



Maitri

ANAHITA

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From the Editor's Desk

Dear Loved One,

Namaste!

We are less than two months away from stepping into 2021, while 2020 has been a game changer for almost everyone on this planet. We have been challenged and given an opportunity to drop our rigidity and re-think the way we function – an opportunity to transform! Let us embrace it while we still can for it will help us in the face of adversity. Value and cherish all that and those you have! Connect with your Inner Divine to receive guidance and inner strength.

In this issue, Maitreya Dādāshreeji answers a seeker's question on why it is important to achieve something material in life despite knowing that eventually everything will be left behind on our onward journey.

We also bring to you the 'Grace Prayer' - given by Maitreya Dādāshreeji for humanity to be open to receiving Divine Love and Grace. Enjoy reading the astonishing experiences of devotees with the Divine Light under the section 'Dādāleelā'. 'Food for the Soul' brings to you a profound sādhanā - 'Being Neutral' that will help prepare us for the upcoming times, 'Ek Kshan Prāthanā' is a prayer to the Divine that humanity is able to transform with Divine Love and protection and flow towards the establishment of the new rejuvenated Earth! 'The Power of Vedic Mantras' explores the Supreme Divine Feminine Energy. Under the 'Health & Wellness' section, learn easy, quick and nutritious health recipes.

The month of November heralds the festivity and celebration of the much-awaited festival of lights, Diwali. May the light within be kindled to enable us to walk on the path of transformation!

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



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Question: Respected Dādāshreeji, why is it really important to live or achieve something material in life when you have to leave everything behind and we know that nothing can come with us?

Maitreya Dādāshreeji:

Dear Friend!

You have touched upon the most apparent known spiritual reality. Eventually, every being will cast off the physical body, leaving behind everything once owned. Whoever comes, will go one day. Everyone is aware of this truth but still do not act per this fact. How foolish the mind is when it tries to acquire and possess objects and beings. We work as if we are a permanent member of the planet. Human life itself is one of the spiritual wonders. People do not understand why they want to own things around them. We form relations, get a family, earn money, acquire fame, possess power as if these will be eternal.

Having understood the bitter truth of life, one may question, do we need to renounce the world and embrace solitude? After all, what's the purpose of achieving anything in life? We will carry none of these. The question arises when a genuine seeker begins to explore life and tries to understand it from a broader perspective. It's a spiritual state known as 'renunciation' (Vairāgya). Please do not see it as going away from earthly life and becoming a monk. It is an internal spiritual state of being detached from the play of daily life. Every spiritual seeker encounters it. Some unable to deal with it go back to the regular and routine life. Some become monks to explore the urge for detachment. A very few under the guidance of a realised master know how to dive deep into the state and eventually go beyond it.

Before you experience the state of renunciation, you pass through the first state, and that is self-realisation (Ātma-sākshātkār). It's a continuous process of exploring the true self. Self-realisation awakens your inner-eye and helps you see the unknown which you couldn't till now. In this elevated level of awareness, you start seeing the world while operating at a higher dimension. Being exposed to the higher spiritual world, the seeker loses their connection with the material world. That's where he enters into the next state - renunciation. The seeker now inclines towards solitude and silence. The seeker avoids the



company of others. Most of the time these changes in thoughts, confuse the seeker with renouncing the world. When he finds the right way, the next final state unfolds itself.

Surrender (Sharanāgati) is the third spiritual state. It is entirely a passive state offered by The Divine. You act per the Universal Consciousness. One simply flows through all kinds of experiences and situations. In this, The Divine is real, a living acting being and not merely an imagination. That's how these three progressive spiritual states viz. i) Self-realisation (Ātma-sākshātkār), ii) Renunciation (Vairāgya), and iii) Surrender (Sharanāgati) navigate you step by step towards the Divine.

Self-realisation takes time, depending on your passion and dedication towards the subject. Your thoughts, likes dislikes, actions, divine connection play a significant role in shaping your spiritual growth. It lays the foundation of building the layers of true knowledge resulting in a state of renunciation. You may suddenly develop dis-interest and want to get detached from others. The dispassionate state is normal. But what you need here is a deeper understanding of the quest.

