



MaitriBodh

*Maitri*

# ANAHITA

ISSUE: 12 || VOLUME: 08 || DECEMBER 2020

05 Global Transformation Begins!

13 Sādhanā for the Month

22 Recognizing the Divine Presence



# From the Editor's Desk

**Dear Loved One,**

Warm greetings of the season!

In less than a month we will be stepping into the year 2021 with renewed hope, faith, zest and vigour. The challenges that we faced in 2020 were given to us to strengthen ourselves, to help us know ourselves better, to know that we have the unlimited power within that is much stronger than the trials we are going through, and thus realize our true potential - our true 'self'. The New Year is knocking on our door with a message to 'Transform'.

Maitreya Dadashreeji has called for a world-wide participation in the 'Transformation program'; participation in which would ensure our smooth transition in the 'Divine Age'. As individuals, it is time to shed our ignorance, to be the change, to move towards positivity, to grow by being sensitive and considerate to the needs of one another, by respecting and caring for Mother Nature and being better versions of ourselves. Emphasizing on the urgent need to transform Maitreya Dadashreeji has invited and appealed to all the world leaders and spiritual organisations to take forth this endeavour so that as one tribe and one race we collectively participate in the journey of transformation to attain One World, One Community and One Truth. Let us be the harbingers of love, peace and harmony in this world and to this planet by saying 'Yes' to transformation.

*Let us rise to the clarion call of Maitreya Dadashreeji and embrace 'Transformation'!*

**To join the Global Transformation Program,**

*Click: <https://maitribodh.org/transform/>*

Enjoy reading the life-altering experiences of devotees with the Divine Light under the section 'Dadaleela'. 'Food for the Soul' brings to you a profound sādhanā - 'Serve Others', 'Ek Kshan Prārthanā' is a prayer to the Divine that humanity is able to flow with the need of the hour of Global Transformation! 'The Power of Grace' explores the powerful aspect of Divine Grace and its impact on one's life. Under the 'Health & Wellness' section, learn more about the benefits and use of the Indian Gooseberry (Amla). Under Reflections enjoy the articles, 'Recognising the Divine Presence' and Who am I? The section 'Young Impressions' brings to you answers to queries from the youth.

*May the spirit of Christmas, Grace Day and Selfless Service Day light up your life with Divine Love, Divine Grace and eternal peace and joy!*

*We wish you happy new beginnings and a transformational New Year!!*

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



# CONTENTS

05

## PEARLS OF WISDOM

- ▶ Message from Maitreya Dadashreeji

11

## DĀDĀLEELĀ

- ▶ Cruising with the Divine
- ▶ Peace Within
- ▶ Healing and Connecting with Mantra Chanting

13

## SĀDHANĀ FOR THE MONTH

- ▶ Serve Others

15

## FOOD FOR THE SOUL

- ▶ The Power of Grace
- ▶ Ek Kshan Prārthanā: Flowing with the Global Transformation!



### COPYRIGHT :

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

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

Send us your articles, stories, poems, spiritual questions at [anahita@maitribodh.org](mailto:anahita@maitribodh.org)  
and experiences at [experiences@maitribodh.org](mailto:experiences@maitribodh.org)

03

[info@maitribodh.org](mailto:info@maitribodh.org)



[www.maitribodh.org](http://www.maitribodh.org)

# CONTENTS

20

## HEALTH & WELLNESS

---

- ▶ Health Benefits of the Indian Gooseberry

22

## REFLECTIONS

---

- ▶ Recognizing the Divine Presence
- ▶ Who am I?

25

## YOUNG IMPRESSIONS

---

- ▶ The Parijat Tree
- ▶ Youth Speak

28

## @MBP

---

- ▶ Event Updates



*Transliteration Credit: Mangala Khedekar*

We welcome your suggestions and comments on the articles. Email us at [anahita@maitribodh.org](mailto:anahita@maitribodh.org)

# Global Transformation Begins!

**Namaste,**  
Love and blessings to all of you!

In the last video we talked about the urgency of transformation. We shared new ways to experience 'that state of transformation'. But subsequent to the video we received a common query "do we really need to experience transformation? Or is it okay to work without transformation"? So, let us consider that we continue without transformation. Let things continue happening the way they are. If you see the quality of life, quality of air, water, food today, what do you see? Is it improving or is it worsening? Just try to understand what is happening around you. The quality of food is going down day by day. The air we breathe is toxic. The water is polluted. There is restlessness within. The mind is corrupt and society disturbed. If you are happy with these things around you, then let it be as it is and flow with it. Then you do not need to experience transformation. But if you conclude that things around you are not alright, especially in nature, society and your internal state of mind and you think that "I need to change and I need to move forward for my betterment, the betterment of others, my family members" then you are ready for transformation and wish to experience change within you. If we do not move towards transformation, then things are going to be worse here onwards. It is like climbing up the mountain of ignorance and one day we'll fall off the cliff itself.

Let us start a new process towards positivity, towards transformation today, for this is the ideal time. The fact is that the state of ignorance is directly proportional to the level of suffering. If you remove this state of ignorance you automatically move towards happiness, towards freedom. Ignorance is blocking your growth. We need to remove this lack of True Knowledge. Once that happens, you automatically connect with the Divine Consciousness. You realize your true identity. Somehow, most of you are disconnected from your true identity. You think you are from one region, community or religion and hide from your true identity by creating a false one. You are not that region or religion nor are you owned by one community or society. You are you. You are missing 'that truth'. It is high time that you realise your true identity- Who are you? What are you?

If you look at our earth itself, it is a tiny planet in the inconceivable, multidimensional, vast spread of the universe. When you contemplate your significance, your position in this universe, you are negligible. Then how significant is your false identity? Realize this truth. Start working with the truth that you are a part of this universe. You are not just a name, profession, relationship or linked to a religion. You are much beyond whatever you think is you-far beyond that. Think about it, contemplate upon this and act accordingly. You will see the immediate change within you.



If you sense that this is the time to move towards transformation, please do something about it. You may develop your own ways to experience that transformation or you may join any social service groups or institutions around you that cultivate positive, spiritual values and guide you towards transformation. Do not stop your spiritual growth. So, act. Even if you take one step today or take out only 5 minutes for yourself, just do it. It will help you grow. We sincerely want each one of you to take this seriously, that "I want to experience transformation". Let's begin this journey immediately. Do not stop because of any material reasons or any mental blocks that we have or any past notions, concepts that we have created or heard from someone. We want to help you reach that high state of consciousness. We wish to help those people, those who really want to move towards their own betterment and the betterment of their society and region. We can change negativity into positivity and that's possible if we just take one step at a time and move towards it.

