



MaitriBodh

Maitri Anahita

ISSUE: 03 || VOLUME: 09 || MARCH 2021

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Dear Loved One,

Mankind today is at a cross road of either continuing on the destructive path it has taken or seek and nurture the feminine qualities of softness, care, motherhood and protection. Feminine and masculine is generally mistaken or associated with genders, while in reality it is about balancing the feminine (yin) and masculine (yang) energies so that one can live in harmony. Over the past centuries we have witnessed how a patriarchal society in the world has caused significant damage not only to females but also to Mother Nature and our world. International Women's Day is celebrated globally on March 8th. Let us celebrate it by inculcating and nurturing feminine qualities like giving, sharing, caring, kindness, affection, creativity, intuition, thoughtfulness, etc. to restore the lost balance.

Inside, we share the spiritual significance of MahāShivrātri which falls on 11th March and the kriya (practice) to be followed by devotees and seekers on this day.

Under '*Pearls of Wisdom*' Maitreya Dadashreeji guides us on why difficult situations occur in our lives and how we could change them.

Enjoy reading the life-altering experiences of devotees with Divine Grace under the section '*Dadaleela*'. As we celebrate Easter in the month of April, the article 'Jesus' Final Moments and the Message of Love' urges us to recognize our true nature and the presence of the Divine in our lives. Under the section '*Food for the Soul*', read 'Ek Kshan Prarthana' in which the author shares with us the seven pillars of heartfelt communication; the light of true knowledge removes ignorance says the great sage Ashtavakra in Ashtavakra Gita - the article 'Parables of Vedic times' expounds further on this. Under the '*Health & Wellness*' section, learn more about how one can treat commonly faced health issues by women, while under '*Reflections*' enjoy the articles 'Facing Fear with the Maitreya's Grace' and 'Awaken to the Inner Voice'. The column 'Youth Speak' under the section '*Young Impressions*' features answers to queries from the youth, the query being - how could one change these repeated occurrences in one's life? Enjoy the picture tale under '*Wisdom Bytes*'. '@MBP' brings to you information about the blood camp held in the state of Punjab.

Wishing you a Happy MahāShivrātri and Happy Easter!

May we recognize the presence of the Divine in our lives and awaken to the Truth!

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

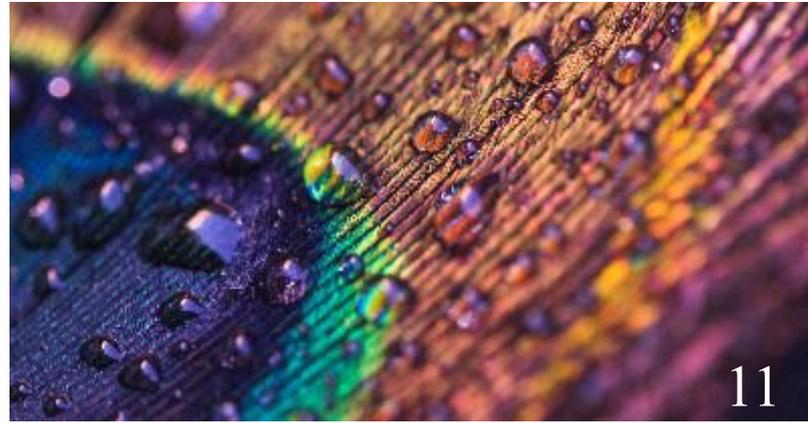


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and experiences at experiences@maitribodh.org

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pearls of wisdom





Love and Blessings to all!!

It gives us immense pleasure when you all come together as a family to bring transformation within and around you. I am your friend in this journey and wherever you stop, we will be there to guide you forward. You just have to decide within yourself that you want to transform. Till the time you don't decide, it cannot happen.

Whenever we visit temples or go to meet a guru, we pray for good things to happen in our lives. But do you ever wonder why difficult situations occur in your life, in the first place? What is the root cause behind this pain? Can we change the situations in our lives?

The answer, my friend, is that when transformation happens within you, there is an automatic transformation around you. It is very simple mathematics. You see the world externally just as you see it within you. When you are worried yourself, you will feel that all people around you are worried. When you feel pain within you, you will see pain all around you. Your internal state determines your external experience. So, if you want to change anything around you, you will have to begin by transforming within. Remember this within you, in your mind, your consciousness that it is vital to bring this transformation around you. It is easy to blame others for your problems and find fault in them. You also blame the Divine for the pain in your life. You feel that other people, society, circumstances and Nature have only brought pain to you. But is there truly anyone, apart from you, that is blocking your growth and progress? My friend, only you decide whether good or bad will happen in your life. Instead of running to someone else for help, see if you yourself can help yourself. You limit your thoughts and thereby limit yourself. You should decide for yourself that you want to transform your life and witness how Grace and guidance will help you. Have faith in transformation.

Please know that there's Someone looking after you. The entire universe, nature is working to help you. The Divine you had faith in, is always with you; He is helping you.



We always pray for happiness and peace for ourselves and our family. Happiness for us means that we are comfortable financially and all members of the household live with each other in harmony. But to experience this happiness we need to begin transformation within us. Happiness is an experience of materialistic fulfilment while peace is an experience of spiritual fulfilment. If you were to choose one between these two, which one would you choose? Will peace give you happiness or the other way round? Go deep within, analyse, reflect and decide for yourself. It is a spiritual truth that if there is something wrong on the external level, it needs to be corrected on the internal level. As soon as you identify and correct what is wrong internally, you will see the shift externally. You can apply this in your life and experiment for yourself. Before you go to sleep at night, give yourself some time. Check if there is something incomplete or have you blocked yourself somewhere from understanding life? Find out what is missing. Ask for guidance. You will get it. Once you correct it within, the Divine, the Universe will provide you the required guidance. You are responsible for your own suffering. We are talking for your own good. All your problems can be solved by your own transformation. Your transformation will help people around you as well. Take one step towards transformation as that is only for your own good. And your Divine, the Universe will support you in this.

If you are a human and you are breathing, you can experience transformation. Nothing else is required. Even now, just tell your Divine or your heart that- "I want to experience transformation."

If somebody throws a stone at you, you can either hold that person's hand and stop them or there is another path spiritually to free yourself. When the stone hits you and you feel the pain, you can free yourself spiritually from this pain. If you detach yourself from the emotion of the pain, you will not feel the pain anymore. In another example, if someone is trying to scare you and you feel afraid, it is because you have fear within you. It's not about them but about you. You are afraid because you are in fear of someone. If you don't feel scared then no one can scare you. If you don't feel the pain, then there is no one externally who can cause pain to you. If you bind your peace and happiness to your own self, then no one can take it away from you.

*Choose internal peace. Choose freedom.
Take the first step to your transformation!!*

**Love and Blessings,
Maitreya Dadashreeji**

(This is an excerpt from Maitreya Dadashreeji's live streaming on 14th Feb, 2021 on YouTube channel - MaitriBodh parivār)



MahāShivrātri

11th March 2021, 11:15pm to 11:45pm

Shiva Linga - The Cosmic Pillar

The story goes that Lord Brahma and Lord Vishnu once came across a great pillar of fire and so they decided to investigate what it was, its origin and purpose. Taking the form of a swan, Lord Brahma rose high into the blue sky in pursuit of its summit while Lord Vishnu bore his way deep into the universe in pursuit of its base – the bottom of a base.

When Lord Vishnu returned he faced a dilemma for not being able to find the end of the cosmic pillar. Lord Brahma had done too, for his cosmic pillar had no end other than Lord Shiva Himself. However, not wanting to admit that he Lord Brahma had not scaled the summit. As proof, he presented a white ketaki flower that he claimed to have found on the top.

No sooner was the lie uttered, Lord Shiva appeared. The two Gods fell at His feet. Lord Shiva became angry that Lord Brahma had lied, and thus cursed Lord Brahma that He shall never be worshipped. Lord Shiva also rejected the Ketaki flower in His worship.

MahāShivrātri is celebrated every year to worship Lord Shiva. He is symbolically worshipped in the form of the 'Shiva Linga' which represents the entire cosmos. This makes the Linga an extremely powerful energy centre because of which in ancient times the Shiva temples were mostly situated on the outskirts of the villages. Since the Linga radiates high energy it also needs to be kept cool. Hence it is observed that the ancient Shiva temples always have a kalash (pot) containing water hanging over the Linga from which water constantly drips over the Linga to keep it cool. The offerings made to the Linga (bel patra/bel phal – wood apple tree leaves/fruits, rice, apple, milk) are cool in nature for the sole reason that the Linga needs to be kept cool. The Shiva Linga is also circumambulated only partially because the water that flows from the Shiva Linga carries a lot of energy and hence it cannot be crossed.

Circumambulating the sanctum sanctorum is an act that reminds a devotee that his thoughts have always got to be centered on the Divine.