In the journey of life, you realise that there is a deeper meaning to your existence. You are not the result of an accident or a random event. You are here for a reason. There is a specific purpose attached to your presence. You operate in life simply to fulfil it. We agree that we do not carry anything tangible from this world. But there is more to the tangible world. Your emotions, memories, experiences, knowledge and many other such spiritual elements do move with you to the other higher dimensional world. Primarily, you learn new lessons to grow as a being and move a step ahead in the multi-dimensional universe. The question is, how well do you utilise the tough and challenging situations to sharpen your ideas and blossom your personality? Do you keep complaining about life? Is everything terrible or wrong in life? Then, this is the time to correct yourself. Get transformed to act effectively towards attaining the real purpose of your life.

Hence, my friend, it was never ever about achieving a material goal but about the lessons you learn, your perspective and transformation. It's not about how wealthy you are, rather it's about the way you earned it. It's not about how many people follow or like you, rather it's about how well you treat them. Understand and always remember, real life is above and beyond the material existence. When you genuinely understand the above spiritual truth, you move up on the ladder of the spiritual world. We keep reminding you again and again that one should focus wholeheartedly on performing one's duties. Life becomes simple and divine.

*Evolve and Transform!
Surrender and liberate the self!
The Divine sees you all the time!*

**Love and Blessings,
Maitreya Dādāshreeji**



'Grace' is the Divine's Love for His children. It is always available to everyone. However, one needs to be open to receive Grace. This is a profound prayer for humanity to be open to receiving Divine Love and Grace and has been given to mankind by Maitreya Dadashreeji. This prayer can be offered any time to any form of Divinity that one is connected to.

Grace Prayer

Let the Grace and Love of the Divine
reach all beings of the world.
Let the Grace and Love of the Divine
awaken the truth in everyone's
heart. (Truth)
Let the Grace and Love of the Divine
grant intellect for harmony
in the world. (Intellect)
Let the Grace and Love of the Divine
establish itself completely in one's
consciousness. (Consciousness)
Let there be Grace and Love for the Divine
all over the planet - 3 times
(Love and Grace)

कृपा प्रार्थना

दैविकता की कृपा और प्रेम इस संसार
के हर प्राणी तक पहुँचे।
दैविकता की कृपा और प्रेम सबके हृदय
में सत्य जागृत करे। (सत्य)
दैविकता की कृपा और प्रेम
सबको संसार में शान्ति व सामंजस्य
के लिए बुद्धि दे। (बुद्धि)
दैविकता की कृपा और प्रेम खुद को सभी
के चैतन्य में स्थापित करे। (चैतन्य)
इस गृह पर दैविकता की कृपा
और प्रेम हो - ३ बार
(प्रेम और कृपा)

Divine Light Experiences

The Living Presence

Bringing home the Divine Light around Navratri last year led me closer to Dada. I kept the Divine Light in our living room. One fine day, after having completed my sādhanā, I saw Dada sitting on a white sofa near the Divine Light. I had such experiences for the entire duration of Navratri last year. Sometimes I would see Dada sleeping in my parents' bedroom and sometimes sitting at our dining table. And many a times I would see Him walking around our house. His presence is immensely strong in my home ever since I brought the Divine Light home.

Pankaj Sharma

My Divine Light Listens

It was in 2014 that I met Maitreya Dādāshreeji for the first time. He was holding a two-day retreat in Switzerland. At that time Awakening to Self-Realisation (BODH-I) was a two-day event. I will never forget that moment. I was sitting in a room and one of the mitras asked us to close our eyes. In that moment I felt endless love, peace and I felt like I was enveloped in bliss and light. Tears were flowing and I felt like I had reached home. And then I heard the first word uttered by Maitreya Dādāshreeji, He simply said, 'Namaste'. As I opened my eyes and looked at Him, it was like I had waited my whole life just for this moment where I would meet Him.

When I returned home I talked to my Divine Light. I told Him, 'my life is yours to keep; I surrender my life to you'. I never mentioned this to anybody; these words were said only to my Divine Light. A few months later I went to India to attend BODH II (Purification) in the ashram. I was called for a meeting with Maitreya Dādāshreeji. When I met Him, He addressed everything I had been telling Him through my Divine Light.

**In deepest love and gratitude,
Maitreyi Purna**

The Divine Light Speaks



My Dādāshreeji is very much physically present in my home in the form of my Divine Light.