We have a dream of ONE WORLD - ONE FAMILY and are working towards it. If you feel similarly, then work with us. Today we would like to introduce a new way, a new initiative from the MaitriBodh Parivār to begin this process of transformation for each and every one of you. I will take this opportunity to introduce our new initiative and that is:

### **Worldwide Transformation Program**

We have designed this program, this initiative specially to assist in your growth, your process of transformation whereby you reach there at the earliest. Please start working towards transformation right away. The worldwide transformation program is going to show a new path, a new way towards a better world.

We'll start this program from January 2021 and will guide you individually as well as group-wise. I will be there to help you.

I'm available to meet, to talk and interact. If there are any questions for your spiritual growth please do not hesitate and ask them. I will answer your questions in my forthcoming videos this month. I will make myself available for the next one month till December 31st for the same. I have decided to reveal spiritual knowledge which is not easily available. My only purpose is to ease your process, ease your spiritual growth. Whatever it is that needs to be done for your growth, will definitely be done by us. You just need to be a participant and experience that state of transformation.

At the same time, I would like to appeal to all spiritual leaders, spiritual masters to guide your followers, your disciples about transformation and help create a better world filled with unconditional love and peace. If you think you can help us, we are open to receiving help. If you think I can be of assistance, please do not hesitate and I will certainly help you. This initiative is mainly for genuine spiritual seekers and all those who truly feel for society. Then why wait? Why not experience that transformation?



At the same time, I would need help from many of you. We will need 150 people from all over the world to help us spread this message and guide others for transformation. With these 150 people, we can transform this world. Things will surely change in the next 7-8 years so that you see a better world. We have the vision and the commitment, which we are working towards day and night. Please, take your state seriously. You still have some time left. One day we will definitely see a better, positive, happy and harmonious world. I will be with you throughout this journey. Together we will rebuild this world again. Thank you so much.

*Love you!!  
Let the Divine Light guide you further!!  
Namaste!*

**Maitreya Dadashreeji**

**To register and participate in the 'Global Transformation Program', click:**

<https://maitribodh.org/transform/>

(this link will be open till 31st December 2020)

**Email your spiritual questions for Maitreya Dadashreeji to:**

[info@maitribodh.org](mailto:info@maitribodh.org)





# Global Transformation Program

This year has changed the world we live in. Our lifestyles, habits, relationships have experienced a shift. The external disturbances demand an internal shift in our mindset, perspective and approach towards life. The calm to this chaos, the solution to this confusion is 'Transformation.'

Maitreya Dadashreeji, the founder and visionary of the MaitriBodh Parivār has introduced the 'Global Transformation Program' for every being who wants to work towards creating a better world.

We urge you to participate in this effective wave of positive change, no matter where you are and irrespective of your belief systems. Experiencing 'Transformation' is similar to being released of mental blocks, traumas, conditionality, and ignorance to thereby experience true joy, true love and peace within. **To watch Maitreya Dadashreeji's message for you, click:**

<https://www.youtube.com/watch?v=O7CWvqrHGI4&t=58s>

The journey of 'Transformation' is a step by step progression towards one's Higher Sacred Self – one's True Self which helps one connect with one's inner power.

**To register (free) and participate in the 'Global Transformation Program',**  
click: <https://maitribodh.org/transform/> (this link will be open till 31st December 2020)

*The 'Global Transformation Program' begins January 2021 onwards. Post registration, guidance will be provided individually/ group-wise.*