Spiritual Significance of MahāShivrātri

Spiritually, this is the day when nature ushers the devotee towards one's spiritual peak. There are two natural forces that afflict man:

(1) Rajas – the quality of passion, activity, neither good nor bad and sometimes either self-centeredness, egoistic, individualistic, driven, dynamic

(2) Tamas – the quality of imbalance, disorder, chaos, anxiety, impure, destructive, delusion, dull or inactive, apathy, inertia or lethargy, violent, vicious, ignorance

The Shivrātri Vrat (fast) aims at gaining perfect control over these two natural forces. The entire day is spent at the feet of the Lord. Continuous worship of the Lord necessitates the devotee's constant presence in the place of worship. Movement is minimal. Inharmonious energies, such as lust, anger, and jealousy, born out of the first natural forces, are ignored and subdued. The devotee observes vigil of the mind throughout the night; and thus, conquers the second natural force as well.

Kriya (Practice) for Devotees

- On this auspicious day, devotees should chant the holy name of Lord Shiva for the entire day and night. One may fast throughout the day and at night, and break the fast next morning. The purpose is to devote and surrender oneself to the Highest Supreme Consciousness, to the Creator of all, who has appeared in the form of the Linga. The energies on this day are conducive for a seeker to unite with the 'Source' by chanting the holy name of Lord Shiva.
- Take a bath at or after sunrise while chanting the holy mantra – 'Om Namah Shivaay'
- Later, worship Shiva and the other deities (if any) residing at Puja Sthala (temple/altar) by offering aarti (circling a lighted lamp three times or more clockwise). Offer flowers and prasadam (offering) like milk, kheer (rice pudding), bananas, apple, etc.
- For the entire day practice mauna (noble silence) if possible; while silently chanting Dadashreeji's mantra or Om Namah Shivaay within.
- At night if possible, devotees should sing Bhajans or continue chanting the holy name of Lord Shiva.
- Dadashreeji has asked us to initiate prayers and kriyas after 11.15 pm till 11.45 pm (night of 11th

March 2021). It has been said that punyas earned on this day are adequate for the entire year, to keep one happy and healthy.

- If devotees have the Linga at home they can perform kriyas on the physical Shiva Linga or sit and meditate on one's heart centre and visualize the presence of the Shiva Linga to perform the kriyas as explained below.
- After the Linga Kriya, devotees should chant Babaji's Mantra and Dadashreeji's Mantra three times each, conveying your prayers to Them.
- At the end, offer aarti to the Shiv Linga, your deities and the Master with gratitude to them with love and devotion.

Linga Kriya

Perform abhishek (pouring of liquid offerings) on the Shiva Linga with water, milk, honey, curd, ghee and sugarcane juice (the abhishek of the Linga should be performed preferably with a kalash or any other vessel. Usage of a conch/shankh for the same is not advised).

One can use sandal, kumkum(vermilion) and turmeric during worship. After cleansing, devotee would offer Bel leaves (Wood apple leaves) for 108 times, to the Shiv Linga. The mantra to be chanted is given below.

Mahākāleshwar Mantra
II Aum Shreem Aum Mahākāleshwarāya Namah II

॥ महाकालेश्वर मंत्र ॥
॥ ॐ श्रीं ॐ महाकालेश्वराय नमः ॥

One can chant the above mantra as many times as one desires. The mantra is very powerful and mystical. It has the power to dissolve obstacles and difficulties, blessing the family with growth and prosperity as well as the society at large. During this time, Dadashreeji and Babaji would be in their 'exalted state' to bless you, your family and entire humanity with their love.

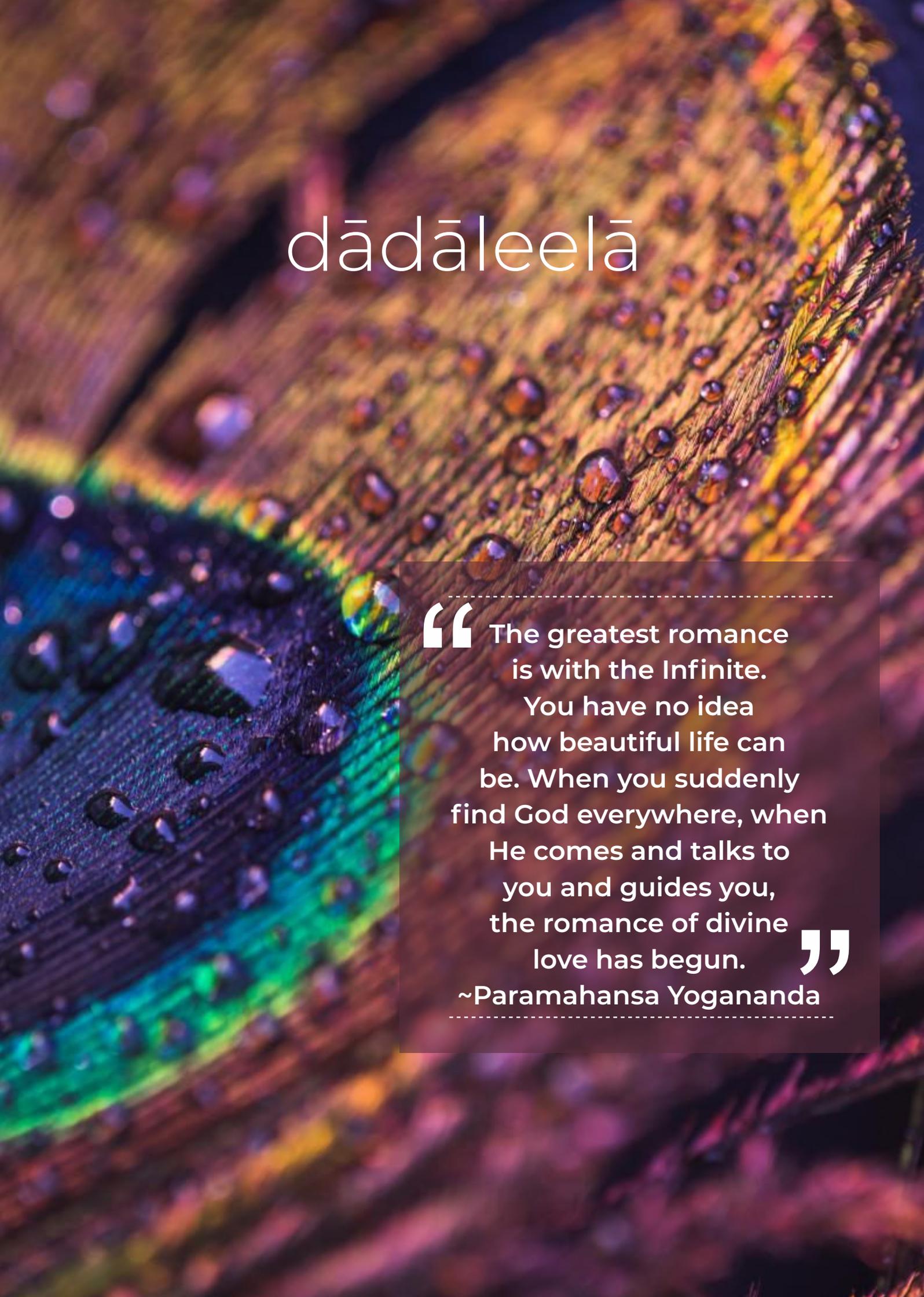
Dadashreeji Mantra
*II Aum Jyotiroopāya Paramsakhāya
Parmānandāya Dadashreeji Namō Namah II*

॥ दादाश्रीजी मंत्र ॥
॥ ॐ ज्योतिरूपाय परमसखाय
परमानंदाय दादाश्रीजी नमो नमः ॥

Babaji Mantra
*II Aum Ādināthā Vishvagarbhā
Trikāla Sarvaloke Swāmi
JagatSadguru Mahāvātār Bābāji
Satyam Tvam Namah II*

॥ महागुरु महाअवतार बाबाजी मंत्र ॥
॥ ॐ आदिनाथा विश्वगर्भा त्रिकाल सर्वलोके स्वामी
जगतसद्गुरु महाअवतार बाबाजी सत्यं त्व नमः ॥

Happy MahāShivrātri!



dādāleelā

“ The greatest romance
is with the Infinite.
You have no idea
how beautiful life can
be. When you suddenly
find God everywhere, when
He comes and talks to
you and guides you,
the romance of divine
love has begun. ”

