



MaitriBodh

Maitri Anahita

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From the Editor's Desk

Dear Reader,

The editorial team of Maitri Anahita wish you and all members of the MaitriBodh Parivār a most positively transformative, joyous and fulfilling 2021.

The past year gave us much to think about. It seems that Divinity with utmost Love has given humanity yet another opportunity of becoming better versions of ourselves, by transforming from being selfish, materialistic, insensitive, ego centric; into a caring, loving and balanced species. As Maitreya Dadashreeji guides and nurtures the growth of the transformative consciousness of mankind let us all work even harder filled with immense joy and gratitude that He is with us, walking with us as part of us as the planet Earth hurtling through space towards the 'Eye of the Universe' keeps its appointment with destiny and the hour of glory.

Maitreya Dadashreeji is coming forth on many platforms announcing the time for transformation has arrived, heralding in the 'Maitri Yug' where Love and Peace brings us to One World, One Family, One Truth.

In this edition read Dadashreeji's message to humanity as He shares three key points that will help us navigate through 2021.

In the 'Food for the Soul' section, the article 'Time to Transform' the author contemplates upon the two famous verses from the Bhagwad Gita which reassure us protection during the time of Transformation. In 'Ek Kshan Prarthana', pray together as the Divine guides us in understanding the value of acceptance, of ourselves as we are, of those around us and our life circumstances trusting the Divine as we grow spiritually.

The article 'Pain Purifies' guides us on a most practical way on how to understand the hidden lesson, harness the emotion and transcend the pain to grow spiritually. Enjoy the delicious recipes of some wholesome soups in the 'Health and Wellness' section. Under 'Reflections' do not miss reading the articles 'Our Goals – Let's Review' and 'My Mother works for Mother Earth'.

Under the section 'Young Impressions' we gladly introduce a new column 'Wisdom Bytes' that features thought provoking picture tales. Our youth is our future, it is reassuring that the Earth is in good hands as they share their insights through their articles. 'Youth Speak' guides us on how to discover our ideal qualities and way of life. Do not miss reading the experiences shared under the sections 'Dadaleela' and '@MBP'.

*Let us step into the New Year with a promise to Transform!
May all beings transform peacefully and be filled with love, hope, faith and joy!!*

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



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

PEARLS OF WISDOM



We wish a transformational, blissful year to all our friends!

In life, we should wholeheartedly welcome anything new with positivity. The New Year 2021 will bring in more opportunities to excel and learn meaningful lessons. Hence, let us get ready to embrace the New Year with an evolved state of mind.

Each year prepares us towards a better version of our selves. The experience gained in 2020 will enable us to flow through future events sealed in the 2021 calendar. We have learnt rare and critical lessons in the last year. The unique point is that these lessons were not only limited to individuals but also were meant for humanity at large. The year 2020 cannot be complete without mentioning the covid-19 pandemic. It tested our patience and resilience. The experience was harrowing and intimidating. But our innate ability to adapt to new surroundings helped us immensely to emerge stronger in the challenging times. These mixed experiences have shaped our character, providing an entirely different perspective towards life. Value and Cherish it while entering into a new world of diverse events.

With the experience of the last challenging global event, we shouldn't take the coming time lightly. Your 'improved version' is ready to handle any such challenges effectively. Hence, believe in yourself. You have cleared the last test. You will find productive ways to navigate through the situation and turn it into sustainable growth. In order to make your path easy and to accelerate the improvement, we suggest the following three key points to consider this year. It will profoundly change your life with a comprehensive and constructive impact.



1. Focus: Be clear in your mind and heart; what do you wish to achieve this year? Repeat this to yourself! Your resolve should be a personal 'need'. A 'want' doesn't have the power to last long. Hence, decide and define your vision for 2021. Work with dedication to achieve it! This focus itself will give you the empowering momentum to speed up the act of accomplishing your dream.

2. Adaptability: An essential quality that one would require this year will be adaptability. Train your mind to flex with the situation! One will have to discern between giving up and adapting to the given challenge. You are not submissive, yet are wise enough to take the right decision in any adverse conditions. Prepare for the best! Hope for the best! But be aware that difficulties might emerge. There you will need to walk through any unfavourable events and achieve the desired goal.

3. Express and listen: We can't expect growth unless we learn to 'express and listen'. We should consciously make an effort to talk to someone. If there is anything you have within and want to share with someone, please feel free and express it. At intervals there will be situations where you will need to empty your heart out. Share your emotions with close friends, family, professional counsellors or doctors! As we talk about expression, we also need to consider the act of listening. If anyone around you feels the need to express something, be there and listen to them attentively. Give your time and love! It will not only empty their hearts but also uplift your consciousness immediately. People somehow do not understand the need to express and listen, but if you do implement as and when required, you grow within and without - uninhibitedly.