**Act now to experience true 'Transformation'!**

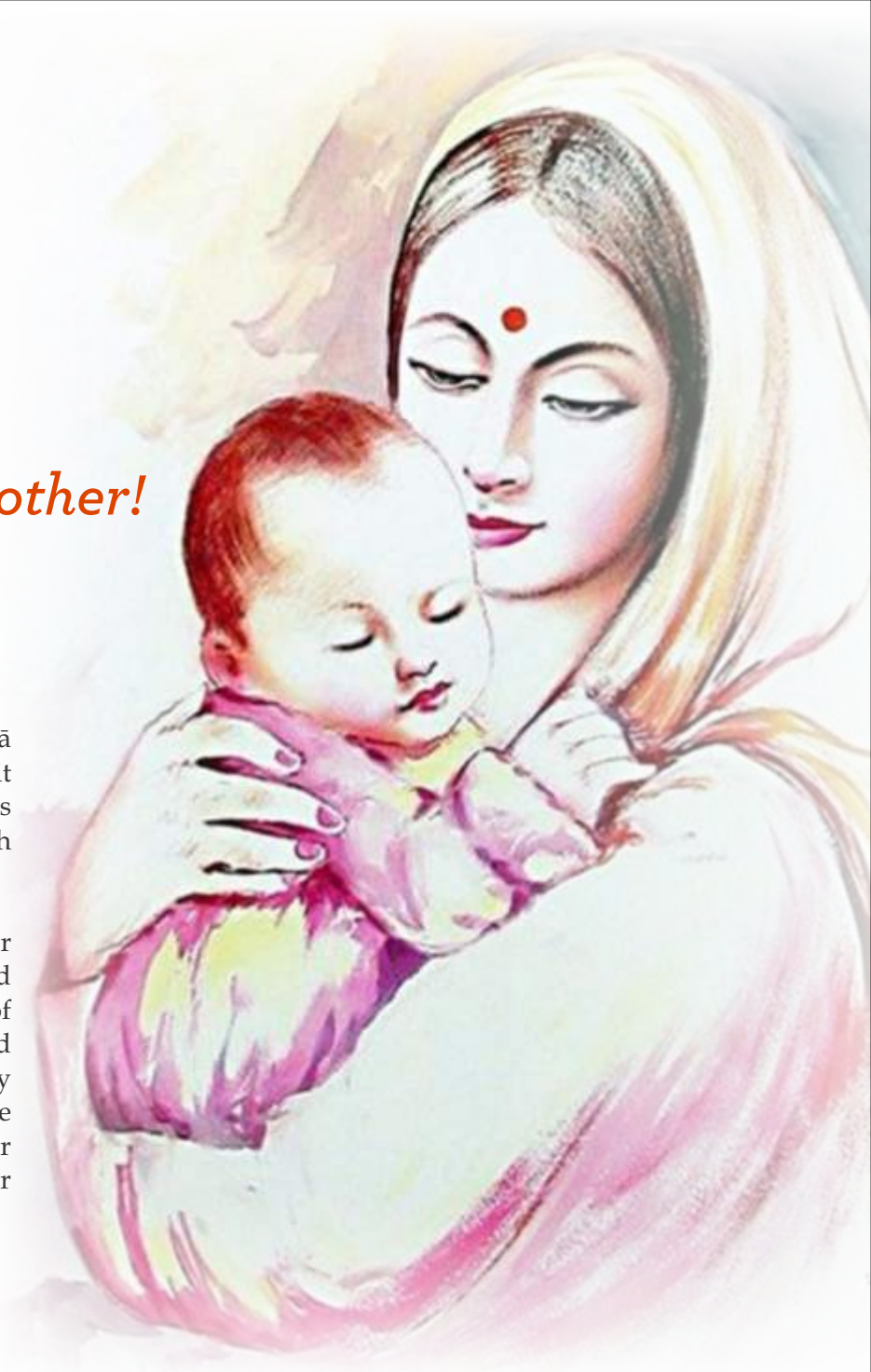


# Grace Day

## Celebrating the Compassionate Mother!

25th December, the birth date of Mā Narayani is celebrated as 'Grace Day', it is a day of great significance for devotees and sevaks comprising the MaitriBodh Parivār the world-over.

Grace Day celebrates the Divine Mother as the epitome of Grace, Love and Compassion, as also the bestower of purity, generosity, abundance and prosperity in our lives. It's a day wherein we offer our immense gratitude to Mā Narayani, our Divine Mother for showering and blessing us with her infinite Love and Grace.



*'Grace' is a gift from the Divine that helps us grow beyond our limitations and sufferings.  
Thank you Divine Mother for your compassionate Grace!*



# *Maitri Mahotsav*

## *(Selfless Service Day)*

Maitreya Dadashreeji as the founder and visionary of the MaitriBodh Parivār has been working continuously to establish love in everyone's heart through the process of human transformation guiding them through true knowledge and divine intervention to attain 'One World, One Community and One Truth'. His mission is to uplift human consciousness to a higher state where love, peace and harmony will be the governing forces that will ensure an individual's transition to inner peace.

We celebrate His birthday on 27th December as '*Selfless Service Day*' - the day that marks the arrival of the epitome of the abundance of love on this planet; a day that marks the beginning of a new era of positivity and Divinity on this planet.

Each year, we celebrate this day with each one of us offering an act of selfless service for others on an individual level to make a difference in the lives of those who are less fortunate than us.

## *Cruising with the Divine*

My journey with my Divine Friend Dadashreeji started many births ago but I am fortunate to have been able to remember my association with Him in this very lifetime. My journey in this lifetime with the MaitriBodh Parivār began in Nov 2014 along with my wife's. If at that time someone would have described my ongoing journey with Dadashreeji I would have disbelieved him because until I met Dadashreeji I had lived my life more from my mind than my heart. But my association with Maitreya Dadashreeji gave meaning to my existence. I thank Maitreya Dadashreeji from the bottom of my heart for coming into my life. My association with the Divine helped speed up my spiritual journey. I thank Him for molding me, giving me true knowledge, for giving me teachers in this lifetime that prepared me for balancing my spiritual & material life. My mother taught me about caring for others, sharing with others and bonding with people while my grandmother showed me how to live cleverly in this material world. And finally I met my Divine Friend Dadashreeji who taught me all about loving unconditionally and selflessly.

With Divine Grace I have experienced that by making your Divine your best friend, your complex life becomes simple, you feel so blissful from within and you get to experience the presence of the Divine who was always with us but we forgot about Him in our quest for materialism.

Of the many profound insights and guidance that I have received from Maitreya Dadashreeji, I would like to share the following two points which were shared by Him that I take as a mantra which have largely impacted me:

- The three factors that influence us in our daily lives are people, situations and the Divine. Largely, we focus on people and situations and take the Divine for granted. Maitreya Dadashreeji says that if we focus and surrender solely to the Divine, strengthen our bond with the Divine by constantly communicating with Him, making Him our best friend then He will take care of the people and situations in our lives as well as give us the strength and the guidance on how to deal with them.
- The second aspect is that while many of us are being guided by Divine Masters, only a few are able to implement the teachings in their daily life. Hence, as spiritual seekers it is imperative that we assimilate and practice the true knowledge and guidance that is imparted to us in our daily life thereby ensuring our internal growth.

Thank you for so many blissful experiences that make me dance with joy and make me realise that my Divine is always with me, within me, no matter what!

Thank you for giving us Shaktipravaah (Divine energy transfer), Maitri Light (Prayer cum healing process) and Maitri Sambodh Dhyaan (guided meditation to connect with one's Divine). One truly needs to experience them to experience the Divine especially in these times. I promise to give back to Mother Earth and the society all that I have received.

**Koti Koti Abhar (With eternal gratitude),  
Always at Your Lotus Feet,  
Mitra Marzin**



## *Peace Within*

I was under tremendous stress, with my mind in a state of confusion and irritation. I was guided by a Parivār member to attend Bodh-I. I attended Awakening to Self Realisation (Bodh I) in August 2019. I participated in the session without knowing anything about it. But believe me, by the end of the session I was a totally different person. My health issues were resolved in the next fifteen days. I experienced a shift and change in myself. My perspective and outlook on life changed completely. I started seeing situations from the perspective of others and this automatically solved my issues be it professional or personal. My relationships improved. The desire to help others is so evident now, my friends connect with me because they feel good talking to me which is a new development! Dada always gives me guidance. By talking to Dada everyday through my Divine Light the smallest of issues are resolved. When I see my friends and family going through difficulties, I suggest that they pray to Dada. They too have had wonderful experiences. After attending Purification (Bodh II) and the Spiritual Triangle (Part 1), my mind is clear and I experience happiness within. I wish everybody gets to experience Dadashreeji as their Divine Friend and I would encourage everyone to take this step to connect with the higher consciousness. Maitreya Dadashreeji will always be your Divine Friend guiding you forever.

