



MaitriBodh

# Maitri Anahita

ISSUE: 04 || VOLUME: 09 || APRIL 2021



illustration credit: *Drishya Prabhakaran*

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editor's  
desk

## Dear Loved One,

Each snowflake is unique - no two are alike. It is hard to believe this fact given the abundance of snowflakes that together form a blanket of snow and cover entire landscapes. It is the same with us humans. Each one of us has been blessed by the Divine with a special gift which makes us unique. When we realise this, does it still make sense to compete with each other and compare ourselves? We may reflect on discovering our uniqueness and instead allow this to become our collective strength by allowing the Divine seed within us to blossom for the good of all. Connecting and communicating with the Divine will nurture it. Association with the Divine will give us clarity and eventually help us fulfill the purpose of our lives. The strength and guidance needed to sail through challenging times will only come through this association. The experiences gained by each individual will be as per subjective need. Do not judge your experiences at any time and do not expect anything. All experiences are given to you in infinite love by the Divine so that you can reach your true potential and move ahead in the journey of life to fulfill your purpose of existence. Embrace 'Transformation' to experience a joyful life!

In this issue, under 'Pearls of Wisdom' Maitreya Dadashreeji speaks about the selfish mind and the Divine mind. He further guides on the significance of cultivating a Divine mind and how it can be attained.

We celebrate Nāvratrī from the 13th – 21st April during which the female embodiment of the Divine - Shakti (Divine Energy) is highly active and at its peak. At this auspicious time, let's convey our prayers, receive Grace, and experience Transformation through the Maitri Havan; further details shared inside.

Further in this issue enjoy reading the life-altering experiences of devotees with Divine Grace under the section 'Dadaleela'. 'Food for the Soul' brings to you 'Ek Kshan Prārthanā' in which the author shares with us the significance of connecting with the Divine to successfully be able to sail through the challenges faced in life; an apologue from the Kena Upanishad reminds us how the virtue of humility can take us closer to the Divine. As we celebrate 'Earth Day' this April we share the simple and thoughtful acts of love offered to Mother Earth by the MaitriBodh Parivār members; featured under the section, 'Nature & You'. Under the 'Health & Wellness' section, learn more about the benefits of hydration and enjoy a few recipes to keep you cool this summer, while under 'Reflections' we bring to you a poem and an insight received by the author of 'Motorcycle Diaries' while on a biking trip. The section 'Young Impressions' brings to you a picture tale under 'Wisdom Bytes'.

*Wish you a Happy Nāvratrī!  
Bask in the Glory and Grace of the Divine Mother this April!*