~Paramahansa Yogananda

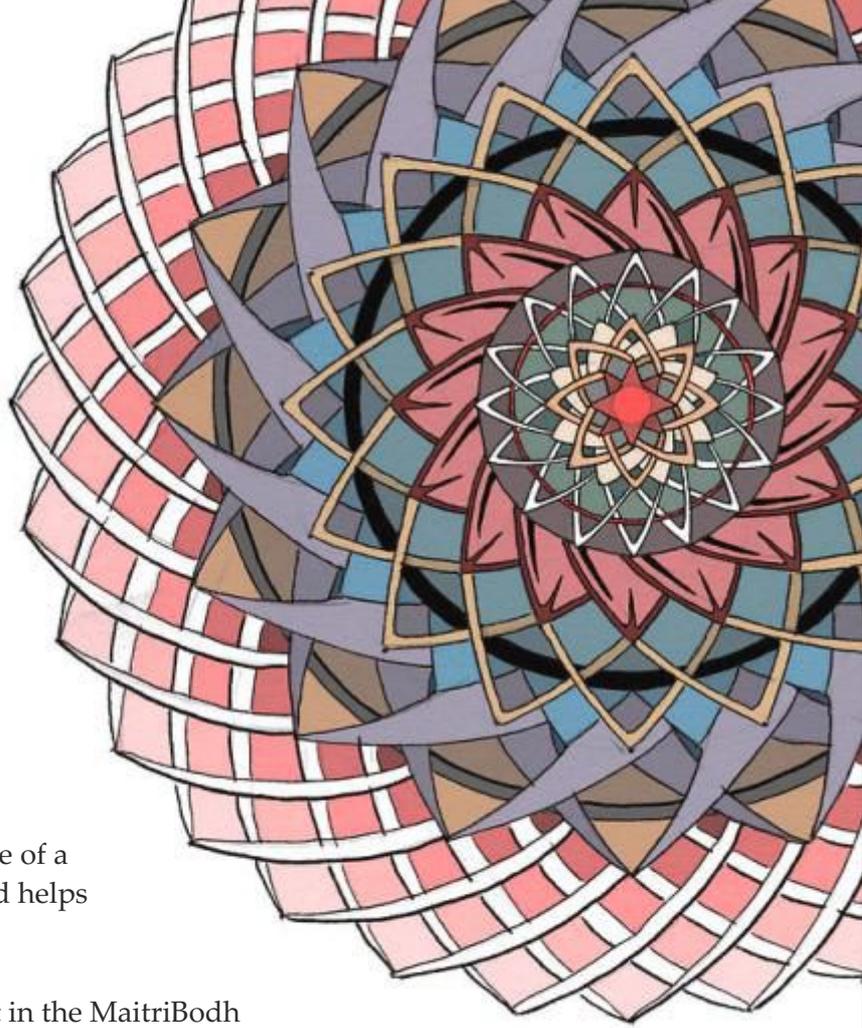


Ask and He will respond!

In the beginning of my spiritual journey with Maitreya Dadashreeji, I was advised by a member of the parivār to pray to Dadashreeji to show me His presence. So I put forth a prayer to Him for the same. The next day, as I was meditating I got a vision of Mahavataar Babaji. After that I would see a mention of Mahavataar Babaji in whichever page of the Maitri Anahita I would open . When I accessed YouTube, invariably videos of Mahavataar Babaji would pop up. One day as we finished with dinner, I kept the leftover dal (lentils) in a bowl in the kitchen. After some time I went into the kitchen again and saw that the bowl was less than half-full. My family and I were amazed and wondering - where the dal had gone.

Then I realized that it was Dadashreeji showing His presence. This cleared all the questions in my mind about Him. I realized and understood that He is the Divine.

Thank you so much Dadashreeji!
Always at your Lotus Feet,
Vibhuti Thakur



Establishing the Divine Connect

Divinity resides within; it is only the guidance of a Living Master that awakens us to this fact and helps establish that inner connect.

I love practicing the meditations I have learnt in the MaitriBodh parivār. Initially it was difficult to focus on my breathing and clear my thoughts. However it got easier with practice. I am enjoying the practice because it gives me clarity of thought subsequently and refreshes the mind and body. I am working on being consistent with my practice.

I have understood that the Divine cannot be seen through human eyes but can only be experienced by our soul. And for a true experience of the Divine we need to look within ourselves. The realization that we are from the same Source gives us awareness of the Divinity within each of us. Worldly knowledge does not necessarily lead to spiritual awakening. To initiate the process of going within, we need guidance from the Masters who have dedicated themselves towards enlightening humanity spiritually. Many Gurus and Masters have taken birth with the sole purpose of enriching mankind with the experience of true Divinity. I can say with conviction that I have finally met my guru, and that is Maitreya Dadashreeji.

I am thankful to my niece who introduced me to the MaitriBodh parivār and all the parivār members too.

Thank you,
Anju Gupta

food for the soul

“

We can easily forgive
a child who is afraid
of the dark; the real
tragedy of life is
when men are afraid
of the light.

- Plato

”

Jesus' Final Moments & The Message Of Love

Easter is a festival which celebrates the resurrection of Jesus Christ - the epitome of Love. On this day, **Maitreyi Cecilia** urges us to recognize our true nature and the presence of the Divine as we step into the Divine Age

Maitreya Dadashreeji shares, "For me Jesus is my true friend, and what connects me with Jesus is Pure Love. He has been someone who really set the milestone for many people who begin walking on their spiritual path or for those who want to help people. He is someone whom we look towards as the Highest, who has been able to transform people through Love. Jesus is the Love Incarnate."

Two days before Jesus' crucifixion, He spent time with His disciples giving them a message of Love. If we reflect on the interactions He had with those around Him till the moments leading up to His crucifixion, we realize the profound state of Love He was in.

Jesus and His disciples at the last supper

Jesus knew that the Father had put all things under His power, and that He had come from God and was returning to God; so He got up from the meal, took off His outer clothing, and wrapped a towel around His waist. After that, He poured water into a basin and washed the feet of His disciples', drying them with the towel that was wrapped around Him. He came to Simon Peter, who said to Him, "Lord, are you going to wash my feet?"

Jesus replied, "You do not realize now what I am doing, but later you will understand." (John 13:3-7)

And then Jesus additionally said to them “My children, I will be with you only a little longer. A new command I give you: Love one another. As I have loved you, so you must love one another. By this everyone will know that you are my disciples, if you love one another.” (John 13 33-35)

If we reflect on this humble act as our beloved Jesus washed the feet of His disciples, we realise that He brought them to understand the profound message of Selfless service and Love. The Love He envisioned would liberate many, as His disciples would take His message to the world.

Jesus and His Mother Mary at the Cross

When Jesus saw His mother and the disciple whom He loved standing nearby, He said to His mother, “Woman, here is your son.” Then He said to the disciple, “Here is your mother.” So from that hour, this disciple took her into his home (John 19:26)

As Jesus lay dying on the cross, even in that crucial moment His heart was so full of compassion and love, and ensured His Mother would be in the safest hands with His beloved disciple. The words of Jesus and his selfless act in this moment helps us understand His Divine State of Being.

A dialogue between a stranger crucified next to Jesus

We are punished justly, for we are receiving what our actions deserve. But this man has done nothing wrong.” Then he said, “Jesus,

remember me when You come into Your kingdom!” And Jesus said to him, “Truly I tell you, today you will be with Me in Paradise.” (Luke 23:42)

Firstly let us reflect on the state of the man hanging beside Jesus, he truly recognized Divine in the last moments of his life and asked to be remembered and given a place in the Divine Kingdom. Immediately Love poured out from Jesus’ Heart as He gave the man assurance and relief through His loving words.

After the day of His crucifixion, a deep darkness loomed over His disciples and loved ones. But then on Easter Sunday rose a new hope, a new dawn, the resurrection of Love wherein Jesus reassured His followers of His eternal presence, the presence of Divine Love! Let us remember the core of the message that our Beloved Jesus taught us through His resurrection on Easter.

**“Faith in Divine
Love for Divine
Complete surrender
to the will of the Divine”**

Today, we have once again been given an opportunity to experience the Divine Age under the Grace and Guidance of Maitreya Dadashreeji. On the auspicious occasion of Easter, let us all join hands in prayer to experience the Divine presence as Unconditional, Universal Love!

**Happy Easter!
May the Love of the Divine prevail!**

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 care givers and parents in the holistic physical, mental and spiritual development of children.

Parables of Vedic times - "Is this a snake?"

Staying in darkness or ignorance makes us a prey to the mind's perceptions;
walking in the Light of True Knowledge as imparted by the Living Master
dispels all false notions of the mind says **Mitra Sut**

Advay was a well-known, sought after pujari (priest), known for his dedication to prayer and rituals; he would move from village to village in this work. Once, Advay had to travel far for his work and was crossing a lonely road, when suddenly it became dark. The road did not seem to end and it became pitch dark, so much so that Advay could not see his own hands.

Suddenly he felt something wriggle onto his feet. He tried to throw it off his feet and move faster but that thing seem to coil around his legs. To his horror when Advay tried to run, his feet got entangled and he fell down.