I had gotten into the habit of constantly speaking to my Dada about everything, letting Him know when I was leaving, announcing when I got home. Letting Him know when I am going to bed, greeting Him in the morning upon waking up and such other chit-chat. I do not think anything of it.

Dada's physical presence here was confirmed to me a few years ago. I was pleasantly taken aback one morning, when I came down into my kitchen and asked my Divine Light what He would like to have for breakfast.

I heard Dada say, "Oatmeal". I stopped in my tracks and asked again, "Dada, what did you say?" Again He said, "Oatmeal" (now you need to understand, I do not like oatmeal, and generally do not purchase or keep it in the house). I responded, "But Dada, I don't like oatmeal and I doubt there is any oatmeal in the house!" I was then promptly reminded of the little oatmeal I had left over from many months ago, when I had bought some to try my hand at making homemade granola.

This was the first time I became aware of Dada's physical presence in my house. Looking at my Divine Light, I can see the different expressions on my Dada's face, sometimes His eyes just twinkle, and shine brightly, at other times my Dada's smile grows bigger and bigger especially when I sit and practice chanting in front of Him. I have also witnessed dark circles under His eyes and at times the whites of his eye look red. But His radiant smile is always present when I sit with Him. Sometimes I have nothing to say and just sit, and at other times I have a lot to share or complain about; I have even said angry words to my Dada!

About a year ago, I was busy preparing a meal and I felt the urge to check my phone. When I did, I saw an urgent message for prayer, because things were not going well at a planned event and a fight was about to break out between two participants. I was suddenly so angry, that I ran to my Divine Light and waving my hand (that held a knife at that time) at my Divine Light, I yelled at Dada that He had to help as the sevaks had worked hard to put the event together. I was in such a rage, and I heard my Dada's very calm and soothing voice, "Priti, I was just waiting for your very emotional and passionate plea!" Simultaneously, I experienced this deep calmness and stillness within, and tears of love and gratitude started flowing from my eyes, and I knew my Dada had heard and answered my prayers.

My Dada is very much physically present in my home, and others have experienced it as well. Anyone that comes to my house, always comments on how peaceful and calm the place is. Many people would comment on how they want to sit here because they can experience the calm. I know why they feel this way – it is His presence that manifests itself in the calm, peace and love pervading through my home.

Maitreyi Priti

The Saviour

My brother tested positive for Covid - 19 followed by his wife. My parents live with my brother, hence it was natural for them to be concerned and anxious because they are senior citizens. They showed no symptoms hence the doctor suggested that they only stay in isolation.

I suggested Maitri Light to help them deal with their concern (emotional and physical well-being). They whole-heartedly agreed to receiving Maitri Light. My mom suffers from comorbidities like hypertension, diabetes and arthritis. After eight to ten days my mom had a loss of appetite. Without any delay we got her and my dad tested. My dad's reports were negative but my mom tested positive. Since there were no other symptoms and it was mild the doctor prescribed the medicines and advised her to go home despite all the comorbidities. She recovered fully within a few days.

I strongly believe that Maitri light helped her maintain emotional stability and helped heal her quickly without any kind of complications despite her other ailments.

Thank you Dada for blessing mankind with the Divine offering of Maitri Light!

Charulata Mundada



The Transformation Specialist - Maitreya Dādāshreeji

Just like the rest of the world, in the last couple of months, I too found my life being turned upside down. With my last quarter in college being changed to online classes, graduation being cancelled, my senior exhibition no longer a possibility, the prospects of jobs slimming, all my friends and flat mates leaving town, losing my studio and the resources I use to create my art, dealing with apartment troubles and much more. But unlike the rest of the world I found myself feeling everything but worry.

While I would see and hear others panicking, stressing, complaining and breaking down all around me, I felt an ease that some might say was unnatural. As I saw the world around me fall apart and turn ever so uncertain overnight, all I experienced was peace, the peace of having my Dādāshreeji by my side. I could feel Him lift me in His cupped hands and very simply take me ahead, unscathed from everything that was happening around me. It was as though I had an invisible shield around me, a shield of acceptance, understanding, patience and positivity, giving me clarity of my thoughts and actions and helping me move ahead effortlessly.