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

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pearls of wisdom



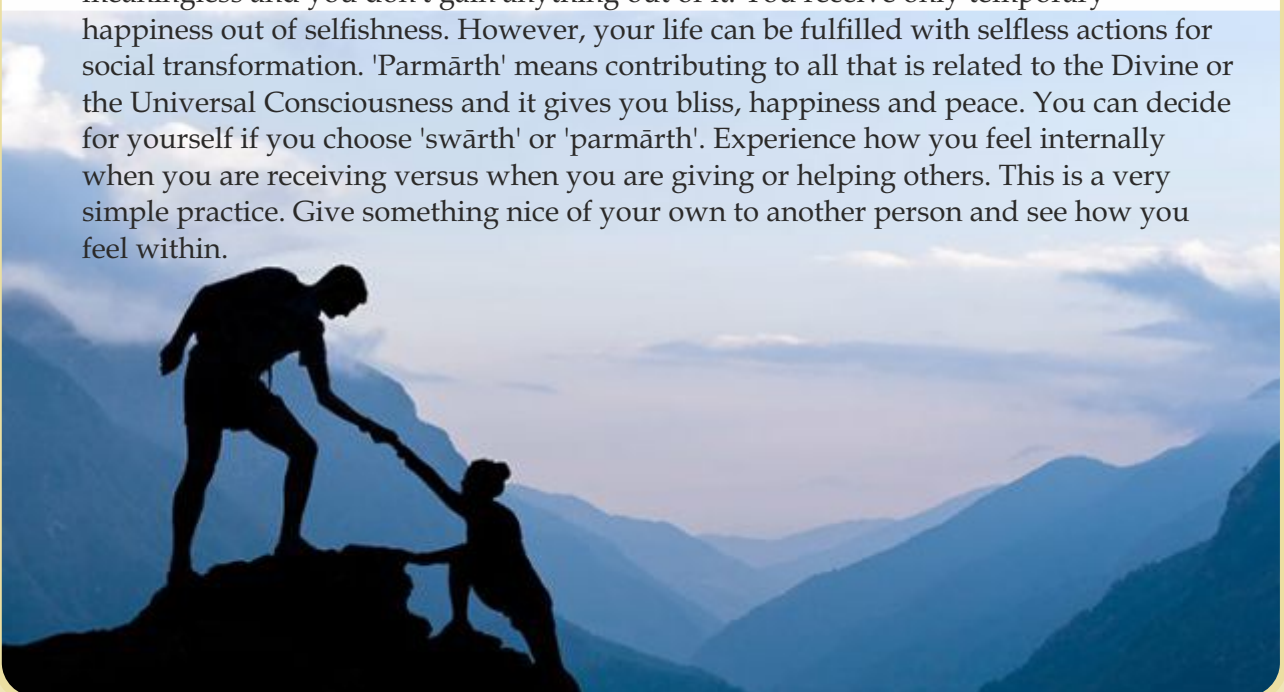


## Dear Friends,

We expect a lot from life. We pray for prosperity, good health, and lots more from the Divine. Just for once, let's think, what have you given to the Divine or to this life? Till the time you don't give, you will not receive. It is a spiritual law. It is the truth whether you accept it or not. You may feel that today you have nothing to give, or that you are not receiving anything from anyone. My friend, today you take the first step of giving yourself.

Whatever is happening around you is associated with your own mind. Open your mind, think positively and things will change for you. You have to move from selfishness (swārth) to service for Social Upliftment (parmārth) and this path takes us towards Inner Awakening (ātma Jāgruti). It begins with self - I, me and mine; the attempt to hold on to my family, my people, my possessions. But for how long will you hold on to them? The truth is that material possessions will not stay with you forever. They will eventually leave you. Even if you hold your own hand with the other one, you cannot claim that you will stay in this human body for another 5,000 years. Everyone knows of the impermanence of human life but does not experience it as the truth. If you do believe in it then start transforming your habits accordingly. When you cannot control your own body, how can you control people and situations around you? You need to understand what it is that you truly want or want to do. Till the time you don't make this correction, nothing will change.

Selfishness leads to your own ruin. Because of your selfish nature your life becomes meaningless and you don't gain anything out of it. You receive only temporary happiness out of selfishness. However, your life can be fulfilled with selfless actions for social transformation. 'Parmārth' means contributing to all that is related to the Divine or the Universal Consciousness and it gives you bliss, happiness and peace. You can decide for yourself if you choose 'swārth' or 'parmārth'. Experience how you feel internally when you are receiving versus when you are giving or helping others. This is a very simple practice. Give something nice of your own to another person and see how you feel within.



If you are walking on the path of transformation, then you have to make this start with your own self first. If you feel that others do not like you, look within and see whether there is someone whom you dislike. Check within yourself. Your external situations reflect your internal state. The Divine, Universe, Nature are never unfair to anyone. Everyone receives their due justice. Today you may feel that life has not been kind to you but I assure you that there will be justice for each one.

Even when it rains, a selfish mind compares that it rained more on the other side. Whereas the Divine mind finds ways to make do even with the least that one has received.

Will you always have little?

No.

Will you always have more than others?

No.

Everything changes. It is we who tell ourselves that 'I have little' but if you look carefully, you will realise that you already have everything you might need today. If you look carefully, you will realise that The Divine has already given you many wonderful things in your life and those that which you don't have, will come.

Even if the whole world is bad and you are the only good person, would you allow the world to make you a bad person or would you rather transform the world into good? I want you to understand that your presence on earth is important. You can make it a significant one by experiencing your own Divine self. Not everyone is blessed with this human life. Please take out some time to understand yourself well.

You don't need to do much to connect with your Higher self. You don't need to perform any rituals or long, intense practices. Your Divine is with you at all times.