Advay felt a sharp prick on his ankle and he thought 'Oh my God!, this snake has bitten me... and I can feel the poison moving up, as my leg cannot move'

Advay started screaming for help!
Hearing his cries, a village boy came running there. He lit a small fire to see what was happening. The boy asked "Maharaj, why are you lying down like this and yelling? Just get up, you will be fine".

Advay "Foolish boy don't you see my leg and the rest of my body is getting paralysed! Can't you see this big snake has entangled me in its coils and is biting me time and again. I will die if you just keep standing here. You have to kill the snake and then run to get some antidote as I am getting paralysed!"

Boy "Sir, where's the snake? There is no snake!"
Advay " What! how can you be so foolish .. I am getting paralysed"

The boy brought the lit fire stick closer and said "Look here, Maharaj, it's not a snake, it's a rope!"

And lo and behold, when Advay looked closely he saw that indeed it was only a rope that he was badly entangled in and nothing else! With the help of the village boy the rope was un-twined and he got up and started walking, exclaiming that everything is fine, there's no paralysis! He thanked the boy but was unable to digest what just happened, feeling so foolish about himself! But aren't most of us as foolish as Advay in real life? This story of the rope and the snake is often used in Vedanta, to explain the Avidyā or ignorance of the world. The ignorance of the rope leads to an experience of a snake and thereafter so many of its consequences, including the snake bite, poisoning, paralysis, etc., when in truth its non-existent! This happens because of lack of true knowledge that it's not a snake, but just a rope, for the realisation of which only a little light is needed! This light will not only remove the ignorance but also the false experiences which are also just a figment of the imagination caused by ignorance.

This is beautifully depicted in the following verse: Ashtavakra Gita -Verse 2.7

आत्माज्ञानाज्जगद्भाति हात्मज्ञानान्न भासते ।
रज्ज्वज्ञानादहिर्भाति तज्ज्ञानाद्भासते न हि ॥ ७ ॥

ātmājñānājagadbhāti hātmajñānānna bhāsate
|rajjavajñānādahirbhāti tajjñānādbhāsate na hi || 7 ||

Meaning

From ignorance of oneself, the world appears, and by knowledge of oneself it appears no longer.
From ignorance of the rope a snake appears, and by knowledge of it, it appears no longer.

Having understood the context with the story above, one needs to ponder on what are we chasing in this world? The Vedic/ Upanishadic scriptures clearly state that as long as we are only chasing the world we feel with the five senses and perceive with the mind, it is a part of Avidya / ignorance, as everything that is wordly is fleeting, and ephemeral, and results in conflicts, pain and suffering. We need to analyse and contemplate upon this, using our intellect to understand if any achievement or experiences related to worldly objects ever give lasting happiness.

As only a littlelight is needed to remove the ignorance that it's just a rope, so also one only requires a basic understanding of True Knowledge to start this journey. This True Knowledge or vidya is what reveals the Truth as it is, which helps us to move away from the ignorance and thereafter take us towards the Truth of Life, which will lead to permanent happiness, bliss and peace.

To receive this True Knowledge, not just as a bookish knowledge but the experience of it, the Maitribodh parivār offers online events and many of which are free of cost; one such current event being the WWTP, which one can look up on the website of the MaitriBodh parivār (www.maitribodh.org).

To have the experience of the True Knowledge one needs right guidance and Grace. We are fortunate to have with us Maitreya Dadashreeji, who is always in the experience of Divine Love which is the culmination of his True Knowledge and spiritual pursuit.

"I am here to establish the real Truth in you. I am here to erase all past ignorance influencing the human mind and nature around, spread by many"
– Maitreya Dadashreeji

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:

*Offering the virtue of 'Su-Samvaad'
(Heartfelt Communication) in our lives!*

Maitreyi Sulata shares the significance of effective communication, the absence of which can prove to be detrimental to our relationships and our life in general

Dearest Friends,

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

Last week, I happened to visit my uncle. In the past, uncle has spent his life as a successful professional. He has always been much respected in our family and community. When I visited him, he shared he has been sad and lonely for a while now. He is very strong, but how long can one hold one's true emotions behind the veil of silence? I asked him about his children. As I was talking to him, his phone rang. It was his daughter on a video call. I thought uncle would be happy after talking to his daughter, but he regretted not being able to share his feelings openly with her. His daughter lives in the same city but due to her busy life engrossed in her job and family, she finds it more convenient to communicate with her father through short and crisp conference calls to enquire about his wellbeing. His son lives with him, but is mostly confined to either his office, friends and his own room at home. My uncle shared that there is now a deadlock in their communication. At the dinner table, he showed me a WhatsApp message from his son "Dad, I am busy in my official conference call and will not be able to have dinner with you at

the dining table today". With a low voice my uncle said, that having lost my aunt, and his children emotionally unavailable, he feels a void in life. Communicating and spending time with his loved ones is all that he needs at this moment in time.

On my journey back home, I thought to myself, all that we need as human beings from each other is a moment of a heartfelt communication, that exchange of love, a message we give to another, that I truly care! However in today's times we have been engulfed by the duties and desires of material life that we have no time even for a simple conversation with our own family members.

The other day, a friend was sharing how she and her husband have moved so far apart emotionally that they merely exist in the same house, living independent lives with a complete communication breakdown between them. Neither is willing to reach out and express to the other to heal the relationship.

Often there are situations when we try communicating with another, but either end up fighting or misunderstanding each other and reach a deadlock or apathy towards each

other's situation or need. We feel stuck and miserable in that relationship as we are simply unable to effectively communicate with each other.

At work, one may feel being overpowered by a superior and the consequent suppression of one's own feelings out of fear of repercussion which may also lead to a breakdown in communication at some stage and thus affect our lives at work and the efficiency and output of our work itself.

Communication is thus an essential and vital part of our life and relationships.

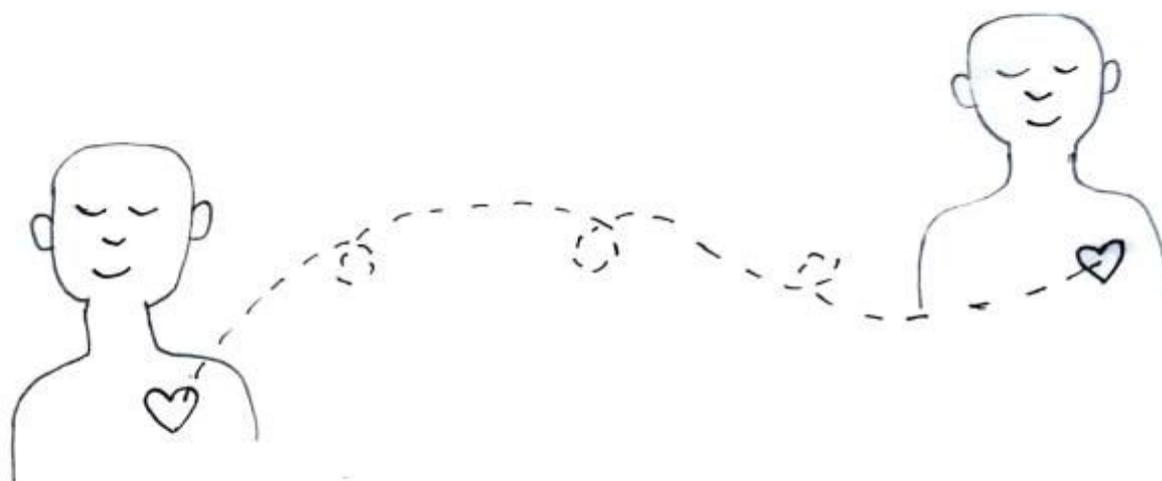
Many have achieved success only through the power of perfect communication. There are people who can be compared with a huge reservoir of knowledge and information, but are not always effective and inspiring due to lack of the ability to communicate. Many people talk, but only few are able to leave an impact through their speech.

Sardar Vallabhbhai Patel, the first Home Minister of Independent India, had a herculean task before him. At that time India was divided into 554 states ruled by different kings and nawabs (princely rulers). 'Divide and rule' was the policy of the then erstwhile British Government. Patel was against that policy and wanted to unite India. To convince 554 kings

and to make them surrender to the vision of a united India was not an easy task. However he was confident of his ability to convince them about this great vision. He was able to accomplish this vision successfully with his very effective and passionate communication with all the kings. Except for one or two, all were convinced about his views and surrendered their states to make India a great united power.