This is the transformation I have experienced with the MaitriBodh Parivār. Dādāshreeji has transformed me from the very core of my being. He has changed my outlook, the way I think, act, react, making the smallest to the hardest tasks in front of me effortless and making me a better person everyday.

One need not have mystical experiences, see visions or feel energies to experience the Divine. In my journey with Him, each day and every simple thing from finding that black shirt I might be looking for, to bringing me cheesecake which I've been craving for a while, or reminding me to lock the house, are all divine experiences that I am ever so grateful for!

Maitreyi Ashna Malik



*Sādhanā for the Month- Being Neutral

Dear Friends,

We hope you have been faring well through the challenging times holding the hands of your Divine, making the most of this transformational time and growing internally. When the going gets tougher, these monthly practices shared by our Divine Friend, Maitreya Dādāshreeji come in most handy to immediately help us align our mind and soul while uplifting our consciousness through each new challenge.

In the previous month, we practiced looking for 'the positive' in all situations and replace every negative thought or word with a positive one. This month, we will move a step forward and practice 'being neutral' in every situation, thought, word and action, and simply witnessing everything internally. This truly is a step forward where you begin to see this world from the point of view of the Creator where nothing is positive or negative, everything just 'is'. The entire world is just 'natural', the way it was intended to be.

Let us understand this more clearly. Many times, we associate the colour black as being negative or dark whereas the same colour could also represent the vast nothingness. In effect, the colour 'black' is a colour whether some like it or not. Some have marked it as their favourite or their disliked colour. It is actually our mind that labels something as good or bad, but everything in nature is just being itself. So, there should not be any judgement from our side towards anything or anyone. All that is expected is from us is to 'become a witness'. When we become neutral, we become unattached observers. We do not pass comments or get unnecessarily engaged in something. Even the smell of a flower or a perfume, is a smell. It is neither fragrance nor a stench. It is just a smell.

In this similar fashion, if we were to become observers of people and situations in our lives, we could avoid the unnecessary utilization of our energies in understanding that situation or labelling it after a deep or incomplete analysis. The moment you decide to perceive the person or the situation from a neutral standpoint, you get emotionally dissociated from that event. Then you are just there witnessing the event 'as is'. We drain most of our energies because of our thoughts. If we adopt a more passive state internally while being active externally, we would automatically become more relaxed within. Being neutral does not mean that one stops taking actions, rather the difference arises in our approach towards the action. The way we approach the situation and respond to it shifts completely no sooner than we adopt the neutral approach. What's most important is that it helps us conserve our energies and direct them where they are required most. This would enable us utilize our energies wisely.



It's like going to a cinema hall and watching a movie. We get so involved with the film that our emotions change along with each scene. Each scene of the film has the power to make us cry or laugh or even leave us disturbed, all along knowing that it is just a film and does not truly affect our life. It is our mind that reacts and makes us feel happy or sad. But internally, our state should be neutral. No matter what happens externally, be calm within. Do not judge or label a situation in your thoughts, words or actions.

The best example of this state is probably that of an eagle, that soars high and above the routine, earth-level turbulences. It is on the earth yet above all the chaos. It views everything, but with a broad view from high above. Maitreya Dādāshreeji had once

shared-“Be like an eagle! The one who can fly high, away from the mediocre and mundane life; the one who has sharper and far-sighted vision; the one who can look directly into the Sun; the one who can protect and love others under his wings. These are the Divine qualities. Pray to the Divine for these qualities!”

Let us all become observers of our own lives and practice this sādhanā with complete dedication, devotion and awareness.

Be neutral and simply witness everything internally!

**With Love and Gratitude,
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



**Ek Kshan Prārthanā: At the threshold of 'The Big Leap' cocooned and caressed in the Mother's womb*

Humanity stands on the threshold of potentially cataclysmic change, writes **Maitreyi Sulata** – the transition towards the Divine's plan will be smooth if humanity embraces the necessary transformation to reclaim its essential nature, which is but Love!

Dearest Friends,

I warmly greet you in the love and light of our Divine Friend, Maitreya Dādāshreeji.

Though practically the year 2020 may be a challenging one for humanity, but spiritually, most definitely it has been an year of introspection and awakening. As we approach the end of the year, many of us would have felt an internal shift (and not just a superficial self-imposed change), which is the current phenomenon of Spiritual Transformation - knowingly or unknowingly we are all experiencing in the current times. As shared by Maitreya Dādāshreeji, this shift occurs every 14,000 years. So, hereon it is going to be a major change through the time of transition.