To efficiently derive the best from these three points, incorporate your Divine Friend in them. Once you set the vision for 2021, share it with your Divine Friend. Tell your Divine, what you are planning for this year, to get His association so as to materialize the dream. Enjoy this privilege!

For the second point, whenever you are in a dilemma, consult your Inner-Divine. The clear message will remove the confusion. The Divine will provide you with flexibility, keeping the vision firm and clear.

The last point is to regularly practice expressing your heart to your Inner-Divine as also listening to Him. Your association with the Divine will elevate your awareness level to a higher one. It's magical.



Let us keep striving for improvement with strength and courage irrespective of the severity of the situation. We know that the world is changing at a rapid pace. We have to match that speed. Whenever the world-changing phenomenon have taken place, the world based on anti-heart and anti-nature philosophy has burnt down to ashes. The uprooting of the false reality ushers in a new beginning. If we are genuinely seeking a transformed and better world, we need to prepare ourselves for the related events and not complain about them. We understand how difficult it is to face a painful situation; but know that it is for your good and the good of others. If there is a slight possibility of avoiding any adverse event, the Divine will never hesitate and will immediately act and dissolve such events. If we have to encounter them, let us face and flow through them to witness a better and happy world for everyone.

*My friends! Come together and begin a new journey to transform our world!
I am always there with you.
Share and spread love everywhere you go!
The world needs it.*

**Love and Blessings!
Maitreya Dadashreeji!**



Tales of Transformation

I wish to share an experience of the transformation process I am undergoing. Lately I have been experiencing an internal shift and transformation within myself.

One day I witnessed an insect's struggle in coming out of its pupa/cocoon. This provided me with an insight about life. I empathised and identified with the insect's struggle. The cocoon was of utmost importance in the sleep state. But now, in this time of awakening and metamorphosis, there's a need to shed this cocoon. However, it is not an easy task of shedding the cocoon. The greater the struggle, the greater is the beauty and strength of the hexapod (insect) that emerges from the cocoon.

Thank you so much Maitreya Dadashreeji, for assisting me in my journey while letting me evolve at my own pace. Were I to cut through this insect's cocoon and help it out, it would never be able to mature completely and would likely develop a disability. Similarly, my Maitreya never intervenes in my struggles and learnings, (though He remains ever watchful) His Grace and guidance helps me navigate the challenges of life. Love, Love, Love! Thank you Maitreya Dadashreeji for your Divine presence in my life!

**Always at the Lotus feet of the Divine,
Regards,
Vibhuti**

Maitreya Dadashreeji like a true friend understands us very well and is also aware of all our sufferings. He guides us and helps us to reduce and eradicate them. I have experienced this in my life. Outwardly I have always appeared as an outspoken and happy person. In reality, I was not able to express myself if I disliked someone's words or if their actions had hurt me. But ever since I connected with Dadashreeji I have experienced His Grace and have gained courage to express myself freely and with clarity. I can now fully express my state of mind in all my relationships, without being impolite or harsh. The burden that I had been carrying for years has suddenly become lighter. Dadashreeji has brought about this transformation in me and has freed me from all the baggage that I had been carrying. Now I feel more positive and energetic. Maitreya Dadashreeji, please continue to guide me on this journey and always be with me.

**Thank you!
Namita Jajoo**





Trust the Divine

I would like to share an experience that has been uppermost in my mind for many days now. I am sure Dada wants me to share this experience with all.

I am a Design Engineer by profession, and am completely dedicated to my work. When I came to know about MaitriBodh Parivār from one of my friends, I enrolled for Bodh I (Awakening to Self Realisation). Since then I have been communicating with Dada daily and He guides me through every tough situation. Dadashreeji helps me in every task, big or small - from locating my important drawings to taking daily decisions in the office.

A month after Bodh I, I enrolled for and attended Bodh II (Purification). Thereafter, it was natural to attend Bodh III (Path Divine) and upon inquiring I was told that it would be conducted in the month of December that year. The next morning, I woke up in an unsettled state. I really wanted to attend that session and was very eager to experience Dada. Accordingly, I connected with my inner Dadashreeji and put my question to Him. To my dismay, the answer I received was a 'no' to attending the Bodh III session. I was upset with Dadashreeji at that time but still I got up and went to office as usual. After reaching office I came to know that the project I was working on had been cleared for implementation at my company's plant. Every member who had worked on this project was called in to discuss the details with the supervisor of our department after which there was a celebratory party for all project members. This development came out of the blue! It was only then that I realised why my inner Dadashreeji had guided me to wait before attending Bodh III. Everything worked out well for me with the help of my Divine Friend Dadashreeji.