*Gratitude Dadashreeji for changing my life and giving me so much peace!*

**Sonali Deshpande**



## *Healing and Connecting with Mantra Chanting*

It's been a while since I joined the mantra chanting session organised by the MaitriBodh Parivār. During the period of lockdown it was important to utilise one's time productively and effectively and there's nothing better than connecting with your Inner Divine. Chanting mantras is one of the ways to connect within. It has reduced my worries and diverted my mind towards positive thinking, brought calmness and strength within. I would definitely recommend mantra chanting as one will definitely gain positivity. One will experience divinity and Divine Love in the presence of Dadashreeji. All that is needed is to surrender oneself. He will take care of you and never let you fall. I experience His Grace and Blessings every moment.

**Thank you,  
Ujwala Menon**



# Sādhanā for the Month: Serve Others

## Dear Friends,

We hope you are doing well and witnessing transformation in your life by practicing the simple saadhanas shared each month by Maitreya Dadashreeji. These monthly saadhanas are for everyone to implement in our daily lives, which help bring a shift in our perspective, habits, interactions, relationships, bond with our Divine and an overall shift in our state of being. As one transforms within, this shift creates ripples of transformation in all those and all that one is associated with and thereby transforming the situations, circumstances and the people around us.

For the month of December 2020, Dadashreeji shares the Sādhanā 'Serve Others' to guide us forward on our journey. *One must start serving others with whatever means that are available and as per one's convenience.*

As one starts growing on the spiritual path, it becomes natural for one to want to share with others what they have received. One automatically starts understanding others better, feeling compassionate, empathetic and wanting to help others in whatever way possible but we sometimes hold ourselves back or don't know how to help others.

Our Divine Friend has guided us to serve others with whatever we are blessed with. It may be by donating the extra that we have or by listening to those in pain or spending time with elders or helping someone with your own unique quality, etc. The simple act of calling up an old friend or relative to ask how they are doing or saying a few kind words of love are by itself service.

Even if one is not spiritually inclined, if he/she starts helping others, one will start growing spiritually. Maitreya Dadashreeji had once shared, *"Raise one hand up to face the sky, and receive help and Grace from the Divine and the Highest, and use the other hand to give and help someone who is in need."* It's a simple process of receiving from the Divine and giving; one just has to be a willing medium. When we



decide to serve humanity, the Divine takes it upon Himself that we are taken care of. It is very important that we do not get attached to our service (seva) or expect any benefit out of it. The service should be offered as a genuine attempt to provide help to one in need and not for any personal gain, achievement or accolades.

There goes a story that once a king was donating his goods to the needy in his kingdom. There was a huge queue of the needy in front of him and he kept giving each one what they would request for. The king noticed one young boy at the end of the queue who had been there for very long. The king noticed him a little more and concluded that the boy was letting anyone joining after him to come in front of him and moving to the last position himself. This continued for another two hours. The king finally called him and asked why he wasn't come forward in the queue to receive what he needed. The young boy told him that he had learnt the quality of 'serving' from the king. The king was giving the needy what he had. Inspired by the king's action of giving, he thought to himself of what he could give to others. He saw the ones joining after him become impatient and worried about whether they would be able to receive their needed items or not. He realised that he had the gift of 'patience' within him and had the faith that he would receive what was meant for him so he started serving others the opportunity to receive their need, very 'patiently'.

This story goes to show how each of us can serve someone if we truly wish to. Serving need not always be monetary. Sometimes, the simplest yet the most powerful way of helping another person is by praying for them. It costs us nothing but can bring an immense shift in the life of the needy. Hence, my friends we can serve in each moment, in every way possible.

Dadashreeji has always emphasized greatly on service so much that His birthday on 27th December is celebrated as Selfless Service Day (Maitri Mahotsav) and the entire Parivār celebrates it by serving in some or the other way. MaitriBodh also celebrates the month of December with 'Acts of Love' wherein everyone performs an act of service with love towards a stranger, for Mother Earth or the needy. Join us this month and let us all serve everyone around us in whatever we can.

*“It is only through service that the world shall unite. It can happen when Selfless Service is rated higher than religion, destructive selfish purposes or even the existence of God”  
-Maitreya Dadashreeji*

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

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



# The Power of Grace

Mitra Sut explores the Upanishad to throw more light on the blessing of Divine 'Grace' in our life

Shvetashvatara Upanishad (3.20)

अणोरणीयान् महतो महीया  
नात्मा गुहायां निहितोऽस्य जन्तोः ॥  
तमक्रतुः पश्यति वीतशोको  
धातुः प्रसादान्महिमानमीशम् ॥ २० ॥

anor anīyān mahato mahīyān ātmā guhāyām  
nihito 'sya jantoh ||  
tam akratum paśyati vītaśoko  
dhātuprasādān mahimānam īśam || 20 ||

## Meaning:

अणोः अणीयान् subtler than the subtlest, महतः महीयान् greater than the greatest  
आत्मा the Self अस्य जन्तोः of this creature गुहायाम् in the heart निहितः is hidden.

धातुः of the Creator प्रसादात् by the grace वीतशोकः free from all sorrows

अक्रतुः free from desires तम् Him महिमानम् the great ईशम् the Lord पश्यति sees.

The Self, smaller than the small, greater than the great, is hidden in the hearts of creatures. The wise, by the GRACE of the Creator, behold the Lord, majestic and desireless and become free from grief.

The Shvetashvatara Upanishad, is an ancient Sanskrit text embedded in the Yajurveda and is considered as a part of the existing 108 prominent and currently authentic Upanishads. The name 'Shvetashvatara' has the compound Sanskrit root Shvetashva (श्वेताश्व, Shvet + ashva), which literally means 'white horse' and 'drawn by white steeds' and tara means 'crossing', 'carrying beyond', therefore the word Shvetashvatara translates to 'the one carrying beyond on white horse', which means that the teachings in this text have the ability to carry one across even the transcendental, to the absolute Truth. This entire mantra also occurs in the Kathopanishad (2.20).



The above mantra brings into one's awareness the relevance of the enlivening principle in each one of us, which keeps us alive, which is the 'Soul' or Atman, both in the microscopic as well as the macroscopic sense. It states that the soul is smaller than a grain of sand signifying its ability to permeate all, yet not identifiable by human means and tools (akin to the God particle). And at the same time, it is greater than the entire universe, which is a stark contrast to the first part of the statement. But this is how the Atman permeates each and every aspect of the Universe and as one experiences the essence of one's soul, one will start experiencing both these states - one becomes the entire cosmos.