Nature through the changing and untoward circumstances that are being rendered upon us is forcing humanity to ask of itself, is there something that we are missing? Is there a higher truth that we need to know about our existence to be able to sync with nature and adapt to the current changes? Today more and more people are in search of the deeper meaning of life. Many might have chosen to ignore Nature's alarm by either being a victim to the situation or being indifferent to it, but this has not stopped nature from teaching us that we as a human race are not living in harmony with the rest of the species on the planet and hence facing the present crisis. We are certainly not learning our lessons as the human race in the present era.

Our Planet today stands at the threshold of 'the big leap' and as shared by Maitreya Dādāshreeji, "it's in the process of connecting with the 'Higher Universal Source'. In this process, many things will undergo change. The atmosphere will be displaced and expel unsettled, dissonant or any disruptive energies and thereafter only retain the purity. That is the direction here onwards. Only purity and truth will remain in the future."

Humanity has no choice but to flow with this shift in consciousness which brings with it a renewed, rejuvenated Earth vibrating at a higher consciousness and humanity being connected with the same 'Higher Source' and Mother Earth will also witness a new 'Transformed Human Being' who gives unconditional love to each other and respects, nurtures and nourishes Mother Nature and our beautiful blue planet Earth.

As we flow with this meticulously planned, grand Divine Plan we will soon find ourselves taking the big leap into the Divine Age wherein all creatures and all beings, as one integrated living unit on our planet will live in harmony with each other. All elements of nature, water sources, the beautiful rivers

**Ek Kshan Prārthanā - A Moment in Prayer*



across the globe, the grand oceans, and the mighty mountains will return back to their original pure consciousness. Our atmosphere will be refreshed and purified. Our soil will be nourished and return to its original pristine purity. All minds and hearts will be illumined with this Divine Light and Love of Maitreya Dādāshreeji!

All beings planets, animals, humans and all livings species will thrive in the Oneness of Divine Love! Such will be the beauty of life on Mother Earth! Are we ready for the Big Leap?

All that is required from our end is to simply connect with the Divine Source in our hearts and flow with the Transformation that is meticulously planned, flawlessly designed and beautifully executed for us by the Divine!

Simply accept the Big Leap and the required flow will come naturally!

Today's Ek Kshan Prāthanā (A Moment in Prayer) is an offering at His Lotus Feet that Humanity is able to transform with Divine Love and Protection and flow towards the establishment of the new rejuvenated Earth!

Beloved Maitreya,

May the Love and Light of Our Maitreya illuminate Love in our Hearts,
May the Love and Light of Our Maitreya embed calmness in our Minds,
May the Love and Light of Our Maitreya awaken Wisdom in our Consciousness,
May the Love and Light of Our Maitreya impart learning with Love,
Such that we nourish our Mother Nature,
And respect our Mother Earth,
Caressed in her womb,
Offering our selves selflessly to every Being!
Sharing and Contributing,
With Love, Love and evermore Love!
May we take the Big Leap into a New Awakened Earth!

A gentle love within, quiet determination and an unshakable faith in Dādāshreeji's Grace best describe Maitreyi Sulata, who has lived under the Guidance of Dādāshreeji since her formative years. Maitreyi Sulata works tirelessly to spread Dādāshreeji's message of Love and Transformation across the globe to seekers who have been mesmerized by her soft, compassionate and love filled personality. Her discourses have transcended the boundaries of the mind with respect to religious and cultural differences and have touched the hearts of seekers across the world.



The Power of Vedic Mantras- Understanding & Application



Mitra Sut explores the Vedas to examine the prominence of the of the feminine energy while delving into the different cultures

The Feminine Divine - Goddess Lakshmi

Long before the main world religions were established, during the earliest periods of human development, many belief-systems venerated a supreme female creator and anthropologists studying the rites and rituals of Paleolithic communities have discovered countless statues of female deities that point to the worship of the Divine in the female form.

Buddhism celebrates the feminine principle by way of the Bodhisattva Guan Yin, whose name means “the one who hears and sees the cries of the world. With beauty, grace, and boundless compassion for the suffering of humanity, it has been said that Guan Yin’s “greatest significance is as the embodiment of the feminine Divine.”