We often turn to Dadashreeji for helping us in many situations. Have faith that the Divine acts for our larger good. If something doesn't work out in your favour that doesn't mean the Divine is not listening. There is a bigger reward or experience that awaits us. Just trust Dadashreeji and spread love, Dada's vision may surprise you in ways that you could have never imagined!

**Thank you for everything, Dadashreeji!
Harshal Lone**



Time to Transform

Mitra Sut expounds two famous verses from the Bhagvad Gita to propound their relevance in the current times

परित्राणाय साधूनां विनाशाय च दुष्कृताम् ।
धर्मसंस्थापनार्थाय सम्भवामि युगे युगे ॥

*paritrāṇāya sādḥūnā vināśhāya cha dushkritām |
dharma-sansthāpanārthāya sambhavāmi yuge yuge | |*

paritrāṇāya – to protect; sādḥūnām – the righteous; vināśhāya – to annihilate; cha – and; dushkritām – the wicked; dharma – righteousness; sansthāpana-arthāya – to re-establish; sambhavāmi – I appear; yuge yuge – age after age

Meaning

To protect the righteous, to annihilate the wicked, and to re-establish the principles of dharma I appear on this earth, age after age.

जन्म कर्म च मे दिव्यमेवं यो वेत्ति तत्त्वतः ॥
त्यक्त्वा देहं पुनर्जन्म नैति मामेति सोऽर्जुन ॥ ९ ॥

*janma karma cha me divyam eva yo vetti tattvata |
tyaktvā deha punar janma naiti māmēti so 'rjuna | |*

janma – birth; karma – activities; cha – and; me – of mine; divyam – divine; evam – thus; ya – who; vetti – know; tattvata – in truth; tyaktvā – having abandoned; deham – the body; puna – again; janma – birth; na – never; eti – takes; mām – to me; eti – comes; sa – he; arjuna – Arjun

Meaning

Those who understand the divine nature of my birth and activities, O Arjun, upon leaving the body, do not have to take birth again, but come to my eternal abode.





Has that time come?

The answer lies within. If we close our eyes and connect within, one will realise that this is the time for change - for Transformation! "Our planet is in the process of connecting with the 'Higher Universal Source'. In this process, many things will undergo change. In one way we can term this as a cleansing process. The atmosphere will displace and expel unsettled, dissonant or any disruptive energies and thereafter only retain purity. Nature is going to correct everything to align itself with the Universal Consciousness.", says Maitreya Dadashreeji. It has also been scientifically documented how nature is correcting itself.

In the next verse Krishna says that when one understands the Divine, the role of the Divine, the work of the Divine and actually experiences this, one achieves the highest and fulfills one's purpose of existence to reach the abode of the Divine.

The experience of the presence of the Divine form is internal and whenever the Divine has incarnated on Earth He/ She never comes with the declaration or reveals all. It is far later on that people realise the truth, except for a few


who could experience their true nature while they were alive on earth. It's a huge task to bring in this balance of restoring positivity and history has been witness to the work that has been done by Divine incarnations!

The time seems to have come again, a phase of transition; an unchangeable universal phenomenon that now seems inevitable.

Let's welcome this positive change. Maitreya Dadashreeji has urged all, not to resist the flow, instead embrace the positive wave of Transformation and let one's Heart guide one hereafter. To help one flow with ease and to align during this transitional period the MaitriBodh Parivār brings to you a Worldwide Transformation Program (<https://maitribodh.org/transform>).

This program, will help one witness the Truth and realise the deeper meaning of the above two sacred verses, which are appropriate for the current time.

(Source Credits: www.holy-bhagavad-gita.org/)

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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 Dadashreeji.



**Ek Kshan Prārthanā: Welcome 2021 with Loving Acceptance!*

Pray together with **Maitreyi Sulata** as she gratefully bows in front of her Divine on being guided in her understanding the value of acceptance, of ourselves as we are, those around us and our life circumstances trusting the Divine as we grow spiritually

Dearest Friends,

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

Wishing you and all your loved ones a very Happy New Year filled with Divine Grace and Blessings!

The Year 2020 stole upon an unsuspecting mankind with many unexpected surprises, struggles and challenges for all of us with many of our fellow travellers in life losing their loved ones and suffering irreparable loss. At the same time, it was a spiritually awakening year for sensitizing Humanity towards the needs of Planet Earth and Mother Nature, as we as collective human consciousness went through a catharsis of soul stirring events and life transforming learnings. Each month, through Maitri Anahita, we all as family of friends have been sharing the most precious lessons for man, behind the current turmoil.