You can form a direct bond with Him yourself. When you connect with Him, you begin the path of Inner Awakening and Transformation. It is a very natural process. It is about two people - you and your Divine and it will happen through this Divine association. Your Divine is always with you but how much you truly experience Him in every moment is dependent upon you. Just connect with your Divine and your entire life will become simple.

**Take this step!  
Free yourself!  
Transform your thoughts!**

**Love and Blessings,  
Maitreya Dadashreeji**

*(This is an excerpt from Maitreya Dadashreeji's Live 'ātma Jāgruti' on 14th Feb, 2021 on YouTube channel- MaitriBodh Parivār, message continued from March 2021 Maitri Anahita)*



# Maitri Havan: An Act of Love

At the MaitriBodh Parivār, Havan is an act of expressing Love towards the Divine wherein 'Agni' (Divine Fire) acts as the medium to convey prayers to the Divine and receive Grace for the seeker.

During Nāvrat̄ri, the female embodiment of the Divine - Shakti (Divine Energy) is highly active and at its peak. At this auspicious time, let's convey our prayers, receive Grace, and experience Transformation through the Maitri Havan.

The Maitri Havans will be conducted at our Home, the Divine Mother's abode, ShāntiKshetra Premgiri Ashram, India. One can participate in the same from anywhere in the world for the fulfillment of their prayer (Sankalp).



## MAITRI Havan

This Navratri experience  
**TRANSFORMATION** through the  
Global Maitri Havan and receive Grace  
directly from the Divine Mother's Abode,  
**ShantiKshetra Premgiri Ashram**

**13th April to 21st April 2021**  
\*No physical participation is required

- Receive Grace and Blessings for your sankalp (intent / prayer) through the authentic Vedic process.
- Awaken Divine Energies
- Cleanse your physical and astral body
- Strengthen the bond with your Divine

To know more or register  
please contact us at  
**+91 9625784154 or 9899866649**

**One can choose the sankalp statements based on their need and register for the havan.**

**Date:** 13th to 21st April

**Link to register:**

<http://bit.ly/MaitriHavan>

**Contact details:** 9625784154,  
9899866649

### **Please note:**

The Havans do not require your physical participation. They shall be conducted on your behalf.  
Contribution charges applicable

To know more about the significance of performing a havan, click:

<https://www.speakingtree.in/blog/pearls-of-wisdom-650515>



# dādāleelā

“ Thousands of candles can be lighted from a single candle, and the life of the candle will not be shortened. Happiness never decreases by being shared. ”

- Buddha



# *Failure, the birth of a new beginning*

Growing up, I have listened to stories about the miracles people witnessed as a result of unwavering faith, and the immediate spiritual connection they experienced with their Master. Such stories made me wonder how one would identify their true Guru. How do we ascertain the right path for ourselves? Was it as straightforward as a magnetic attraction, or was it something more complex that would take time and energy to fall into place? Also, how do people come in contact with their spiritual guides? Do people locate their Masters, or is it the Masters who reach out to the people? Little did I know then that in a matter of few years I would also have the life-changing experience of meeting my Divine Friend and Guide, Maitreya Dadashreeji, whose simple teachings in tune with the modern times would resonate with me deeply, and would set the foundation for my own spiritual growth and development.

In college, I was a biology major and was aspiring to attend medical school after graduation. I graduated six months early, in December 2013, and was preparing to take the MCAT examination. However, things took a different turn when my father passed away in February, 2014. After my father's unexpected demise, my mother and I went through a period that was emotionally, mentally and spiritually distressing for us. We felt as if we had suddenly been thrown into an ocean, and we desperately needed an anchor to help us from getting tossed about in this storm. I ended up postponing my MCAT exam, and took it in early 2015. I was thrilled when I got the acceptance letter for medical school; I felt that I had finally achieved my childhood dream in which I had invested so many years of my life.