A number of goddesses were prominent in ancient **Egypt**: Nut, goddess of the sky and consort of the earth god, Geb; the goddess Neith, patroness of victorious weapons and the art of weaving; Isis, goddess of wisdom; and Hathor, another sky goddess who assumed various forms. The pre-Olympian goddesses of **Greece** were usually connected to rituals associated with vegetation. A prime example was Gaia, earth mother and chthonic mother of the gods. In **Japan**, Kichijōten 吉祥天- is worshipped as the goddess of fertility, fortune, luck, beauty, and merit; among some Japanese sects she was the central devotional deity, very similar to Goddess Lakshmi in the Indian Vedic perspective.

The October 2020 issue of Maitri Anahita has a most astounding revelation of the powers of the Divine Mother and how she functions in the Universe (from the RigVed part 10.8.125- also called as Devi Suktam). The month of November heralds the festivity and celebration of the much-awaited festival of lights, Diwali, wherein one of the most revered of goddesses ‘Lakshmi’, is worshipped with great fervour. Let us try and further understand the significance of the Supreme feminine energy and also learn more about Goddess Lakshmi, from the Vedic perspective.

Following are powerful mantras from the Rig Ved in praise of Goddess Lakshmi,
from Śrī Sūktam (from Rig Ved)

हरिः ॐ

Harih Om

हिरण्यवर्णा हरिणीं सुवर्णरजतस्रजाम् ।

चन्द्रां हिरण्मयीं लक्ष्मीं जातवेदो म आवह ॥१॥

Hirannya-Varnnaam Harinniim Suvarnna-Rajata-Srajaam |

Candraam Hirannmayiim Lakssmiim Jaatavedo Ma Aavaha ||1||

Meaning

1.1: (Harih Om. O Jatavedo, Invoke for me that Lakshmi) Who is of golden complexion, beautiful and adorned with gold and silver garlands.

(Gold represents the Sun or the fire of tapas; Silver represents moon or the bliss and beauty of pure sattva.)

1.2: Who is like the Moon with a golden aura, who is Lakshmi, the embodiment of Sri; O Jatavedo, please Invoke for me that Lakshmi.

(Moon represents the bliss and beauty of pure sattva and the golden aura represents the fire of tapas.)

तां म आवह जातवेदो लक्ष्मीमनपगामिनीम् ।

यस्यां हिरण्यं विन्देयं गामश्वं पुरुषानहम् ॥२॥

Taam Ma Aavaha Jaatavedo Lakssmiim-Anapagaaminiim |

Yasyaam Hirannyam Vindeyam Gaam-Ashvam Purussaan-Aham ||2||

Meaning

2.1: (Harih Om) O Jatavedo, Invoke for me that Lakshmi, who does not go away,

(Sri is non-moving, all-pervasive and the underlying essence of all beauty. Devi Lakshmi as the embodiment of Sri is thus non-moving in Her essential nature.)

2.2: By whose golden touch, I will obtain cattle, horses, progeny and servants.

(Golden touch represents the fire of tapas which manifests in us as the 'energy of effort' by the Grace of the Devi. Cattle, horses etc are external manifestations of Sri following the effort.)

Lakshmi is the goddess of wealth, fortune, maya, power, luxury, beauty, fertility, and auspiciousness and is first mentioned in the Śrī Sūkta of the Rigveda, as above. The word Lakshmi has different meaning generally understood as wealth, splendour and some also consider her as the goddess who leads to one's goal or lakshya (hence her name). She is both the wife and divine energy (shakti) of Lord Vishnu.

Her sacred name is Shri, the word itself imbued with divine blessing. Just as the word 'AUM' is associated with the mystical side of life, the word 'Shri' is associated with the material side of existence. She, being the consort of Vishnu, is born as His spouse whenever He incarnates. When He appeared as Vamana, Rama and Krishna, She appeared as Padma (or Kamala), Sita and Rukmani. She is as inseparable from Vishnu as speech from meaning, or knowledge from intellect, or good deeds from righteousness. He represents all that is masculine and She all that is feminine.