**Ek Kshan Prārthanā - A Moment in Prayer*





Now, is the time to leave the past behind and welcome the Year 2021 with acceptance!

How often do we find ourselves saying, I don't want to be where I am. I hope things could be different. I wish this never happened to me. What does it feel like when you don't want to be where you are? It could be something as small as a traffic jam or a frustrating experience of living with people you don't resonate with, feeling helpless because walking out of the situation is simply not an option. Under such circumstances all we are left with is an internal war and we end up making ourselves and others miserable and unhappy.

The Year 2021 has been a great opportunity for us to explore ourselves internally. Do we really need to have a reactive like/ dislike relationship with life wherein we are in constant conflict with people and situations? Are these simply deep seated detrimental habits the mind has created over millions of years in Human Consciousness to create comfort zones for ourselves? Is the time now ripe to break the shackles of the mind and our old bad habits? Acceptance is one of the most vital qualities that will help us all bloom like a flower and grow towards greater positivity and happiness.

Maitreya Dadashreeji says, "Accept yourself as you are. Accept the situation as it is. You are not at fault every time. Don't blame yourself, don't blame others. Nature has offered the best. Acknowledge it, accept it wholeheartedly. Acceptance will boost our spiritual growth. It will instantly uplift the level of your awareness. You reach beyond the realm of happiness and suffering. You start understanding life truly. When you feel a sudden loss of energy or sometimes are depressed, worrying a lot, don't know what to do in life, with no direction, no help - which is more like an overall confused state. There, in that state, immediate relief will come when you accept yourself 'as it is' when you accept the situation 'as it is'. Just try it once and see the magic. Whatever is happening - it is just there, it's a play. This is how the situation is. And when you accept it, automatically you will receive help. You will get the direction. Because then there is no loss of energy through an internal struggle."


Acceptance begins with self- acceptance! Good, bad, ugly- let's accept ourselves the way we are in this moment and without any judgments or prejudices! Acceptance is not giving up or feeling helpless! When we are disturbed is because we find something in our life not quite working the way we would like it to be at that moment in time. The moment we accept the situation, thing or person as is, it creates a quiet space within us, a silent space, clear, pure and serene. That silence itself, is the voice of the Inner Divine residing within us - so called as the sound of the soul! Silence creates the way for us to flow ahead in that otherwise war-like circumstance.




*Where noise ends...Silence begins!
Where war ends...Acceptance begins!
Where silence begins....we gain entry into the Divine realm and receive Divine Guidance which then directs
our life with Peace and Grace!
Let's begin the Year 2021 with a loving acceptance of life!*

This month's Ek Kshan Prārthanā (A Moment in Prayer) is a heartfelt prayer to the Divine for granting us all 'loving acceptance'.

Beloved Maitreya,
May the Love and Light of the Divine bless us all with loving acceptance
Of everything that life offers us,
May the Love and Light of the Divine guides us towards the internal silence,
As Your Grace paves the way of a silent transformation within us!

•——————————•
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.

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Pain Purifies

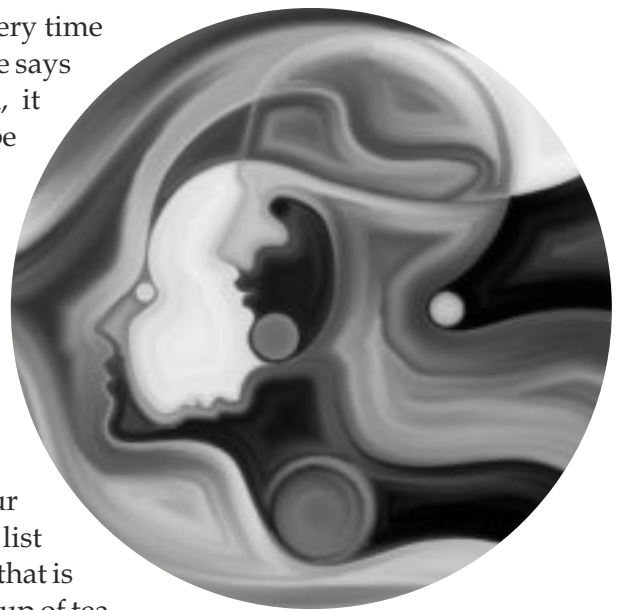
Emotional pain may impact one's physical and mental health. To free oneself from this baggage it is important to understand the origin of the emotional pain says **Maitreyi Mohini**

Hurt and pain are an integral part of human life. Every time things do not go the way we wish or someone we love says or does something that is unexpected from them, it causes hurt. If one observes closely, this hurt can be identified as being somewhere in the center of one's chest in the form of a heaviness. It arises from within and may choke us or may express itself as tears. If contained it may lead to a sense of being stifled.