I take this opportunity to share with our readers the seven pillars of a heartfelt communication in my own experience of life with the Divine:

- A heartfelt communication is an **open expression from our hearts** and not merely a talk/chit-chat of the chaotic mind. Our hearts carry the loving energy of our Inner Divine with a clear intent and hence cannot be ignored by another. The loving energy of the heart will surely touch another's heart.
- A key quality of a heartfelt communication is **Su-samvaad** or good communication. Words used by us have the power to attract or repel the listener. As shared by *Maitreya Dadashreeji*, *"remember at all times to use words which are like a balm not hurtful. Where a corrective message has to be given choose your words with care and compassion as Divinity exists in everyone. Be careful about not causing hurt to the listener. Spread love and maitri bhaav"*



not pain through your words. Divinity is listening to you at all times. You will get internal communication in case you might have hurt someone with harsh words. Make immediate amends and grow."

- Expression:** This is another integral component of a heartfelt communication. Start expressing yourself to your partner-in-communication positively. We have to keep this in mind whether the other is in a state to accept it or not but at least, take a step forward from your side. Start expressing a few things wherein the other is able to accept us well and with this sharing, both partners-in-communication will be able to experience a better state within. This higher state will enable us to express more of us and this is what is going to strengthen our bond here onwards. So expression in relationship is very important. Maitreya Dadashreeji shares that if you find it difficult to express yourself to the other, do it within your heart, talk to that person within your heart, tell him/her you feel about him/her. Express completely. With this expression and automatically your relationship will become better than before. So start following these steps and you will be able to experience a positive shift in your relationship.
- Patience** is another integral component in effective communication. One must wait for an opportune moment when the other is open and willing to communicate. The guidance from the Inner Divine in the form of an intuitive knowing or a positive feeling is the key here. *'Wait, watch and respond'* comes in far more handy than an automatic reaction in a challenging situation.
- Be willing to keep aside your Ego:** Our egos are always desperate to push us towards making a point, in proving 'I exist'/'I am better'/'I know better'/'Listen to me'/'Don't ignore me'. Let's be aware that nourishing a beautiful relationship through effective communication is not between two egos fighting to prove their points but between two hearts open in love and willing to learn, share and grow together.
- Listening:** When a person is talking, we tend to either pay no attention or continually react internally based on our own perception of the content of the conversation or our past experience of the speaker. Consequently, we insert our own views into the conversation. So, even when listening to another person, the listener tries to remain the centre of attention. Instead, if one listened without worrying about what to say, one will hear what the other person wants you to know. You thereby grow more effective as a communicator yourself. Silence becomes more potent than speech. The stress of interaction vanishes. Effective listening can provide the much-needed healing touch. Listening silently and fully, without judging, interpreting or interrupting means you are being respectful and empathetic to the one who is talking and this energy itself becomes a means to an effective relationship.
- Communication with the Inner Divine:** Everyone experience some form of spiritual communication with their Inner Divine (whichever form or formless the Divine takes in his/her life), although many fail to discern or acknowledge this. However we choose to ignore this most vital communication in our life - the Communication with the source of

our existence, as once we mend this communication, all the rest will simply fall in place for us. Maitreya Dadashreeji has been constantly guiding humanity for the last so many years to share everything with our Inner Divine- from the most mundane to the most important events of our lives. As we incorporate the component of inner communication with our Divine (in whichever way that comes naturally to us)

we receive guidance in every aspect of our life.

With the Grace and Guidance of Maitreya Dadashreeji I realised in my life, that *it takes three to make a relationship - you, me and the Divine!* So let's start practicing communication with the Divine to welcome the joy and love that we seek in our relationships!

This month's Ek Kshan Prarthana (A Momen in Prayer) is a heartfelt prayer to the Divine for granting us all with the virtue of 'Su- Samvaad- A Heartfelt Communication'

Beloved Maitreya,

May the Love and Light of the Divine bless us with the virtue of 'Su-Samvaad'
As we express our hearts freely,
With kind words, courage, openness and patience;
Listening with empathy, with love;
While communicating freely with our Inner Divine;
And those connected to us in our lives!

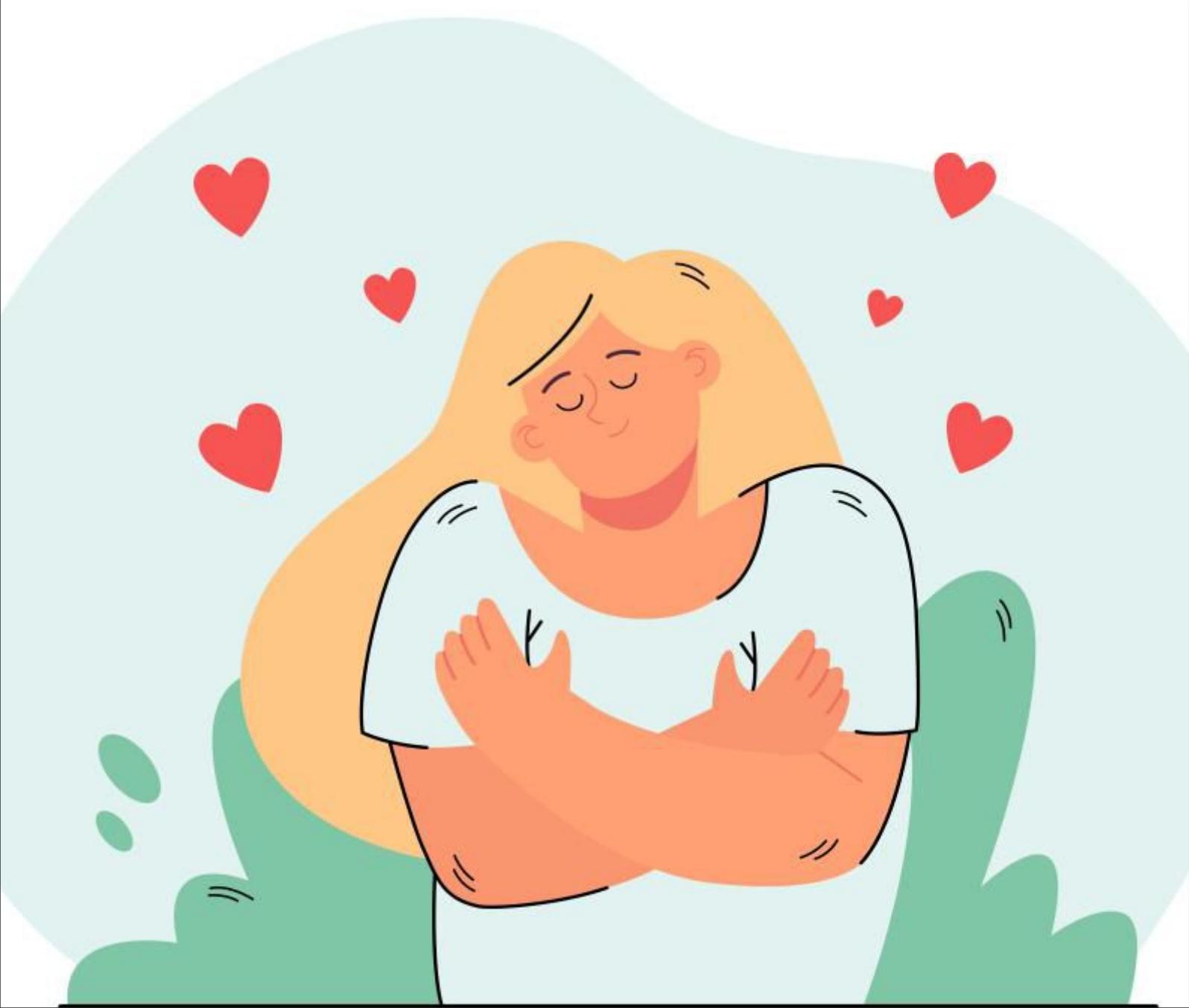
Gratitude dearest Maitreya Dadashreeji as Thee communicate with me and through me!



—•—
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 & wellness

“ There is no drug that can do for you what eating well, moving your body, self-love and mindfulness can... ”
- Bridget Jane





Women's Wellness

Balancing the demands of family and work can make it difficult for women to maintain a healthy diet. Eating the right foods can not only help maintain a healthy body but also support women through the different stages of their life says **Maitreyi Swati Kejdiwal**

This Women's Day let us take the opportunity to address the common health issues faced by women.

Urinary Tract Infection: It is an infection of the urinary system including the bladder, urethra and kidneys. It is caused when bacteria enter the urinary tract through the urethra. Women are more prone to UTI than men.

Prevention/ Remedies

- Make sure to have lots of fluids like plain water, coconut water and lemon water to keep the body hydrated. Cranberry juice or cranberry extract is very helpful in tackling UTI.
- Do not hold your urine when you have the urge to urinate.
- Practicing good hygiene.

- Consume probiotics like yogurt, fermented foods, etc.
- Consuming Vitamin C helps in fighting bacteria and also improves immunity.
- Pineapple contains bromelain that has anti-inflammatory properties that help reduce UTI symptoms

It's advisable to seek medical help if the infection is severe.

