of the yajna (fire worship ritual) and bestows it upon the seekers performing the ritual. Such rituals are practised with an intent and the Divine Mother enables their fulfilment.



अहं राष्ट्री संगमनी वसूनां चिकितुषी
परथमायज्ञियानाम ।
तां मा देवा वयदधुः पुरुत्राभूरिस्थात्रां
भूर्यावेशयन्तीम ।।३।।

Aham Rastri Sangama Ni Vasu Nam
Cikitusi Prathama Yanniya Nam | Tam
Madeva Vya Dadhuh Purutra Bhuri
Sthatram Bhu~Rya Vesayanti M ||3||

Meaning:

I am the One who gives prosperity/ wealth to the nation,
I am the first One to whom this sacrifice is addressed,
The deities have found My manifoldness and venerate Me in various places,
As I take various forms and with different manifestations.

The Ādishakti is re-enforcing that the very source and cause of all causation comes from Her. The ancient sages realised Her power and Grace in the multitudes of universal phenomena, which are diverse and cover all the aspects of life.

On realizing the Divine Mother's potential the sages worshipped Her as the 'First One', the very 'Source' and enlighten us through the above mantras and many more enjoining us to be in gratitude and surrender to the Divine Mother.

Navrātri (nine nights that fall in the month of October) are dedicated to the Divine Mother. Intense prayers and havans are performed during these nine days to seek Her Grace and Love.

—•—
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 Prarthana: Navigating through the Polarity of Life*

As we step towards the Age of the Divine, it is time that humanity rose above the drama of duality and awakened to the reality of who we are - 'Supreme Bliss'says **Maitreyi Sulata**

Dearest Friends,

As a child I had always questioned the reason why each day is segregated into two opposite halves- the waking up during the day and the falling asleep at night. Why is our happiness not everlasting and why must sadness follow? Of course as I grew older I realised like all seekers of life do, that polarity is part of this creation, and the day and night, inhalation and exhalation, anxiety and calm, the positive and the negative etc. are all a natural component of life's design. The law of polarity states that complimentary opposites exist for all of us to seek and find balance in life. While the law states that the two sides of the same coin together make the coin, one cannot exist without the other, just like inhalation cannot happen without exhalation, day cannot occur without night, yet I marvel why? It's obvious that one is supporting the existence of the other, but some interesting questions that kept me intrigued about the design of creation were, must there be darkness to realise the

light? Must we go through pain and suffering to experience bliss? Must we go through unpleasant experiences in life to value the precious gifts of life? Is experiencing ourselves in this lifetime a battle between the light and dark? Why is the world polarized into light and dark, negative and positive? Is it truly polarized or is it simply an understanding that has been given to humanity generation after generation or worse still maybe it's simply a figment of our own imagination, which now after millions of years is perceived as the Truth. Is the polarity in our life leading us to the truth of our existence? Let's explore this a bit more.

We see that all that exists has an opposite to it. The Light and the Dark, the Good and the Bad, Right and Wrong, Happy and Sad, Truth and False etc. Consciously or unconsciously humanity experiences the Light through the Darkness. Or rather we are able to comprehend the light because we also know the dark. We associate light with all positive

**Ek Kshan Prārthanā - A Moment in Prayer*



qualities of wisdom, clarity, love, compassion, generosity, goodness etc. and darkness with all negative ones like ignorance, confusion, selfishness, negativity, envy, jealousy etc. At all times our interpretations and learning in life is based out of comparison with the opposite. The negative tells us that we moving away from the positive. In this play the illusion of life, interwoven with complex role plays and situations, everything that exists has been understood the way it is created by way of an opposite to it. Thus our life's experiences are based out of comparison.

Broadly speaking, there are two energies that polarize our world. One is Love and the other is Fear. Fear has many faces like insecurity, anger, frustration, jealousy, revenge, greed, prejudice, and selfishness to name a few. Fear therefore holds within its grip, all the darkness and negativity. Love on the other hand, encompasses in its warm embrace all positivity. It manifests in different forms as peace, wisdom, compassion, acceptance, contentment, joy, selfless giving, internal freedom etc. In simple words, as *Maitreya Dādāshreeji says, "Fear is simply the absence of Love."* If we observe closely, these two forces of energy are governing human existence strongly.

The polarity of life, is an interesting and intriguing play of consciousness to observe and contemplate upon in order to arrive at the reason behind its creation.

A few interesting questions to ask our own selves: Must we learn compassion after going through an experience of condemnation? Must we realise the value of acceptance after the experience of rejection? Do we learn confidence after falling prey to dependency? Must we hate to savor the taste of love? Can we visualize a world wherein only positivity exists? Even if we look within ourselves, there

is a constant tussle between the good and bad, and the right and the wrong, or the mind and the heart.