Usually when we go through this hurt, the discomfort that originates from it triggers an instantaneous reaction of finding someone or a situation to assign blame to. Our mind in that instant wants to assign the blame of that discomfort or our suffering onto another person or situation and a long list of grievances is drawn up. Another reaction or route that is commonly taken is that of diversion/ distraction - a cup of tea, some house-hold chore, scrolling your messages, going out with friends, watching television. While it is completely understandable that one would wish to avoid pain, one needs to understand the importance of experiencing completely whatever it is that we are feeling. As we react to the pain in the only manner which seems sensible, what happens is that one just misses the whole experience of the emotion/ feeling in all its purity.

As the mind instantaneously engages us in the blame game, we fail to observe that the actual source of the pain was already within us. If we only take a moment to truly experience what we are feeling, we will realise this rising of the emotion, whatever that might be, is from within. As you witness this emotion and the associated discomfort you will slowly see that the apparent cause for the pain was just a trigger for something that already existed within you.

The witnessing itself may not be easy but just be still and observe whatever is going on within. We are often told that we need to be always positive and upbeat, this so-called toxic positivity is another reason why we miss witnessing and experiencing our truth. To avoid the pain and sadness we fake



upbeat emotions that we may not be truly experiencing. If one truly wishes to be free of the pain and the emotion that makes you uncomfortable the only way is to experience it without flinching. Life is a great teacher and if one observes life, we will see that pain has always led to something beautiful, it has taught us something. A mother who gives birth to a new life, a caterpillar that emerges as a butterfly, the physical pain in the body which tries to tell us something is not right within, all are a steppingstone to transformation.

As we witness and truly experience whatever we may be feeling, we will realise that the emotion is trying to tell us something. Our emotions are the gateway to freedom. They guide us to a journey of self-discovery. Do not reject your emotions, experience what there is to experience and learn from it. Pain purifies it, cleanses it and points towards the Truth. Don't waste it. Use it well and grow.

A lover of life, Maitreyi Mohini endeavours to see life from the lens of love and learn from every situation. Her passion is to realise Divine Friend Dadashreeji's vision of a world where love prevails.



Winter Soups

Maitreyi Swati Kejdiwal shares nutritious soup recipes to keep one warm and healthy this winter

Soups aren't just a delicious winter meal but help us stay warm and cosy during the cold weather. They are very satiating, full of health benefits and make one feel good inside. Soups are by far the most comforting food.

Shared below are a few recipes of soup:

Barley soup

Ingredients:

- Barley - 30 gms (soaked overnight or minimum 4 hours)
- Mixed vegetables (carrot, peas, cabbage, beans) - 100 gms
- Onion - 1 chopped
- Garlic - 3 pods chopped
- Ginger - ½ inch
- Green chillies - 2
- Bay leaves - 2
- Peppercorns - 2
- Cloves - 2
- Cinnamon - 1 inch
- Salt - as per taste
- Oil/Clarified Butter - 2 tsp

Process: Heat oil/clarified butter in a pressure cooker. Add the whole spices and sauté till fragrant. Add ginger, garlic, green chillies and onions and sauté for a few minutes followed with the chopped vegetables, soaked barley and salt. Mix well, then add 4 cups water and cook till 4 to 5 whistles. Add black pepper powder and serve hot.

Benefits: Barley is rich in protein, iron and fibre. It keeps the intestines healthy, helps control cholesterol levels and helps lower risk of diabetes besides various other health benefits. The vegetables and spices enhance its health profile.

Black Chana (Black/Red Chick Peas) Soup

Ingredients:

- Black chick peas – ½ cup
- Onion chopped – 1
- Ginger chopped – ½ inch piece
- Cinnamon - 1 piece
- Bay leaf – 1
- Tomato chopped – 1
- Green chilly chopped -1

For tempering:

- ½ tbsp clarified ghee
- 2 garlic cloves (grated)
- Salt to taste

Process: Wash the black chick peas and soak in water for 4 to 5 hours. Add the black chick peas and all other ingredients into a pressure cooker and cook for 4 whistles and for 10 mins on slow flame. The black chick peas should be well cooked and tender. Grind in a mixer and sieve it. Heat the ghee and add the garlic. Sauté till the garlic turns brown and add salt. Add this to the soup and give it a boil. Garnish with fresh coriander leaves and serve hot.

Benefits: Black chick peas are rich in fibre and prevent constipation. They are a good source of iron and protein and can boost energy levels and prevent anaemia.