Breast Cancer: Its incidence is rising in the developing world due to increased life expectancy, growing urbanization and adoption of a sedentary lifestyle and poor nutrition. Breast cancer develops when cells in your breast grow and divide in an uncontrolled way, creating a mass of tissue called a tumour.

Prevention: One of the most important steps towards cancer care and treatment is to partake of a nutritious diet. Food rich in nutrients provides our cells with the necessary building blocks for regeneration. Nutrients needed to treat cancer are antioxidants like vitamins A, C, E; phytonutrients like lycopene and carotenoids as well as fiber.

A good cancer prevention diet consists of foods such as:

- **Fruits:** Bright colored fruits like berries, papaya, apples and citrus fruits are packed with antioxidants that fight against cancerous cells.
- **Vegetables:** Cruciferous vegetables like cauliflower, broccoli, cabbage are helpful as they possess antiestrogen properties.
- **Tomatoes:** Not only do tomatoes contain lycopene, the antioxidant phytochemical that also helps prevent heart disease, but they're a good source of vitamins A, C, and E, which fight the cancer-friendly free radicals.
- **Garlic and Onions:** Onions and garlic are rich in flavonols and organosulfur compounds. Intake of onion and garlic everyday can reduce the risk of developing breast cancer.
- **Green leafy vegetables:** Dark green leafy vegetables like Salad greens, kale and spinach are rich in vitamins A, C, E and K. These vegetables also contain an abundance of carotenoids -antioxidants that protect cells and play a role in blocking the early stages of cancer.
- **Whole grains:** like wheat, brown rice, oats, barley are very good sources of good carbohydrates and are high in fiber.
- **Lentils and legumes:** Kidney beans (rajma), chickpea (chana dal), peas are excellent sources of protein and B vitamins.
- **Healthy fats:** Avocados, olive oil, coconut oil, seeds and nuts like walnuts, almonds and flaxseeds are rich sources of Omega3 fatty acids which helps the body fight cancerous cells.
- **Green tea:** Catechins are a type of phenolic compound found in tea which contains antioxidants that help stop the growth of cancer cells.

Limit your consumption of concentrated sweets, sugar additives in processed foods, and sugary beverages.

Hormonal changes associated with menstruation, child-bearing, and menopause mean that women have a higher risk of anemia, weakened bones, and osteoporosis. A woman's requirements for certain vitamins and minerals like calcium, iron, magnesium, folate and Vitamin D is much higher.

- **Calcium:** A calcium deficiency can lead to mood swings, anxiety, depression, and sleep difficulties. Our body absorbs calcium from our bones and insufficient calcium intake may lead to osteoporosis. Women are at a greater risk than men of developing osteoporosis, so it's important to get plenty of calcium.

Good sources of calcium include dairy products, green leafy vegetables, lentils, beans, sesame seeds, orange, almonds, etc.

- **Iron:** It helps to create the hemoglobin that carries oxygen in your blood. It's also important in maintaining healthy skin, hair, and nails. Due to the amount of blood lost during menstruation, women of childbearing age and lactating women need more iron. It is important to add more iron in the diet to avoid anemia.

Good sources of Iron include raisins, apricot, kidney beans, spinach, etc.

- **Folate (Folic acid):** It plays an important role in the production of red blood cells and helps the baby's neural tube develop into their brain and spinal cord, during the initial months of pregnancy. In later life, folate can help our body manufacture estrogen during menopause.

Good sources of Folate include bananas, green leafy vegetables, citrus fruits, nuts, beans, etc.

- **Magnesium:** It increases calcium absorption from the blood into the bone. It also helps to ensure proper muscle, nerve and heart function, and regulate blood glucose, blood

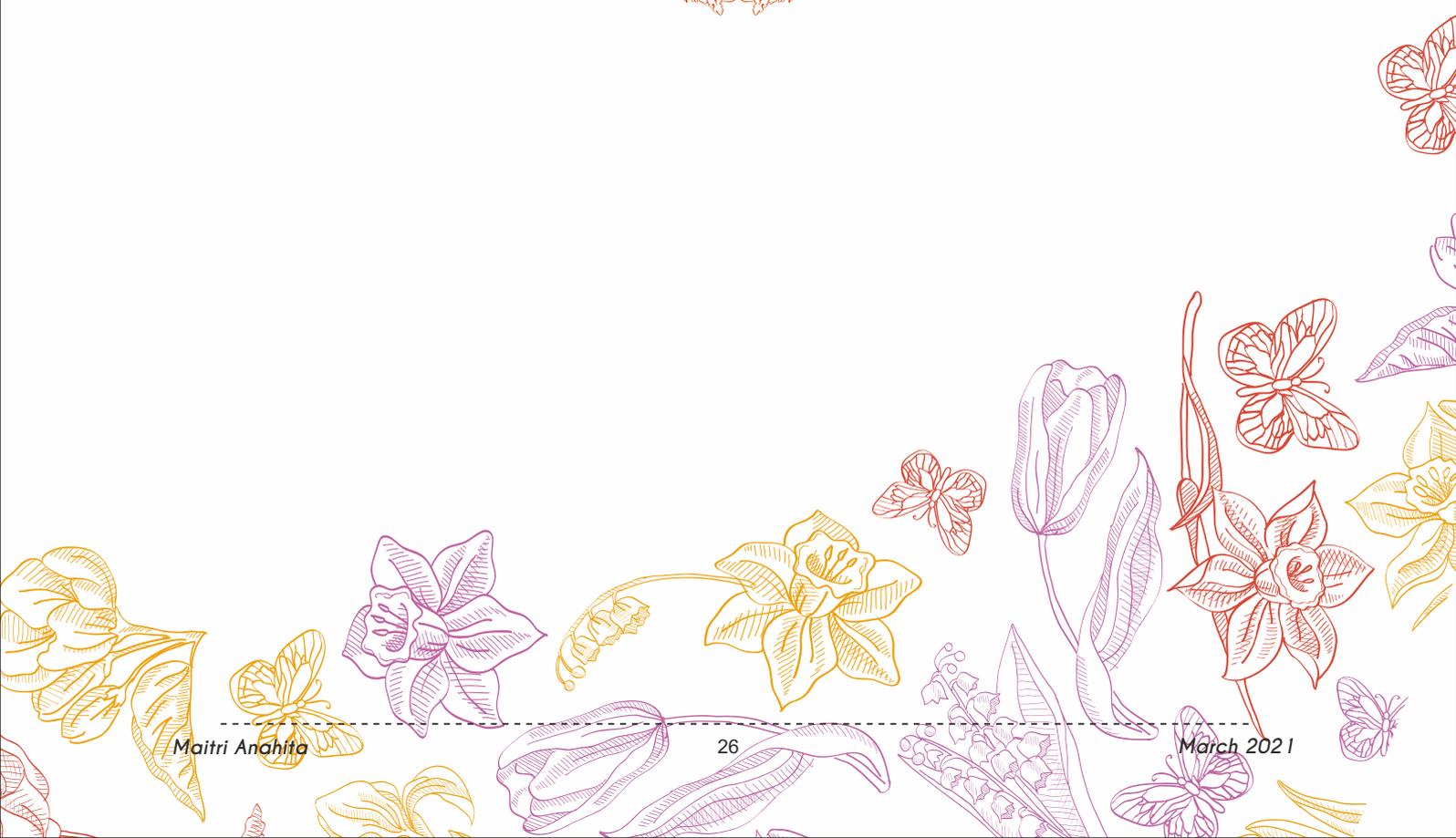
pressure, energy levels and more, all of which can be affected by decreasing estrogen supplies during menopause.

Good sources of Magnesium include legumes, nuts, seeds, green leafy vegetables, etc.

- **Vitamin D:** It helps to move calcium and phosphorus into our bloodstream. When our body doesn't have enough vitamin D, it will take calcium and phosphorus from the bones. Over time, this makes them thin and leads to conditions like osteoporosis, which puts us at risk of fractures.

Good sources of Vitamin D include sunshine, mushrooms, certain fortified foods, etc .

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.



reflections

“ When you see a good person, think of becoming like her/him. When you see someone not so good, reflect on your own weak points.
- Confucius ”





Facing Fear with the Maitreya's Grace

All beings come from the same Source and each responds to an expression of that core nature, love. **Maitreyi Jagruti Gala** explains this through a powerful dream

It has been 28 years since I settled in Vadodara post my marriage. Remarkably throughout this period, I have not been present in Vadodara for more than three weeks at a time. There was always some travel related to work, social reasons, leisure or following the spiritual path. Therefore, 2020 was an absolutely unusual year, where I was at home for a good nine months!