As often expressed by the realised ones, the nature of our soul is Sat-Chit-Anand (Truth-Consciousness-Bliss), and that there exists no opposite of Bliss. Maitreya Dādāshreeji shares that the truth of our existence is the Inner Divine that resides in our hearts as pure unconditional love. When we truly connect with and experience the bliss of the Divine within our hearts, the pure unconditional love that 'this presence' is, the polarity of life which may otherwise feel disturbing and intriguing suddenly tears itself away to reveal the delusion created for us to arrive at the bliss of our core, our true self!

Now that we are at the threshold of the Divine Age, awakening to the truth of our existence as pure bliss, then why go through the drama of illusion, the pain and the suffering, the calamities the ignorance? We now have the awareness; the experience of the immutable truth is not far behind. Once Humanity gets awakened to this Supreme Truth we are ready to take the big leap as one human race above the polarity of life. From that vantage point there is nothing called as the fight with the darkness or the fear. Everything is seen by us as 'one perfect divine plan' complete in itself with no contradictions for we ARE the embodiment of His perfection.

May the Love and Grace of the Divine shower the light upon all humanity to rise above the duality of pain and pleasure, suffering and happiness, good and bad, right and wrong to awaken and simply rejoice in the 'Beingness' of who we truly are - Supreme Bliss!

All that prevails was, is and will be - Parmanandaya - pure Divine Unconditional bliss!



Today's Ek Kshan Prarthana (A Moment in Prayer) is an offering at the Lotus Feet of the Divine that Humanity awakens to this truth of life!

Beloved Maitreya,
As the darkness of the night passes by,
may we awaken to the radiant day,
As the pain and suffering goes by, may
we awaken to the joyful ray,
As the hurt in our hearts is healed, may
we awaken to the forgiveness way,
As the fear dissolves, may we awaken to
the love's sway,
We all in this moment pray, may only
divine bliss stay!



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.

Food for Healthy Hair

Swati Kejdiwal shares with us the importance and interconnection between a balanced diet and healthy hair

Your body is what you eat and your hair is no exception. There is a connection between our nutrition and the state of our hair. A balanced diet nourishes our hair with the necessary vitamins and minerals so that they may remain strong, healthy and lustrous.

Some nutrients for healthy hair are as follows:

- **Protein:** Hair is made up of a protein called Keratin. To encourage hair growth and strength, a protein rich diet is a must.
Food sources - Milk and milk products, sprouts, tofu, pulses, beans, lentils, oats and nuts.
- **Vitamin A:** Vitamin A is needed to make Sebum, a natural oil of the hair. This natural oil keeps our hair well moisturized and shiny.
Food sources - Carrots, pumpkins, sweet potatoes, mangoes, papaya, apricots
- **Vitamin C:** It helps in the production of collagen. Vitamin C deficiency can lead to brittle hair, which is prone to break easily.
Vitamin C sources - Citrus fruits, gooseberry (amla), guavas, strawberries, kiwis.
- **Iron:** It helps to carry oxygen around the body. Lack of oxygen starves the hair follicle, causing dry hair.
Food sources - Lentils, beans, green leafy vegetables, sesame seeds, pumpkin seeds.
- **Biotin:** Necessary for healthy hair growth, eating biotin rich foods can improve hair strength and prevent breakage.
Food sources - Almonds, walnuts, peanuts, onions, tomatoes, carrots, mushrooms
- **Zinc:** It helps in hair growth and maintains the oil secreting glands.
Food sources - Sesame seeds, whole grains, cashew nuts, pumpkin seeds, spinach.
- **Omega 3:** It keeps the hair moisturized and gives elasticity.
Food sources - Flaxseeds, walnuts, Pumpkin seeds, chia seeds.
- **Niacin:** It plays a significant role in hair growth.
Food sources - Mushrooms, kidney beans, asparagus, peanuts, nuts.

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.

Waltzing With My Divine Friend

Surrendering to the Divine is a positive feeling where one simply has to let go, after which the Divine takes care of everything in a perfectly orchestrated manner says **Maitreyi Shreshtha**

“When the waltz commenced, and the dancers whirled around each other in the giddy maze . . . Never did I dance more lightly. I felt myself more than mortal, holding this loveliest of creatures in my arms, flying, as rapidly as the wind, till I lost sight of every other object.”

(Lines from the novel *The Sorrows of Young Werther*, by J. W. von Goethe, describing the waltz)

The waltz was introduced in Austria during the 18th century. For the conservatives it was an unacceptable dance routine because it broke the norms of the distance to be maintained between men and women for ballroom dancing. During that time men and women generally danced at arm’s length or even farther apart. This norm was restricting the expression of love and beauty for many young dancers. In spite of its elegant style the waltz caused quite an uproar and many found it outrageous. But it survived! And it spread across the globe in the coming time.