The second line states that, the soul is hidden in the hearts of all creatures, which has also been stated in other Upanishads and as one evolves spiritually, with the Grace of the Divine, one truly experiences that Light and Love emanating from one's heart. The Soul is the innermost essence of all that exists, large or small. It gives all things a sense of reality of their existence. Soul is the true inner Self, pure, undifferentiated, self-shining essence of an individual, eternal and imperishable, beyond time, which observes all phenomena yet is not touched by them; beyond the body, mind or consciousness and yet permeates all these.

While we strive to work hard from morning to night, what are we seeking? As one comprehends this and grows spritually, one becomes 'wise' as it is stated in the second line, indicating gaining wisdom of the reality. To the wise, the truth is revealed, which is re-discovering the very essence of our soul. A time comes when a seeker beholds the majestic power, the very Divine, the Supreme in one's own heart, and this as stated here happens through Grace. A seeker may perform many deeds, spiritual practices, rituals, penances, etc. but all these are merely an offering at the feet of the Divine and it is only by His Grace that the Truth is permanently revealed, which is the end of all the suffering, relief from all the grief, as stated at the end of this verse.

For those interested in truly experiencing the essence of our soul, the MaitriBodh Parivār offers a profound online session called 'Spiritual Triangle' (<https://maitribodh.org/spiritualtriangle>), where one is taken through an experiential journey and a powerful process with the Grace of Maitreya Dadashreeji.

*In the MaitriBodh Parivār, 'Grace Day' is celebrated on the 25th December every year, the birthday of our Narayani Mā, an epitome of Grace. It is for this reason that one must have an awareness of the importance of Grace in one's life for it is a gift from the Divine, a fundamental essence that allows us to grow beyond our limitations and suffering.*

(Source credits Wikipedia, <https://studantedavedanta.net>, <http://egyankosh.ac.in>)

---

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 Dadashreeji.

---





# \*Ek Kshan Prārthanā: Flowing with the Global Transformation!

Maitreyi Sulata urges us to say 'Yes' to the impending 'Transformation' as she shares six practical ways to flow effortlessly in this journey

## Dearest Friends,

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

Continuing our journey from my last article in the Nov'20 edition of Maitri Anahita, 'At the Threshold of the Big Leap', let's take the next step to understand the current phenomenon of Spiritual Transformation, which is true transformation (and not just a superficial self-imposed change) that knowingly or unknowingly we are all experiencing in the current times.

Today our planet stands at the threshold of 'the big leap' and as shared by Maitreya Dadashreeji, *"which is the process of connecting with the 'Higher Universal Source'. In this process, many things will undergo change". Maitreya Dadashreeji says, "The atmosphere will displace and expel unsettled, dissonant or any disruptive energies and thereafter only retain purity. That is the direction here onwards. Only purity and truth will remain in the future."*

Spiritual Transformation is that deep, profound shift in our consciousness that brings us closer to the truth of our existence, wherein we respond to life firmly established in the awareness of the Divine within our hearts, the only and only source of truth and purity within us.

At this point in time, we may all be at different places in our experiences and understanding about one's own self based on innumerable factors on our life's journey so far. Many of us may be exploring where and how do to start on the journey of True Transformation. All that is required is **an honest 'YES'** from us and the journey begins. An open and willing heart is all that is required to take the first step towards tuning ourselves to this evolving consciousness.

Let's explore some six simple and practical ways to take the journey further ahead from a heartfelt YES and see how we can practically flow with the current times.

### 1. Transform from mental movie-making to the awareness of the Present Moment!

The constant chatter of the ever restless human mind (commonly addressed as the monkey mind) always keeps us engaged in some desperate story of whatever has happened in the past, is happening in the present and might occur in the future. If we become aware and present to the fact that it's not the absolute truth, we will slowly begin to experience the truth of the present moment. A simple awakening to the fact that we have become 'thought machines' and that is not our reality. This fact is limiting our own potential to live life to the fullest. This moment of awareness is enough for us to begin our journey towards Transformation. Disengage from the mind made, "me and my life story" that keeps us preoccupied round the clock, sucking away our time and energies at all time.

\*Ek Kshan Prārthanā - A Moment in Prayer



## **2. Transform from the habit of pain and suffering to a joyful and love-filled living!**

Another habit or burden we humans carry is our constant focus on pain and suffering. A small percentage of humans across the globe truly cherish positivity and celebration in life. But most of us either want it (not need it enough) or are limited in our understanding of the idea of life as joyful and wonderful. The majority of us are busy with constant engagement in some form or fashion with pain and suffering in life and become victims to the situations created by our own selves. Remember the famous words, "Why me?" If all of our energy is being consumed by the focus of learning through pain and suffering and its associated identities then where is the space for love to bloom? It's time to ask oneself, "Is it worth spending all my time and emotions in this fruitless pursuit?", "Am I genuinely in pain or have I created a false sense of pain and suffering and hence have been enjoying in it with complete lack of awareness?" "Is there a better way of living?" As we ponder on these questions, a the discerning light will awaken within and show us the way towards love and positivity.

## **3. Transform from the feeling of lack to the recognition of abundance and blessings in our lives!**

Another common habit we all indulge is never feeling truly complete or content at any given point in time. A vacuum and sense of lack is a common companion for most of us and we constantly feed the thought of having an empty glass. The acceptance of everything in life as a gift and a blessing and as being 'just right' for us at that given moment in life creates within us a silent space that helps us touch our true essence – for we have let go of the burden of 'lack'. Always feel that we are abundantly loved and blessed! Abundance attracts abundance! Take every opportunity to offer gratitude for all that we have in life and all that we seek from life!

## **4. Move away from the association of people and situations that fester negativity and embrace those who contribute to love, happiness and a joyful living!**

We all understand this well, but often fail to implement in our lives and continue to gossip and waste our precious life moments with people who are themselves headed in a negative direction in life. A positive association is very crucial for a Transformed Life! Like-minded people always aid and share energies. Choose the positive for your transformation.

## **5. Transform from selfish taking to selfless giving! Give and Express Love!**

Giving is not a social project, rather giving is our inherent nature which we have forgotten. It's a simple law of nature which we have chosen to ignore based on our own convenience. We seek a lot and give nothing. Now is the time to give of yourself and what better way than an expression of love for someone you feel for at any given moment in time. Giving need not be in material terms limited to money or objects. A good thought, a heartfelt prayer for a stranger are more powerful than you might ever imagine.