It felt different and I also enjoyed flowing with the new 'normal', and by the time it was December and several others were taking to travel – I began to wonder about myself, how am I feeling about travelling again? Like many of us from the MaitriBodh parivār, I soon discovered that the one travel that I was really keen on was to visit the ashram, to be in Maa's presence. I was strongly inclined to undertake this visit and my only hesitation was if the ashram was indeed open to receive visitors. I kept 'fantasizing' that I will receive a message that Dadashreeji has invited me to the ashram... wow! Wouldn't that be THE DAY!

Well, fantasies aside, one day in January, I called up the concerned person and asked if I could visit the ashram on Jan the 27th, and he said that though there was no guarantee that I

could, I should check with him nearer to the date. For some reason, I could not keep another intended trip in abeyance, and so with a heavy heart I gave up on my desire and moved on with a trip to Delhi.

On my last night in Delhi, I had a very powerful dream. I could see green hillocks in the twilight and I knew that it was the ashram, although there was no structure there in my dream. Very soon I saw Dadashreeji's padukas in the dream and they were beautifully decorated with flowers and vermilion and I could feel the presence of mitras and maitreyis absorbed in chants, in sacred ceremony; the air was filled with music as a soft breeze blew across.

In the course of the dream I saw a group of leopards, spotted and black, walking stealthily. The villagers were on alert but were afraid. They had created rings of fire around the foot of the hillocks to ward off the leopards. The sky had now turned dark, the music had faded, and everything seemed ominous, the Padukas were large and still visible in one part of the vision, but the larger focus was on the fires burning bright and the nervous chatter of the villagers. I found myself on some kind of a boat, with a few

other devotees and the boat was making its way around a small hill. This hill too was surrounded by a ring of fire. Suddenly, a big, spotted leopard came dashing down the hill at great speed, I could feel its power and fury, but as it neared the ring of fire it turned around and went back up the hill. However, in a few seconds, it returned and came bolting down with even greater power and leapt over the fire and landed in the boat, face to face with me! It opened its jaws wide and brought its teeth down on my arm which I had instinctually raised to protect myself.

The rest of the dream happened in slow motion, the teeth came down on my arm but the leopard did not snap its mouth shut. In fact my arm was somehow caught in the back part of its mouth, beyond the jaws. Face to face with the leopard, I could see its big, glowing eyes, feel its whiskers, smell its breath and hear its pounding heart. My heart too was pounding, but it was steady because I had begun to chant Dadashreeji Mantra, and as I chanted the mantra, I heard an inner voice saying, 'This leopard, this animal, is more scared than you are.'

This thought freed me, and a flow of compassion filled my being. I reached out with my free left hand and began to stroke the animal around its neck. I can still feel that moment of oneness and bonding, and how the beast relaxed, how I moved from a state of fear into a state of Maitri (friendship).

The dream ended there, and the very next morning, I received a call that on the coming

weekend, Dadashreeji has invited a few mitras and maitreyis to the ashram to guide them on the way ahead, and I was one of them!! My joy and amazement knew no bounds.

My lips still remember chanting Dadashreeji mantra, I still hear the voice saying, 'this animal is more scared than you are', I still remember the flow of compassion through me and how the animal and I were connected eye to eye, breath to breath, heartbeat to heartbeat.

As I reflected on the dream, I got a sense that Dadashreeji had been working on me to remove blocks within me. Through the dream He removed many lifetimes of the 'fear of fear' from me, and He granted me the confidence that when He is with me, I can flow with compassion in the face of any fear.

This journey, this dream will remain one of the very precious and powerful gifts from Dadashreeji – He is clearly listening to my deepest longing and preparing me as is required for the best, which He knows better than me. He is there with Grace, with Love and with Blessings.

"If you have faith in your Divine and in His infinite, Unconditional Love for you, you would always pass through testing critical moments in life fearlessly" – Maitreya Dadashreeji

I am sharing it here because I believe that this dream is not only for me, but also for all of us... and so, if a dream like this had come to you, what would it represent for you?

The writer Maitreyi Jagruti Gala, is an educationist and is involved in extensive work with children through the two NGO's and a school that she runs in Vadodara. She is also a coach for inner transformation for adults.



Awaken to the Inner Voice!

When we walk the path of spirituality under the guidance of a Living Master, our inner Divine is in constant communication with us. The Grace of the Living Master enables us to tune into that inner voice, writes **Maitreyi Shreshtha Jayakar**

Our family Goddess (kuldevi) is Mā Jogeshwari, from my spouse's side. As a tradition, we visit Her every year during Hanuman Jayanti (Lord Hanuman's birthday) with gifts and sweets.

This incident goes back to the year 2014. That year, on 15th April 2014 (Tuesday), we were to visit Mā Jogeshwari on Hanuman Jayanti and this time we were to seek blessings for the new addition in the family, that I was carrying. Like every year, my mother-in-law bought a beautiful sari to gift to Mā (along with a few other goodies and adornments). We were all set to leave. As I started walking out of our home, I heard a voice within, "I want a sari from you this year". The voice was faint and soft and I simply ignored it as a fleeting thought.

As we sat in the car this voice was stronger – "I will only accept a sari from you this year, Shreshtha". I realised that the voice asking for a sari is most likely to be Mā and so I gave it the benefit of the doubt. "Alright," I thought to myself, "Where can I get a Her a sari from, now? Is there a chance? There are no stores on the highway! There is no time to go sari hunting.

Nope! There's no scope! It's too early and no shops are open. And anyway my mother-in-law is carrying one." And so, I ignored the internal voice again, brushing it off as my mind at play.

The Jogeshwari Mā temple is hidden away from the buzzing city of Mumbai in the archaic Jogeshwari caves. The place itself transports you to a different time with the Mother Goddess Herself, radiating and gleaming with Love.

When we reached the temple and sat in front of the beautiful Goddess we started placing all the offerings at Her Feet. One by one every offering was placed in front of Her until the bag was empty -only for us to realise that out of all the things which were packed, the sari that my mother-in-law had packed was missing! It was panic mode! Without the sari the ceremony would not be complete. It was 8 am and none of the shops around were open.

After thinking of ideas and ways to try and get our hands on a sari we gave up and decided to return. And at that moment reality finally

dawned upon me! I told my mother-in-law to wait for me at the temple and I set off on an almost impossible hunt for a sari. I walked out of the temple and saw a man a few meters down the road opening the shutter of his sari store. I walked in and opened my wallet to find only 600 rupees in it. I was lucky as the man had one sari perfectly suitable for the goddess for that sum of money. I quickly bought it and walked back to the temple to complete the puja with my mother-in-law.

As I sat in front of Mā in prayer, expressing to Her that I should've listened earlier, She said forgivingly, "I'm just getting you used to pampering a baby girl as you have pampered Me today." A few months later in August, Sahaya (my daughter) was born on Nagpanchami on a Friday, the day of the Goddess.

Today when I look back at this incident I realise that at that time I had just met Maitreya Dadashreeji and received my first ShaktiPravaah (Bodh- I session). But even then the Divine was communicating with me. The question was whether I was listening? The voice within wants to reach out to us, connect and help us. With the right guidance this voice within is very easy to develop, nurture and understand and thereafter follow.

Here are a few steps from my experience with Maitreya Dadashreeji which can help one nurture and nourish the voice within:

Awaken the Divine within: With the help of an awakened Master, the seeker has to only express this wish to connect with their Divine and the experience of awakening the Divine within is granted by the Master.

Develop the Bond: The most important meditation (sadhana) to strengthen this connection is to communicate with the Divine as a friend at all time.