The waltz is one of the most graceful and classic forms of ballroom dancing. It’s unique characteristics are the rise and fall, swinging and swaying movements. It is mesmerising to see the dancers glide so effortlessly on the dance floor completely lost in each other, with poise and gentleness.

Waltzing my Krishna, a beautiful waltz styled kirtan by the singer Krishna Das, is in my most played devotional songs playlist. This song triggered my interest seeking to know more about the waltz. After watching a few gorgeous waltz routines on the internet I wondered what it would be like to actually waltz with my Maitreya, only to realise that life itself, if we choose, can be a waltz with our Divine.



- Just as the waltz broke free from the conservative mind set to breakthrough as a new age dance form we too need to break free from the shackles of ignorance. Our generation has unfortunately been conditioned to think of God in a way which distances us from Him. Some of us are only ritually connected to the Divine, some of us fear Him, while most of us put Him on such a distanced pedestal that the relationship remains formal for life. By breaking this misconception we need to realise that the most intimate and candid relationship one should have is with their Divine. In the current time the message to bond with the Divine and take Him as our closest friend is the need of the hour and this must prevail.
- The waltz has a unique feature which is the rise and fall movement. The dancers swing and sway simultaneously while mounting on their toes and dropping to their heels. This rise and fall is perfectly synchronised between the dancers and they make it seem absolutely effortless. Our life is a replica of the rise and fall. The only difference is that we stop dancing when we experience falls and selfishly dance solo during the highs. If only we offered ourselves to during the highs. If only we offered ourselves to waltz through life with our Divine; life would then become easy-breezy, effortlessly moving through the rise and falls, unaffected by the sorrows and joys, and completely flowing in Divine Love.
- The waltz is a dance of equals but one of the dancers is stealthily leading while the other is following. The only way to master the waltz is to let the experienced dancer take the lead. The waltz teaches one to relax and surrender to their partner. In the dance of my life I have experienced one expert - Maitreya Dādāshreeji. He has walked the path, mastered it and now He offers His hand to us. To live blissfully all we have to do is to allow Him to lead, simply follow His steps and know that everything will be alright in His arms.
- As the dancers advance into their waltz routine they gradually slip into a state of oblivion. The world goes by, time flies, people gawk at them but the two dancers remain completely enchanted by each other. We too need to remind ourselves that there are only two people in the dance of life - 'You and your Divine'. The only choice we have to make is to surrender to the Divine and gradually lose our 'self' to Him.

To waltz like a pro I have put my dancing shoes on, partnered with my Divine and surrendered to Him, have you?

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.





Heart To Heart

Maitreyi Shraddha shares how bonding with the Inner Divine has helped her know herself better. Daily communication with the Inner Divine helps strengthen one's bond and takes one closer to the Divine

The other day my best friend came over to my residence. We were meeting after six months. It was such a joy to see and speak with her face-to-face. We spent three long hours together talking and sharing with each other. We spoke about every little thing; we laughed, ate, and enjoyed every moment of the togetherness. We expressed ourselves fully and yet there was so much more to talk about even after she had left. Though we had not seen (met physically) each other for six months it had not made any difference to our bond as we had ensured that we would communicate with each other every now and then.

My friend's visit gave me the occasion to reflect on my bond with my true friend - Maitreya Dādāshreeji. The beauty of having a true

Divine Friend in our life is that He is always present with us at every moment, thus He is aware of everything that happens in our life. He is aware of our every thought, word, and action. At the same time, He gives us the awareness of what is going on within us and how we are operating in the external world. Just as a true friend would guide, He has given me the awareness to know myself better, to be able to identify my blocks without judging me, and enable me to move forward in life. Communicating with Maitreya Dādāshreeji every moment helps establish a bond of true friendship with Him.

Communicating with the Maitreya is the most blissful experience I have had. It seemed like a one-sided conversation in the beginning,

however if one continues with love and patience, one will realise that He starts responding in the most natural way. I remember the time when I would talk continuously with Dādāshreeji and kept complaining to Him that He does not respond. One day, as I was in commune with Him and telling Him how I am the one who keeps talking all the time, I heard my Inner Voice say, "Thank you, I love listening to you".

I talk to Dādāshreeji as I would talk with a True Friend, who is the closest to me. I may use words to communicate, or just use my expressions and sometimes by just smiling at Him. The days I feel emotionally low, I communicate with Him even more as I know that He will understand and help me move

forward. I share my happiness, joy, irritation, anger, curiosity, perceptions, learnings, each and everything that influences me and my life. Truth be told, now it does not matter whether I 'feel' He is responding to me or not. I have faith that He is listening with complete attention and will respond when He knows the time is right for me to receive His guidance. I recognize that it is my need to communicate with Him. I have experienced our bond getting strengthened. As I wrote down these thoughts, I turned and looked at my Divine Light with a smile and realisation that this bond is the only truth.