The best way to succeed on the spiritual path is if we keep working upon our so called common human weaknesses and keep refining ourselves with constant movement towards the best version of our own selves.

## **6. Transform from none or weak communication with your Divine to Continuous Communication with the Divine**

This is the best gift we can give our own-selves on the path of Transformation. Keeping ourselves firmly established with the Source of creation through continuous communication, keeps us bonded with our Creator and receive unconditional love and guidance all the time. In the MaitriBodh Parivār we have been given a very easy way to communicate with our Divine. We have been blessed with the Divine Light to help us. As we communicate with the Divine Light, we are able to effectively receive blessings and guidance from our Creator.

These are just very simple ways which we can start practicing in our daily lives from this very moment! Above all, it's a blessing to receive guidance from someone who has walked this path and is established in the Truth of existence as our best friend. Our Divine Friend Maitreya Dadashreeji is that true friend who being ONE with the SOURCE, and having walked the journey of Transformation, knows the path well. He is here to support us on this path of transformation in these challenging times! Maitreyi Dadashreeji shares that today with the rapid and major shift occurring in the 'Universal Consciousness', our harmonizing with it requires equal and effective 'transformation'. We at MaitriBodh Parivār urge every human being to participate in this effective wave of positive change, no matter where you are and irrespective of your belief systems, as this is the need of the hour!

Whether we accept it or not is entirely our choice but, something is going to change for all of us. The thought we need to keep within us through this change is that we need to be the most-refined, Higher Sacred version of our self. The only way for this is through TRANSFORMATION.

**Join us on the journey of Global Transformation!**

*For more details to join the Global Transformation Program please visit the below website:  
<https://maitribodh.org/transform/>*

**Today's Ek Kshan Prārthanā (A Moment in Prayer) is an offering at His Lotus Feet that  
Humanity is able to flow with the need of the Hour of Global Transformation!**

**Beloved Maitreya,**

May the Love and Light of the Divine bless  
Human Consciousness to flow with the present  
Transformation!

May the Love and Light of the Divine illuminate  
Human Hearts with an Eternal Awakening of  
Divine Love,

As together we take the Big Leap into a New  
Transformed Earth!



—•—  
A gentle love within, quiet determination and an unshakable faith in Dadashreeji's Grace best describe **Maitreyi Sulata**, who has lived under the Guidance of Dadashreeji since her formative years. Maitreyi Sulata works tirelessly to spread Dadashreeji'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.  
—•—





## Health Benefits of the Indian Gooseberry

The amazing health benefits of the bitter cum sour 'Amla' fruit sweeten the deal in utilizing this nutrient-packed fruit in our diet, writes **Maitreyi Swati Kejdiwal**

Amla or the Indian Gooseberry is a sour and bitter green fruit that is packed with nutrients. It is rich in fibre, minerals and is a great source of antioxidants, especially Vitamin C. This little fruit increases the body's well-being and protects it from numerous ailments.

### What makes this fruit a Superfruit?

- **Improves digestion:** The high fibre content helps reduce the chances of constipation. It also stimulates the secretion of gastric and digestive juices, so that food is digested efficiently and the nutrients are absorbed optimally.
- **Helps manage Diabetes:** It is rich in chromium which is therapeutic for diabetic patients. Chromium helps in insulin production which helps in reducing blood glucose levels. Low in sugar and high fibre fruits are perfect for diabetic patients.
- **Boosts hair growth:** Amla is a very high source of iron and antioxidants which prevent hair fall by protecting the hair follicles against any damage from free radicals. It also promotes hair growth and stops premature greying as well and has various hair benefits. Intake of fresh amla or applying its paste to the roots of the hair improves the growth of the hair.
- **Reduces infections:** It has antibacterial and astringent properties that help in increasing immunity and protects the body from various infections.
- **Purifies blood:** Amla gives our body the much-needed dose of iron, which helps in improving the haemoglobin level and also helps in purifying the blood naturally.
- **Builds resistance to fight cough and cold:** The fruit is abundant in Vitamin C which boosts your immunity and enables eradicating common cold as well as flu more rapidly.
- **Relieves pain:** It is loaded with anti-inflammatory properties that help in healing ulcers, muscle pains and joint pains.
- **Improves skin texture:** Amla also helps in improving the skin health. It improves the skin colour, texture and can help in slowing down the process of ageing.

### **Process to make Amla hair oil at home:**

Grate 50 gms fresh amla and add it to 250 ml coconut oil. Boil for about 15 minutes or till the moisture evaporates. Allow the concoction to cool down. Sieve and store in a glass bottle away from sunlight.

**Note:** Dried amla powder can also be used instead of fresh amla

### **Healthy Amla Juice (Immunity booster)**

#### **Ingredients:**

Amla: 8 pieces

Ginger: 2 inch piece

Cumin seeds: 4 tsp

**Method:** Combine all the ingredients in a blender. Add 5 cups of water and blend well. Strain and serve chilled.

### **Amla Vegetable**

#### **Ingredients:**

Amla: 8 pieces

Green chillies: chopped 1tsp

Haldi powder (Turmeric powder): A pinch

Hing (Asafoetida): A pinch

Jeera (Cumin seeds): 1/4 tsp

Methi (Fenugreek) seeds: 1/4tsp

Saunf (Fennel seeds): 1/4tsp

Salt as per taste

Red chilli powder as per taste

Coriander for garnishing

Oil: 10ml (2 tsp)

**Method:** Wash and pressure cook the amla's on medium flame. Turn off after 2 whistles. After the boiled amla's cool down, cut and remove the seeds.

Heat oil in a pan add cumin, asafoetida, fenugreek and fennel seeds. When the seeds start crackling add green chillies, turmeric powder, red chilli powder and the chopped amla pieces and cover the pan with a lid. Cook for a few minutes on medium flame till the amla gets cooked and absorbs the flavours. Add salt as per taste. Garnish with fresh coriander and serve hot with rice or roti (unleavened round flat bread).

### **Amla Raita**

#### **Ingredients:**

Amla: 4 pieces

Curd: 300 ml

Green chilli: 1

Salt to taste

Chopped coriander for garnish

**Method:** Wash and boil the amla till they turn soft. Allow it to cool and then de-seed. Grind the de-seeded amla pieces with green chillies in a mixer. Add salt and mix well along with beaten curd. Garnish with some fresh coriander leaves.