In September of the same year, my Mom and I participated in the session 'Awakening to Self Realisation' (Bodh I) and were blessed to meet Maitreya Dadashreeji in person during His visit to Chicago. We received ShaktiPravaah and the overall experience left an indescribable impact. Witnessing His simplicity and feeling the powerful energies during the ShaktiPravaah process, I felt as if a cloud had been lifted from me, and that I had met a Master who was enlightened yet felt naturally to be a close friend of mine, someone my very own. Coming home that day, I felt ecstatic; the slight anxiety that I had about the challenges of medical school was wiped away. I felt more than ready to embark on my educational journey with renewed energy, diligence, and enthusiasm.

In January 2016, I started my first semester of medical school, and worked very conscientiously throughout the term. However, around the time of my final exams, I received the news of my grandmother passing away. I was shattered from within as I had lost two of the dearest persons to me within such a short span of time. Moreover, I was miles away from my mother and consumed with insecurity about her, as she was my only surviving parent. Once again, I entered into my previous state of vulnerability and doubt. During my exams my mind was clouded with this uncertainty and grief, and I missed the passing mark by a marginal amount. When I returned to Chicago, I was in a dark place mentally and emotionally, and was overwhelmed by thought of having to face family and friends. I was completely dejected, as I thought that everything I worked so hard for, was taken away from me in an

instant. My whole life was decided on the basis of one exam, and I believed I would no longer be able to consider healthcare as a career. I was convinced that I had failed myself, as well as my loved ones, and I even had moments where I did not feel like living any longer. I took out my anger and frustration on my Divine Friend, and I asked Him why I had to go through such a drastic setback after coming this far and keeping my faith in Him.

As I had feared, I also faced the nightmare of answering close family friends, who would reopen my wounds through their constant questioning related to my academics and career. This would make me overly sensitive, as well as overcome with feelings of worthlessness. My mother was completely supportive of me, despite having her own share of stresses related to my grandmother's death. She had not finished settling the finances after my father's demise, and now she was faced with more emotional grief, and work related to the closing of my grandmother's house in Gujarat.

In August of that year, my mother went to India while I stayed on in Chicago as I was trying to get back on my feet and resume my education once again. While she was in India, mom also managed to go to the ShāntiKshetra Premgiri Ashram where she met Maitreya Dadashreeji. She had an opportunity to talk to Him, and He kindly reassured her that things would get better for both of us, and that He would be always there to walk us through every situation. Upon mom's return from India, with the support of a mitra and maitreyi from the MaitriBodh Parivār we successfully hosted a Bodh I session at our house in Chicago. That night I had a unique dream where I saw Dada, who removed a mental block within me and assured me that all my difficult times were over, and better things lay ahead. It was this dream which gave me the reaffirmation that I was

never alone, and that healthcare was indeed the right career choice for me.

In less than a month, I got an acceptance letter to my first choice nursing school, and since then there has been no turning back. I completed the program successfully, passed my boards on the first attempt, and obtained clinical experience at Cleveland Clinic and University Hospitals Cleveland Medical Center. Currently, I am back in Chicago pursuing my doctorate degree to become a family nurse practitioner.

As I reflect on this experience, I see that my thought process was only limited to the present situation. I could not then visualize the grand design which my Divine Friend had orchestrated so beautifully for me. This experience was a truly transformational one, as it made me understand that we are not defined by our failures and despite the setbacks we encounter, Divinity always works to help us realize our true purpose, value, and potential. This experience was humbling, as it molded me into a more compassionate and understanding caregiver who could understand, and empathize with the plight of others facing similar situations. Additionally, I have used my experience in a positive manner by sharing it with others to provide them with the encouragement and motivation to rise above their situations.

Going forward, I am aware that circumstances might not be consistently smooth. Life will be a constant cardiogram with its high and low moments. However, after going through this chapter early in my life I no longer see failure as something to be ashamed of, instead I view it as a new beginning that presents greater possibilities that are waiting to be discovered.

**Maitreyi Ameer**



## *Walking the Spiritual Path*

I joined the MaitriBodh Parivār four years ago. I learnt meditation techniques and Sādhanās that need to be practiced for one's spiritual growth. However, my experience goes beyond just meditation sessions. The MaitriBodh Parivār is a big family of friends where I have met lovely people and I truly appreciate being a part of this family.