May the entire humanity connect and strengthen their bond with their Inner Divine.

Maitreyi Shraddha is a student of life, she finds joy in being with her students with different abilities.
on Earth through Divine bond and association.



The Spiritual Triangle

The Spiritual Triangle is a tri-session program that helps one gain 'True Knowledge' about one's journey as a soul, since its inception. It is a platform to know, understand and experience how much 'True Actions' (karmas) affect our lives and how we can break free from the cycle of birth, death and rebirth and move closer to the Source - The Highest, our Divine - 'Sambandh' (True Bond). Seekers, whether new or old, experienced an incredible shift in their consciousness by the end of the series.

Shared below are a few experiences:

Dear Friends,

I attended the third vertex of the Spiritual Triangle - Sambandh and I was deeply touched by the loving nature of the Maitreyi (conductor). I listened to her spellbound and could hardly believe that the session was already drawing to a close. No doubt all three parts of the Spiritual Triangle were a profound experience and the spiritual practices extended this experience for another 21 days. This session (Sambandh) added the motherly unconditional loving element of the Maitreyi, which worked like a balm for me and my perception. Her experienced and gentle nature touched me deeply in my innermost being. I am grateful for it with all my heart.

The Spiritual Triangle is a programme that caters to everyone, whether they are beginners or advanced seekers. The language is simple and understandable. The spiritual practices are a blessing for every day and gently carry you to a new level. I thank you all, especially Dādāshreeji for this wonderful experience.

**From all my heart,
Brigitta Schneider**

I was always scared of death; any illness however small would always lead to a life threatening climax in my mind. Recently, I attended the entire series of the Spiritual Triangle. During the Shaktipravaah of the third vertex of the Spiritual Triangle - Sambandh, I felt something at the center of my heart. It felt like a suction and I experienced a big vacuum in my heart. I felt that I was dead. I immediately started talking to Maitreya Dādāshreeji saying, "You cannot do this to me. You know I am not with my children (I had travelled to another state for some personal work), You cannot let this happen to me Dada!" Soon, I heard Dada say "I just took out the fear of death, you are alive".

Being associated with Dada over these years made me think that I had overcome the fear of death. I realized that subconsciously the fear of death was still present and was a barrier that stopped my spiritual growth. This block was removed effortlessly from within me by Maitreya Dādāshreeji. I now feel light from within. My heartfelt gratitude to the MaitriBodh Parivār for conducting such profound processes and sessions online that truly ensure the spiritual growth of a seeker by removing deep seated blocks and propel one's journey forth. Thank you Dada!!

Charulata Mundada



The MaitriBodh Parivār goes Up North!

Love knows no boundaries, no religion and no limitations. Love is simple, pure and only knows to connect to people's hearts.

In the past month the MaitriBodh Parivār has been able to reach out to friends in the regions of Jammu & Kashmir, Leh, Ladakh, Poonch, Gangtok, Sikkim through the online Awakening to Self – Realization (Bodh I) sessions. The wave of Transformation is now spreading all over; seekers and non-seekers from different faiths and cultures have re-connected with their Inner Divine. This connection will now contribute to their positive growth in the coming time. It is indeed a step closer to our vision of One World, One Family, One Truth.

Our heartfelt gratitude to the one's who worked tirelessly to make this happen and also for the prayers that were offered for these souls.

Sharing below the experience of a few seekers:

Thank you very much. It was wonderful, highly inspiring and imbibes positivity in everybody and helps to be peaceful and spread peace.

LEHO (Ladakh Environment and Health Organisation) would like to be connected with the MaitriBodh Parivār and work together to spread peace.

**Mohammed Deen
(President LEHO)**

I am deeply thankful to the MaitriBodh Parivār for organizing the Awakening to Self – Realisation (Bodh I) session over Zoom. Our heartfelt thanks to Dādāshreeji whose teachings have enlightened all of us. The two hour online session seemed like it lasted only for a few minutes. During the meditation I felt profound energy. I felt empowered, positive and energetic. Having such regular events regularly will rejuvenate us and provide us with positive energy. It will also help us to choose the right path so that we continuously experience peace and love.

**Thanks!
Iftikhar Bazmi
(Head of organisation- Faith based reconciliation trust)**



Upcoming Events

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

Request a Prayer

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

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

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

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

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

Dear Friends,

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

Send in your questions to anahita@maitribodh.org

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

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



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