---

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.

---

## Recognizing the Divine Presence



It is truly a blessed time when the Divine descends to Earth in the human form, writes **Maitreyi Cecilia**. Be it Jesus Christ then or Maitreya Dadashreeji now, the message and purpose is the same – to connect us to our true nature, love, and guide us to The Highest

The Christmas season is a delightful time for people of all ages. There is the excitement of decorating the Christmas tree, making sweets with the family while listening to joyous Christmas carols, and festive gatherings of the family in large numbers. As a young girl, I remember touring my little town, visiting homes with a caroling group to sing Christmas carols that bring each family the love, excitement and joy of the season. Whilst I reminisce on all this Christmas wonder, I am also deeply reminded of the beautiful Nativity (birth) of Jesus.

A Christmas nativity is a depiction of the night of Jesus' birth and one of the most celebrated symbols of the Christmas season. Nativity is taken from the Latin word *nativus*, meaning "arisen by birth". Jesus' birth was prophesied by many prophets and He was often referred to as the Light of the World. On a silent, clear night with the stars shining bright, in a little shed afar sat Mary, the Mother of Jesus, looking down with utmost reverence, compassion and affection over her newborn son, knowing His supreme purpose on this planet. She saw The Divine Light within Him. Joseph, a simple carpenter, humble and responsible father, observing every minute movement of his newborn with gentle love and care. In a little manger, lay Jesus, or Yeshua in Hebrew (meaning "to rescue",

"to deliver"), the Highest teacher of His time. His birth was much awaited for eons. His purpose on the planet was to help redeem humanity from lifetimes of bondage and suffering and deliver them to the Eternal Light, to guide them to the Abode of Love. He was born in a humble shed, signifying that He had come not just for the rich, or one creed or one region, but for All. It reminds us that divine incarnations often take human form to live amidst us, walk with us, talk to us, only to help us realize our true nature and take us towards the Highest, Divine Love.

I have seen the nativity several times through my childhood and pondered on it as a story that occurred several thousand years ago. But after associating and bonding with Maitreya Dadashreeji (my Divine Friend), I have now come to realize how significant that moment was for all of humanity then and the absolute importance of associating with the Divine through a living guide and Divine Friend.

Maitreya Dadashreeji, is here for all, transforming every being. He is giving each of us the experience of the profound message that Jesus brought to humanity a thousand years ago, the divine message of 'Unconditional Love'; uniting everyone as One World, One Family.

**Maitreyi Cecilia** is a Pediatrician, currently training in Pediatric Neurology at Duke University, USA. Her greatest passions are child health and their spiritual growth. She envisions to aid caregivers and parents in the holistic physical, mental and spiritual development of children.

# Who am I?

Materialism cannot quell the spiritual quest for too long, writes **Maitreyi Shreshtha**. Her experience of the Divine through Maitreya Dadashreeji has led her to believe that we are but an expression of Him



Through the years, over conversations and the books that I have read, I have often come across a common notion that a seeker's spiritual journey begins when he/she asks oneself - Who am I? At that juncture one starts questioning one's very existence and perceiving life beyond the mundane. Every look in the mirror makes one reflect beyond the physical reflection to know one's true self. Who am I? - is a question put to oneself and to the Universe. It is the beginning of the journey within. Saints and rishis (sages) have meditated on this very question for ages to reach the Truth.

Eons ago spirituality was a way of life. With the changing times it became a retirement plan. Eventually, spirituality was a choice - one either practices it or not. With the changing trends man forgot that spirituality is an integral part of one's existence, inseparable from one's life. And, in my experience with Maitreya Dadashreeji's association, He is here to establish this very truth.

Today, Dadashreeji not only gives us the answer to the question 'Who am I?' but also the experience of it! Dadashreeji has made the most profound spiritual concepts easily understandable and achievable for all, without having one to dissociate from one's responsibilities and lifestyle. His way of putting spirituality in practice is to give a seeker the most crucial spiritual knowledge - the 'knowledge about the Self'. He helps you discover your own Truth. He is the One who will help you obtain the answer from within you, of who you truly are!

In my journey with Maitreya Dadashreeji, I have often asked Him the answer to this spiritually loaded question - "Dada, who am I?"

And He gives me the answers internally, simply peeling off my layers, unburdening me, making me more humble:

*“you are My experience through your body and mind,  
you are My experiment in My grand design,  
you are My expression, let Me express through you,  
you are My quality being explored, let Me flow through you!”  
And all I receive is that,  
I am His,  
I am Him,  
I am Love!!*

Maitreya Dadashreeji is that Source who can bestow upon you the state of love and bliss. He is here to take us beyond enlightenment and liberation, to Spiritual Transformation. The Age of the Divine has dawned and the Maitreya has arrived to give us the experience which is by the Divine, of the Divine, for the Divine! So, my dear friends, the time has come to ask yourself, ‘Who am I?’

---

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 Dadashreeji and has dedicated her life to help His mission to establish Love and Peace on Earth through Divine bond and association.

---



## *The Parijat Tree*

Everything is a creation of the Divine and thereby deserving of love, compassion and nurture, writes **Aarya Maheshwari**

I love plants and feel a strong connection with Mother Nature.

Every day when I cycled in my residential society I would see a resident of our society violently shake a Parijat (*Nyctanthus arbortristis* Linn.) commonly known as the coral/night jasmine tree, to collect its flowers. I felt very sad and sorry for the tree and upset with the man. I was wondering how he could be so insensitive and rude to the tree that was giving him such beautiful and fragrant flowers.

My mother has always insisted on free expression, she tells me that I should express myself especially when I thought that something wrong was happening or did not seem right. So I finally decided to have a word with the man. I went for cycling the next morning and saw the same sight. I parked my cycle and mustered some courage as I approached the man and very politely requested him to shake the tree gently since the flowers would fall with the slightest shake or at the slightest push. It was nice of him to have agreed to the same and after that day I always saw him being nice and gentle to the tree.

I felt very happy and relieved after having expressed myself and felt like a big burden was lifted off me. Ever since, it has made me feel more confident to speak up and stand up for the right cause after this incident.

**Aarya Maheshwari**  
(11 years)



# Youth Speak

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

## Question:

I lose interest in my goals so often, especially when I am close to achieving them. What am I missing? Also is it because it might not be my life's purpose? It's been a lifelong trait. Please help!