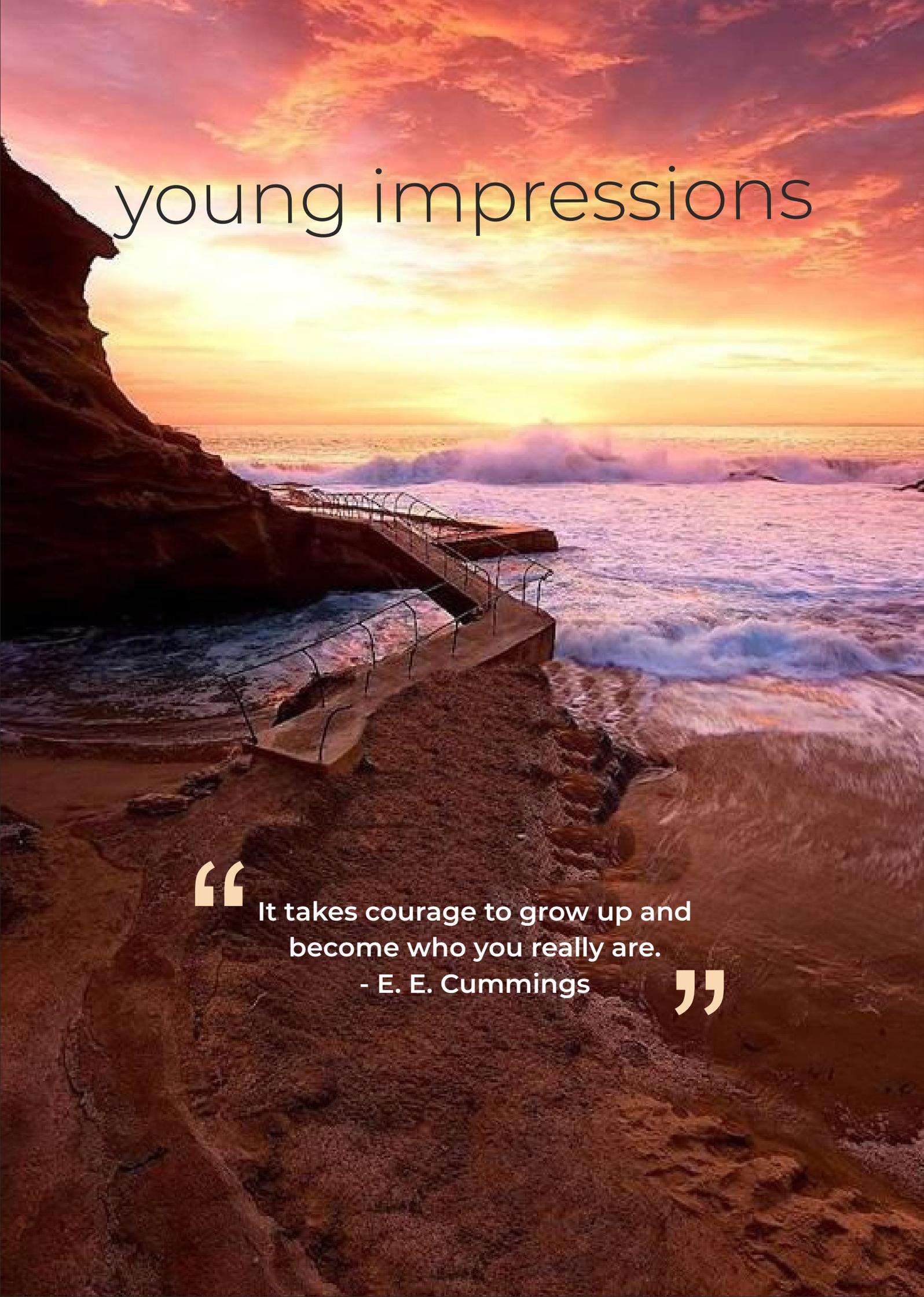
Listen to the Inner Voice: The Divine is constantly trying to show us the way forward but we tend to ignore these signs and the voice within. This we need to learn to receive clearly with our having doubts.

Be Receptive and Aware: We may expect the Divine to communicate with us in a particular manner but the Divine has Its own ways to send us messages. So do not limit yourself, leave all options open for the Divine to communicate back with you.

"The most helpful tool at all times is the awakened Inner Voice. Connect with it!" – Maitreya Dadashreeji

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.

young impressions

A dramatic sunset over a rocky coastline. The sky is filled with vibrant orange, yellow, and pink clouds. The sun is low on the horizon, casting a warm glow over the scene. In the foreground, a concrete pier with a metal railing extends from a rocky cliff into the ocean. Waves are crashing against the pier, creating white foam. The overall mood is serene and inspiring.

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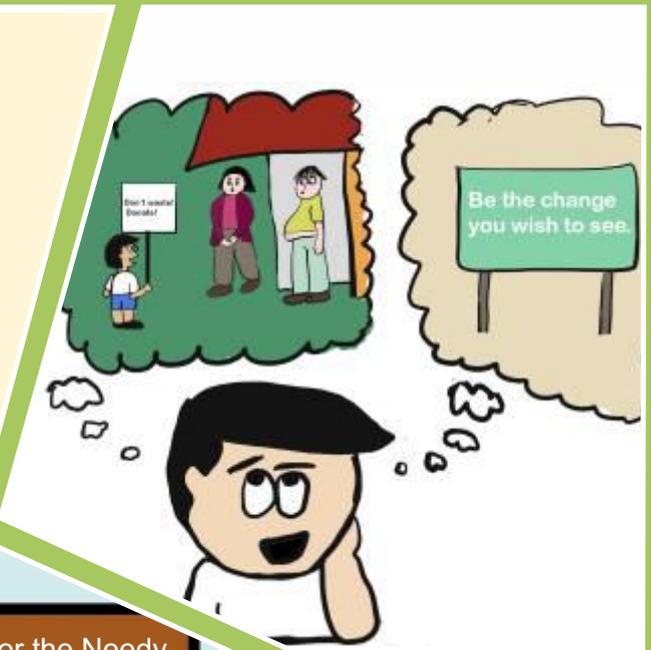
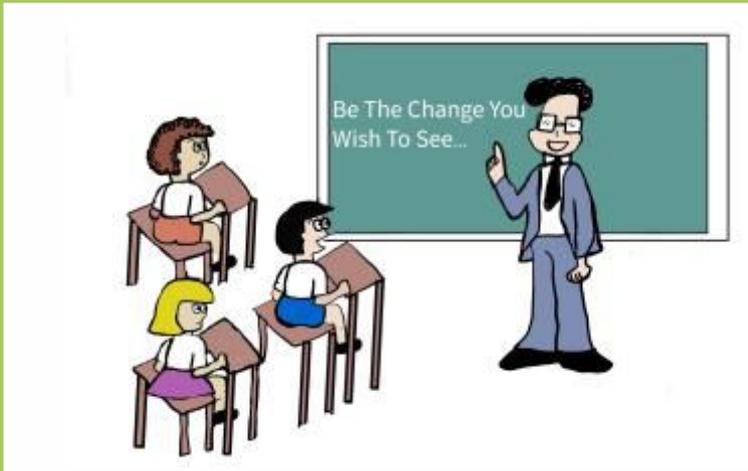
It takes courage to grow up and
become who you really are.

- E. E. Cummings

”

Wisdom Bytes

Thought provoking picture tales



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

Question:

I have tried giving my best to all situations but sometimes it is the situation or the associated people who don't allow me to emerge victorious. How can I change these repeated instances in my life?

Answer: It is indeed a great effort from your side, to constantly give your best in all situations. The outcome is seldom in our hands as it always depends on various external factors. The only control we exercise is dependent upon two factors - how well did I prepare for the test and, how well did I learn from the result.

For the first factor, remember the four Ps - *Prepare, Practice, Perceive and Persevere*. A real-time goal setting with resource allocation and training is the foundation of success. After aligning these the most crucial part in your preparation is to have regular insight and overview of your progress. It is with this regular tracking, that efforts can be channelized in the right direction ensuring that you give your best in every situation.

The second part begins upon obtaining the *Result*. Whether the result is favourable or otherwise, it is of paramount importance to learn from the same. It is a normal human

tendency to blame others rather than looking at the root cause of an unexpected outcome. Often when the result is not in sync with what we desire, we tend to fall into the trap of Self Sabotage. Self-sabotage involves either *Self Blame* i.e. blaming yourself for every failure or *Self Victimization* i.e., blaming everyone else but yourself as the cause of failure. Both are a result of not being able to accept the result as it is, which prevents you from knowing the actual cause. What is needed is to accept the result as it is and understand the cause without any bias. There are several factors that contribute to the result that include the time, situation, effort, result parameters, other factors out of your hands. What's most important is to remember that to emerge as a winner every time may add unnecessary pressure upon oneself. Instead, focusing on improving your performance each time (you receive an unexpected outcome) can help you increase your happiness and satisfaction quotient as well help you succeed in life.

As Maitreya Dadashreeji has emphasized, the only worthwhile thing to have is knowledge about yourself. It is this true knowledge about yourself based upon the experience, that will help you become a better version of yourself in every moment thereby accelerating the process of Spiritual Transformation.

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.

Blood Donation Camps, Punjab: 6th & 21st February 2021

In the wake of the current pandemic, the demand for blood and blood platelets has increased manifold. Health care facilities require blood for lifesaving procedures, blood transfusions, etc. which save millions of lives each year.

Keeping in mind the need of the hour, YGPT (Youth for Global Peace & Transformation), Jalandhar organized a blood donation camp on 6th February 2021. The slogan was 'Be a Hero! Save Lives!' Regional celebrities encouraged and urged the youth to be a part of this wonderful endeavour. The camp received an overwhelming response and was graced by the presence of various dignitaries.

Another camp was held on February 21, 2021, in Amritsar with the support of the Commissioner of Police, Amritsar. He encouraged the youth to come forward and donate blood on this occasion by explaining the importance of community participation for sufficient, safe, and sustainable blood supply. YGPT takes this opportunity to thank all the heroes who donated the blood, time and efforts for this noble cause!

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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