Pumpkin and Moong (Green Gram) Sprout Soup

Ingredients:

- Pumpkin – 250 gms
- Capsicum diced – 1
- Carrot diced – 2
- Onion chopped – 1
- Garlic – 3 cloves
- Ginger – ½ inch
- Moong sprouts – 1 cup
- Black peppercorns (crushed) – 7 to 8
- Olive oil – 2 tsp
- Salt to taste

Process: Heat oil in a pan. Add garlic, ginger and onion. Sauté for 2 mins then add pumpkin, capsicum and carrots. Add one and half cups of water and crushed peppercorns. Cook till soft. Cool and blend in a blender. Add salt and give it a quick boil. Transfer to a bowl and add boiled moong sprouts, lemon juice and garnish with fresh coriander.

Benefits: This soup is easy to digest, loaded with fibre, rich in protein and Vitamin A.

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.

Our Goals – Let's Review



As the year ends and the New Year begins, one common thing that most of us do is to set goals. It is important to make goals as they give us the direction to move forward in life. However, an important part of the process is reviewing our past goal/s which helps us in gauging the progress that we have made and will enable us to plan the next step effectively.

My goal last year was to strengthen my bond with my true friend Maitreya Dadashreeji. I had listed various activities that I would do to achieve the same. However, while reviewing this goal I realised that the strengthening of our bond is an ongoing process and not something that can be achieved in a limited time period. I need to continue to work on moving closer to my Inner Divine and the simplest way to do that is to communicate constantly.

I still remember the day when I was told that the easiest way to strengthen our bond with


Maitreya Dadashreeji is by communicating with Him. I used to wonder how one can communicate with someone who is not physically present with you and that too constantly. I realised that I only needed to have faith to experience Him around me all the time. That was it! Once I knew that Dadashreeji was with me, I started involving Him in my daily chores. I wanted Him to experience everything with me. Slowly, the conversations which were always initiated by me started becoming meaningful and had a learning for me.

I started sharing everything with Dadashreeji. In the process, I became more aware of myself. I became aware of my weaknesses, my strengths and also started understanding myself better. I started taking care of myself. The most important thing was that I started becoming true to my own self. There was absolutely no pretence with Dadashreeji and that made our bond strong. There are times when I seek


guidance from Him, share mundane things and sometimes even request Him to pamper me. He is quick to respond. However, sometimes He does like to play and have fun. During those times, one may think that He is not listening and is not around. However, the truth is that He is sitting quietly in our heart, observing our every little thought, word and action. I also realised that the strengthening of our bond is a beautiful journey of love which starts and continues in the heart itself.

It is our bond which helps in cultivating the qualities of our True Friend within us. In testing situations or while enjoying, or while connecting with people, I have started taking a pause and thinking how Maitreya Dadashreeji would respond. Would He judge, be disappointed, feel insecure or be understanding, positive and give love. I try to choose what He would do and that has really helped me let go and move forward in life. Although, I am still a 'work in progress', my bond with Him has helped me take that first step towards transformation and becoming a better person.

As I contemplate on my bond with Maitreya Dadashreeji, I just know that I will continue to work on nurturing it and making it stronger. This will be always my goal - my priority!



Maitreyi Shraddha is a student of life, she finds joy in being with her students with different abilities.



My Mother works for Mother Earth

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



The experience of being a parent remains unparalleled. But it comes with its own set of surprises and learnings. One of them is, dealing with the guilt of “I could’ve done better”. Over the past few months this feeling had been erupting more often than usual, in my mind and in a way where I could no longer convince myself out of it. In spite of dedicating time for my daughter every day, the feeling that I wasn’t doing enough was constantly disturbing my sense of peace. But in all of this, my internal voice was constantly telling me - enough of brushing this under the carpet, look into this feeling properly and resolve it!

The day of the face-off between me and my guilt arrived sooner than I expected when I took a short trip together with my husband, brother and daughter two months back. Even though it was a break long overdue, I still decided to spare some time for work every day. I am a volunteer at the MaitriBodh Parivār and for me seva (service) holds equal weightage as any job a professional is passionate about. One evening I had a work related call to attend to so my husband and brother took my 6 year old to a nearby restaurant. While she was in the play area at the restaurant she made a few new friends of her age. One of the parents of the children saw her playing and asked her where her parents were. My daughter pointed to my husband and said that she had come with her dad and uncle. The lady then enquired about me, she asked my daughter “where is your mother?” My daughter explained that I was in the hotel room on a work related call. The lady teasingly enquired further about what it is that I do. “She works for Mother Earth” my daughter replied. The lady thought she misheard something or my daughter was unclear about my job, so she smiled and left the conversation to join her family at the table. Incidentally her table was right next to my husband and brother’s. Greetings were shared and over the course of conversation she finally felt comfortable enough to ask my husband about my job. Upon hearing my daughter’s explanation about what I do both the men smiled and said, “yes, that’s actually what she and we too.”