She is the timeless mother-goddess who nurtures and nourishes all life, with similar goddesses in other cultures such as Isis in the Egyptians. Her vehicle is generally the white owl (signifying the importance of economic activity in maintenance of life, her ability to move, work and prevail in confusing darkness). She is iconographically depicted with four arms, which represent the four aspects of human life viz: **dharmā** (righteousness)-upper left arm with half-opened lotus, **kamā** (desires and passion)-lower right arm held in abhaya mudra (which means fearlessness), **arthā** (wealth)- lower left hand often emitting golden coins and **moksha** (liberation)- upper right arm with full blown lotus. The lower right and left arms are sometimes switched and sometimes one of the lower arm is shown as varada mudra (which signifies charity, giving, forgiveness).


In the ancient scriptures eight different forms of Lakshmi have been depicted called as Ashtalakshmi which represent her qualities associated with Her eight manifestations, which are eight sources of wealth and these are Maha Lakshmi (Primeval Lakshmi), Dhana Lakshmi (associated with money), Dhanya Lakshmi (associated with grain and agriculture), Gaja Lakshmi (representing elephant, and is the giver of animal wealth), Santana Lakshmi (associated with progeny and bestower of offsprings), Veera/Dhairya Lakshmi (associated with valour and courage), Jaya/Vijaya Lakshmi (giver of victory), Vidya Lakshmi (bestower of knowledge).

Lakshmi represents the goal of life which includes worldly, as well as spiritual prosperity and she directs one towards the ultimate Truth. She is present, wherever Narayan is, and devotion to Narayan pleases her too. The feminine principle of the Divine is well and truly alive in popular Indian culture. The prominence of Goddess Lakshmi in popular Indian culture and Her centre-stage role is worshipped during the festival of Diwali. Millions of people offer their prayers to Goddess Lakshmi seeking Her blessings for wealth and good fortune to accrue to them.

(Source credits: Wikipedia/ <https://hinduism.stackexchange.com/>, <https://greenmesg.org>, <https://www.linkedin.com/pulse/sacred-sanctity-divine-goddess-maha-lakshmi>)

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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.

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Healthy Quick Fixes

With the pandemic forcing a more sedate pace of life, **Maitreyi Swati** suggests some compelling recipes to keep the body toned and healthy

We have been compelled to change our lifestyle in order to adapt to the demands of the situation we find ourselves in. We can make full use of this opportunity to focus on our health by cooking nutritious food with easily available ingredients available at home. These recipes are also a treat to the palate apart from being beneficial to strengthening the body's immune system, which is of utmost importance during current times.



Ragi Uttapam (Finger Millet Pancake)

Ingredients

- Ragi (Finger Millet) flour-1 cup
- Rice flour – ½ cup
- Curd – ½ cup
- Grated carrot- 1/4th cup

- Onion chopped- 1/4th cup
- Tomato chopped – 1/4th cup
- Finely chopped Green Chilli- 2 to 3
- Cumin Seeds- 1/4th tsp
- Finely chopped coriander (cilantro) leaves- 2 tsp
- Salt- as per taste
- Oil- as required
- Water- as required

Take ragi flour and rice flour in a bowl. Add curd, salt, cumin seeds and mix. Add sufficient water to make a batter of pouring consistency. Mix chopped onions, tomatoes, carrot, chillies and coriander leaves. Add a little salt. Heat a non-stick tava, grease it with 1/4th tsp oil. Pour the batter and spread it evenly in a circular shape. Spread the vegetable mixture on it. Cover the pan and cook on low heat until the ragi uttapam is cooked at the bottom. Flip the other side to cook. When both the sides are cooked, remove the ragi uttapam on a plate. Serve hot with mint-coriander chutney.

Benefits: This carbohydrate filled uttapam is a very healthy breakfast option. Ragi contains all the essential amino acids, is the highest in calcium and potassium, and also a very rich source of iron.



Spinach and Dates Raita

Ingredients

- Blanched and finely chopped spinach - ½ cup
- Thick yogurt, whisked - 1 ½ cup
- Dates finely chopped 4 to 5
- Green chilly finely chopped 1
- Salt to taste
- Black pepper powder - a pinch

Take whisked yogurt in a bowl. Add all other ingredients and mix well.