## Answer:

Thank you for this question; we truly appreciate your acceptance of not being able to complete the goals that you set for yourself. Very often, we choose and set our goals with zest and enthusiasm but then for one reason or the other, we give up on them mid-way. Firstly, be assured that you are not alone in this. This happens to many of us. Let us take an in-depth look at the journey of reaching our goals.

The first step in this journey is choosing and setting the goal itself. Before setting a goal, the first step is to ask, "Why do I want to choose this goal; do I have sufficient knowledge about this goal?" These questions serve as an excellent starting point leading to in-depth study into that goal itself, helping one understand the reason for choosing the said goal and becoming aware of the various aspects relating to the same.

The second step is to check whether you really want to achieve this goal? What if this goal is actually achieved? Try to spend some time in living the goal by visualising that the goal has come true. See how you feel when you are in that scenario, visualizing it in complete detail and then ask yourself - Do I like being here, in this moment, living this life? This will give you the answer of whether or not that goal is meant for you.

Initially, when one starts the journey towards achieving the goal, the enthusiasm is extremely high due to the novelty of the pursuit. Many a times though, with unexpected hurdles and obstacles on the way, one may begin to lose interest and may even give up the goal completely.



If this is the case, then please know that the goal itself had come from some external influences on the mind such as novelty, fame, recognition, etc.

If you are able to continue the journey despite challenges on the path and are inspired to move forward one step after the other; if the goal itself gives you the motivation to try harder, then dear friend, know that this goal has risen from your Heart and that is why it is driven by your internal passion. This goal is your own.

Such a goal will refine you, transform you and help you move closer towards the purpose of your life. Now whether the goal has risen from your mind or heart, the important lesson is the steps undertaken towards reaching that goal. Even if you leave a goal in-between, you would still have gained the experience of walking on that path. You are now aware about the various hurdles that come in the journey and have gained practical wisdom about the same. From here on, you are in a position to be able to help others in not making the same mistakes. You will be able to share your wisdom with them and help them in a positive and constructive manner.

Always remember, it is not the destination but the journey that truly matters. The important question to ask yourself is that whether I am enjoying this journey or not? If you learn from each mistake, get up stronger after each fall and move forward with wisdom and passion, the entire process would be completely worth it. Whether you achieve the goal or not, you will definitely emerge as a better person at the end.

And to answer the last part of your question, if you do not know the purpose of your life then simply give your 100% to whatever you are doing currently, in this moment. If you are with your family give them your complete attention, care and love. If you are at work then give it your complete focus, attention and commitment. If you are spending time with your own self, with your internal Divine, then do it with honesty and love; and slowly you will realise that the journey of life itself will take you in the direction of your purpose.

Maitreya Dadashreeji had explained this beautifully with an example, *“When you travel by an airplane, what do you do? Do you exchange seats with the captain of the plane and ask him, “I have bought the ticket and I know where to go, so let me operate the controls?” Does that happen? Your job is to sit in the flight and follow the instructions as per guidance. The destination of the flight is set. Even if you sleep, you will reach there. Have faith in the pilot! Your big dream of life will be achieved automatically; you just have to follow the instructions imprinted in your heart.”*

*Dear friend, your heart will surely guide you towards discovering and fulfilling the purpose of your life.  
Follow the guidance from within and stay connected to it.*

**With Love and Gratitude,  
Mitra Jeev**

•——————————•

Spirited, happy and full of life - best describes **Mitra Jeev**. The simple, dynamic and inspiring disciple of Divine Friend Dadashreeji. His spiritual journey started with the initiation and guidance of Dadashreeji at a young age, following which he completely devoted his life to selfless service towards humanity.

•——————————•



## *The MaitriBodh Parivār goes up North!*

In the past few months 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 - Realisation (Bodh -I) sessions.

### **Sharing an experience below:**

Today's session 'Awakening to Self-Realisation' (Bodh-I) was eye opening since it not only raised awareness about the cause of the pandemic but it also provided information and guided on how one could take care of one's well-being in all essential aspects of life such as physical, mental and spiritual. The session also emphasized on the need of spreading universal brotherhood especially in critical situations like these. I will be looking forward to more such sessions that create awareness and raise the consciousness.

**Ms. Mangalmit Lepcha,  
Manager  
(Association for Social Health in India, Sikkim)**



## 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.” – Dadashreeji*

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

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

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

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

### Dear Friends,

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

Send in your questions to [anahita@maitribodh.org](mailto:anahita@maitribodh.org)

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

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



# Our Spiritual Centres

## INDIA

### AMRITSAR, PUNJAB

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

Mitra Mehra Dixit  
+91 95699 99945

### BENGALURU, KARNATAKA

Mitra Manikandan  
+91 82969 48222  
manikandan.neverland@gmail.com

### INDORE, MADHYA PRADESH

Maitreyi Ranjana  
+91 90099 90945  
ranjanasodhani@gmail.com

Mitra Arun

+91 97525 31945  
arunsodhani58@gmail.com

### DELHI NCR

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

### BHUBANESHWAR, ORISSA

Mitra Das  
+91 97179 24324  
das\_ins@yahoo.co.in

### PUNE, MAHARASHTRA

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

### MUMBAI, MAHARASHTRA

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

### COIMBATORE, TAMIL NADU

Maitreyi Rooparani  
+91 97916 13099  
rroopa\_11@yahoo.com

### RAIPUR, CHHATISGARH

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

## ASIA

NEPAL | INDONESIA | THAILAND | HONG KONG | SINGAPORE | MALAYSIA | JAPAN | MYANMAR

Maitreyi Poonam Rawal  
+91 9819007459  
mbpasia@gmail.com

## EUROPE

### AUSTRIA

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

### DENMARK

info.dk@maitribodh.eu

### GERMANY

info.de@maitribodh.eu

### HUNGARY

info.hu@maitribodh.eu

### RUSSIA

info.ru@maitribodh.eu

### SWITZERLAND

info.ch@maitribodh.eu

### ITALY

info.it@maitribodh.eu

### UNITED KINGDOM

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

## UNITED STATES OF AMERICA

### DAVENPORT

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

### LOS ANGELES

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

### NEW YORK

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

## MIDDLE EAST

info.uae@maitribodh.org

## AUSTRALIA

Mitra Gomant  
+91 98110 13954