On their return to the hotel room my brother narrated the entire incident to me. When I heard what my daughter had said a feeling of guilt exploded within me and in one instant I experienced awareness, understanding, resolution and a rollercoaster of emotions.

Overcoming Guilt: Maitreya Dadashreeji has strongly advised us to keep guilt afar. He has said that when you experience guilt say sorry to your Higher Sacred Self/Divine and move forward. When you experience guilt strive to do better the next time. I realised that I should’ve tackled my guilt as soon as it started creeping in instead of allowing it to fester. Internally I apologized to Dadashreeji and my daughter and decided to do better!

Understanding: I reasoned with my mind about the practical solution out of this guilt. While I was thinking I realised that I extend myself as much as possible and dedicate my time for my daughter and family. I understood that the expectation of the mind was coming out of insecurities and comparison. I decided to take it a step further. I sought guidance from Dadashreeji, internally, and He came up with some beautiful ideas to make my time with my daughter more worthwhile.

Awareness: Going further into contemplation I questioned myself what is the overall responsibility of a parent? Is it just to guide and advise or is it to set an example so that children follow by example? For all of us, Dadashreeji is the best guide! He has always shown us the path to walk on but He walks the path first. Similarly as parents, we are being watched and our actions are being soaked in by our children every second. For my six year old's brain to put together that "my mother works for Mother Earth" is the impact that my actions have had on her. Superficially these words may just be something sweet a child came up with but for me these words validate that my actions are subconsciously leading my daughter towards the larger purpose of life.

The seva that we offer at MaitriBodh is towards a vision for the future as One World, One Family, One Truth. A future filled with Love and Peace for our children and the children of the world. We are all collectively, consciously and dedicatedly making efforts each day to heal Mother Earth and to Transform humanity. For my child to be able to put this succinctly and precisely in six simple words raised my confidence in myself as a parent. It gave me the courage to carry on blithe in the knowledge that the impression that she has of me and the impact this is having on her is Divine indeed.

Spiritual Ties: Lastly and most importantly, Dadashreeji's words from a meeting with Him came rushing to my mind - "She has chosen you as her parents." In many of His discourses Dadashreeji has explained categorically what a person's destiny entails. We make choices 'up there' to complete our learnings when we come down here, and one of the things we choose is our parents. So whilst striving to be a better parent we must remind ourselves from time to time that our children have chosen us for who we are, what we do and how that will help them fulfill their dreams and purpose of life!

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.



Life in college is filled with challenges and ordeals of its own. **Charvi Somani** shares an incident that changed her perspective and gave her a better understanding about herself

College life is something we all look forward to as kids, for the taste of freedom that we always yearned for. Though, eventually most of us would like to go back to school - the golden days where we were away from the drama and politics we began facing in college. Carrying the burden of memories of all those who have wronged us is a given in the journey of life. This generally develops strong negative feelings within us towards certain persons or a group of people.

My journey in college was filled with fun though I had my share of ordeals too. College gives a chance to get a fresh start at everything. It is all about a new place, new people, and new friends and of course, new committees. Having a love for co-curricular activities, I actively volunteered for many committees. One of them was the dance committee in my college. I auditioned and was selected; my passion for dance had ensured that dance practice always remain a priority.

The college years went by with me dancing my way through them happily. My unconditional love and care for the members of the dance committee knew no bounds. Battling through college politics, I ensured that we would be allocated a sufficient budget, a place to rehearse, costumes, etc. I also went out of my way to help the members address their personal problems. I carried a sense of responsibility towards the team, but then one day all of this changed.

A newly selected ambitious girl joined the team. Having had lot of formal training, she had an air about herself. A self-proclaimed leader she did not let go of a single opportunity to showcase her power. I tried ignoring her way of working and thinking, for as long as I could, until gradually her actions got to me and the disrespect that flowed out of her caught me off guard. It resulted in my strong hatred for the entire dance team since everyone followed her around. Dance choked me now!



Every practice session was followed by an episode of me crying myself to sleep, feeling dejected and defeated. The hatred grew more and more and I decided to stop dancing. All my friends were shocked since none knew what I was going through.

It had almost been six months that I had stopped listening to music and stopped dancing. During this challenging time I was pouring my heart out to the Divine Light. During one such talk I realized that I wanted respect and recognition which eventually boosted my ego. The growing popularity of the new dance member made me jealous, insecure, and negative thoughts poisoned my mind and consequently my ability to think straight. I failed to see the bigger picture of me doing what I love - dancing. No sooner than this realization sank in, that a feeling of warmth spread through me and I found the strength to let go of the past to make a new future within myself. The heavy and lost feeling transformed into light and love. Once again, there was dance, music, happiness and love all around. And I only have the Divine Light to thank for it.