Benefits: Spinach is a rich source of Iron, magnesium vitamin K, vitamin B2, vitamin B6 and many other nutrients. Yogurt is a rich source of calcium. Dates are a good source of various vitamins and minerals, energy, sugar, and fibre. It also contains calcium, iron, phosphorus, potassium, magnesium and zinc. Overall, a nutritious accompaniment to have with our main course.



Makhana (Fox Nut) Kheer (Porridge)

Ingredients

- Milk - 500 ml
- Makhana - 40 gms
- Sugar - 4 tsps
- Dry fruits chopped (Almonds, Pistachio) - 4 tsps
- Cardamom powder ½ tsp
- Saffron (Kesar) - a pinch (optional)

Heat a pan and dry roast makhanas on a low flame till they become crisp. Let them cool down completely. Grind the makhanas to make a coarse powder. Coarsely grind or crush the almonds and pistachios. Boil milk in a heavy bottom pan for 5 minutes. Add grounded makhanas and nuts in the milk and cook on low flame for approx-15 minutes. Add sugar and cook for 10 minutes, keep stirring in-between. Add cardamom powder and saffron. Serve hot or cold.

Benefits: Makhanas (Fox Nuts) are rich in calcium. It also contains protein which is excellent for our health. Nuts give a good amount of fibre as well as healthy fats which are beneficial for the heart. Milk is one of the best dietary sources of calcium.

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.

Youth Speak

This column brings to you answers to the queries from the youth that are addressed by **Mitra Jeev**

Question:

How do we tackle the constant fear of the unknown, while facing the challenges?

Answer:

Mostly, it is the fear of facing the fear that is more intense and larger than the fear itself. As we have little or no knowledge of how to handle the fear, we become more fearful at the first sign of fear.

In every situation, our body and mind expresses a reaction to the impulse. This is how the human body is designed. Fear is also one of the natural reactions of our mind and body. Hence, the first important step is to know and acknowledge that it is absolutely normal and natural to experience the Fear.

Once the fear is accepted, you move to the next step that is to analyse the root cause. This analysis would help you reach the source of the concern, further helping you to make an informed choice.

Let us take an example where one is experiencing an intense fear of darkness. There are two choices, one would be to continue thinking about the darkness, dwelling on the outcome of being subjected to darkness and keep worrying about it and running away from it. The second option involves breaking the barrier. It involves gathering all the information and courageously facing the darkness. Though this option involves a certain amount of perseverance and will power, this is the way to overcome the fear. Gathering courage when you actually experience the darkness, you realise that it is actually less scary than you thought. At first the darkness gives you the jitters and feels absolutely terrifying. But being in the darkness, you begin realizing that the darkness is nothing but the absence of light. Your eyes have a natural ability to adjust to the darkness. Slowly, with each passing moment you spend in the darkness, the fear is automatically released and you start getting accustomed to the darkness.

So once you are aware that you need to face the fear, instead of the natural response of panicking or getting overwhelmed, we now begin to take a more effective approach of taking the right action.

Each time you encounter fear, simply follow these steps:

Accept the Fear
Face the Fear
Grow beyond the Fear

This positive approach will contribute to a happy and successful you.

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 and Poonch), and Sikkim (Gangtok), 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 moving a step closer to our vision of One World, One Family, One Truth.

The experiences of a few seekers are shared below:

Thank you very much for the opportunity you brought for us - Tibet Refugee Community in India. The program was liked and appreciated by a majority of the participants. Your initiative is relevant and timely in the current phase that humanity is going through.

**Damdul Topden,
Director,
Tibet Hope Center**

I attended your program 'Awakening to Self Realisation' (Bodh - I) on 14th October 2020. It was the first time that I participated in an online session of this nature. I would like to state that the impact of the session has been phenomenal. I will definitely remain connected to your program, and hopefully will have the joy of meeting the MaitriBodh Parivār members some day. The module is pleasant to the eye and ear. In particular, the chants and mantras had a very positive effect on me and I appreciate the same.

Thanks again for a wonderful and enlightening session.

**Regards,
Sanjeev Vaid,
Zonal Chairman J&K,
Rotary District 3070**

It was a nice session. It guides one to move in the right direction with the focus being entirely on one's transformation. It would certainly help one become a better human being after listening to and experiencing this session. We hope to have more sessions organized by the MaitriBodh Parivār.

**Rtn Suhas Lahoti,
President,
Rotary Club of Solapur**



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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