In those six months I learnt a valuable lesson. The battle to be fought is never outside. It is always within you, against negativity and the false self and with every victory one moves closer to one's true self.

Charvi is a final year student in NMIMS, pursuing the integrated MBATech course specializing in Computer Science and Business Intelligence. With a passion for dancing and reading along with extra curricular activities, she is a fun-filled, happy go lucky person who loves meeting new people, making new friends, helping people as much as possible and learning everything at her own pace.

Wisdom Bytes

Thought provoking picture tales...



Youth Speak

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

Question:

Through various scriptures we have read about the ideal qualities and ways of life. But it is not always possible to implement those in real life. In such a case, what should one do?

Answer:

To address this interesting question, let us get acquainted with the story of a Learned Fish. Once upon a time, there was a fish named Yadumati that lived with her family in the great Indian Ocean. Yadumati was a learned and scholarly fish, who was proficient in many subjects having read many books. Year after year, the fish spent time acquiring more knowledge from several books about different animals, their survival techniques and their qualities.

After his thorough research which included reading, analysing and contemplation from over 75 books, Yadumati came to the conclusion that an Eagle's way of life is ideal and the best. Inspired by the qualities of an eagle of being tenacious, fearlessly facing every danger, being selective about their prey, flying solo; Yadumati now decided to follow and implement these qualities in her life.

She immediately decided to move away from the family to stay solo, face all the predators fearlessly and consume only selective fresh prey instead of leftovers. She was hopeful and confident about living a better life. She swam away from the group, was now in search of food but being solo, however fast she swam, she was unable to catch the prey. Hungry and tired, she kept swimming and encountered a big predator fish. She recalled the quality of eagle, and decided to face the Predator. And as one would expect, that was the sad end of the most learned fish Yadumati.

The most important factor that Yadumati forgot to consider was to understand and accept who she truly was.



The most important knowledge we need remember in our life is to know that you are already perfectly placed and all that is needed is to stay aligned with the purpose of your life. Just as a fish is internally programmed to swim and an eagle is internally wired to fly across the skies, so is every individual born with innate qualities that are best suited for their specific purpose of life. We just have to discover our own true self and express ourselves from that state of being.

Exploring and understanding your own good qualities that help you in taking positive actions towards betterment and utilising them in life should become a natural life-long consistent process.

Sometimes, with the easy access to unlimited infinite knowledge, it becomes easy to acquire all kinds of knowledge. But gaining knowledge about the best qualities, practices and ways of life is just the first step helping one gain insights about various possibilities in all creation. However all that knowledge is unnecessary as what is most important is that one has to work for acquiring true knowledge about oneself. Just as there is no one medicine for all diseases, similarly there is no one perfect way of life. One might like to be aware various ways of life but before implementing them in one's own life, one should judiciously do a reality check. A reality check involves situation analysis, self-analysis with respect to strength, weaknesses and most importantly taking the right decision to implement.

In case one does not perform a reality check, there is a high chance of encountering self-doubt, dejection and self-loathing for not being able to implement best practices giving rise to low self-image issues or like in the case of the Learned fish Yadumati taking an erroneous decision which is not in consonance with our purpose in life.

Hence the most important factor in leading a purposeful life is to discover your true self and flow with it naturally. Your Inner Divine will guide you in making this life a smooth, effortless, beautiful and fulfilling journey.

**With Love and Gratitude,
Mitra Jeev**

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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!

Blessed are the souls who are saying 'Yes' to Transformation. The sessions and programs organized by the MaitriBodh Parivār are truly helping souls awaken to the truth. Below is an experience shared by an organizational head.

Today I got an opportunity to attend the virtual session of Awakening to Self-Realisation (Bodh I). The message and content of the entire session was very useful for the mothers and children who are inmates of the SOS Village. The objective of the session organized by the MaitriBodh Parivār was to awaken love in everybody's heart so that it would heal the suffering and pain thus help everyone experience unconditional love and oneness with all.

The MaitriBodh Parivār has been working to uplift human consciousness so that mankind experiences love, peace and harmony.

The knowledge shared in the session along with a profound process truly helps one experience unconditional love and helps one understand the essence of life in the truest sense.

I certainly feel that more such sessions would help children in developing concentration power and help them focus on their studies. It will also help them to be decent human beings with strong character.

Pradeep Jarwal
Village Director
SOS Children's Village, Bhuj
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Upcoming Events

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

Request a Prayer

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

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

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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