I do my best in practicing the Sādhanās with varying degree of regularity. At the same time, the learnings that are instituted in daily life and thinking good of people has helped inculcate the spirit of giving and I am enjoying the peace that accompanies the same. Being a part of the Parivār is helping me walk the path toward spiritual growth.

**Thank you, Dadashreeji!  
Shirish Bankar**

## *The Divine Support*

On the 14th of February, the day of Dadashreeji's live darshan, I was suffering from allergy-related issues, I was unable to get up and was feeling very weak. I had promised a group of ladies for providing WiFi facility at the Aarohan centre should they wish to access the live darshan there. This would have meant stepping out of the house to travel to the centre; I was wondering how I would manage that in my condition. I requested for Maitri Light and soon after felt some improvement in my condition; by evening I was fully recovered. I telephoned to find out if the ladies had assembled at the centre and needed help in setting up the WiFi; they said they would manage with their own data at their residence. Thus my concern about the event and my health was taken care of without causing any inconvenience to anybody. The Maitri Light I received certainly contributed to this. I offer my deep gratitude to Dadashreeji.

**Neela Gupta**

# food for the soul

The background features a silhouette of a person in a meditative pose, possibly a lotus position, against a vibrant blue background. The background is filled with soft, ethereal light rays emanating from the top right, creating a sense of divine light. A glowing, stylized atomic symbol or a similar geometric pattern is visible on the right side, adding a modern, scientific feel to the spiritual theme.

““ The divine spark that you seek is already within you. Allow it to shine through you unobstructed and it will eternally light your way.””

- Omar

# Surrender the ego

(from the Kena Upanishad)

Humility endears us to the Divine, ego distances us from Him. Success in our endeavour is with His Grace only and it must not cloud our mind in our interaction with others, writes **Mitra Sut** as he delves into the Kena Upanishad to illustrate the same



Once upon a time a fierce battle raged between the devas (gods) and the demons lasting many years, with both sides seeming equally powerful. Ultimately, with Lord Brahma

watching the battle, the devas emerge victorious and there begins a grand celebration by the gods to commemorate the victory. They pride themselves on having won the battle and as the celebrations go on the ego starts creeping in as they felt powerful and supreme in their triumph.

Lord Brahma, witnessing the spectacle, smiles to Himself! And in that moment there appears a large Yaksh, an 'apparition' in the sky just where the devas were celebrating. The gods are perplexed as they have never seen something so bizarre, powerful and enchanting!

Lord Indra dispatches Agni Dev (Lord of Fire), to find out about this Yaksh and the reason of its appearance.

Agni, approaches the Yaksh and says, "Who are you? Why are you here?" Getting no answer Agni says, "Don't you know who I am?"

The Yaksh asks, "Who are you?" This annoys Agni, who says, "I am the lord of the fire and have the power to burn the entire Universe!"

The Yaksh, hearing this, places a blade of grass in front of Agni and says, "Go ahead, burn it and show me your power."





Agni uses all his might but is unable to create any flame! Devastated and in shock, He returns to Indra having failed in the mission.

Indra then sends Vayu Dev (the Lord of Air) on the mission.

Vayu approaches the Yaksh and says "Who are you? Why are you here?" Getting no reply Vayu says, "Don't you know who I am?"

Yaksh, "Who are you?" This annoys Vayu, who says, "I am the lord of the air and have the power to blow away the Universe, with the power of air!"

Yaksh, hearing that places a blade of grass in front of Vayu and says, 'Go ahead, blow at it and show me your power.'

Vayu uses all His might but is unable to move that grass even a millimetre and is shocked. Devastated, He too returns to Indra having failed in the mission!

This happens with all the other devtas (gods) and they are shocked and fearful of the Yaksh, wondering who exactly that being is! Ultimately, the king of the gods, Indra Himself decides to speak with the Yaksh.

Approaching the Yaksh, the first thing He does is to bow in front of the Yaksh, in a mode of surrender and then starts to speak with utmost politeness, when lo and behold, the Yaksh disappears!

Instead there appears a most beautiful divine damsel, Uma, the daughter of the Himalayas, who then declares "O Indra Dev, this Yaksh was none other than ParBrahm Himself (the Creator of the Universe). After winning the war, the gods developed an ego. So He appeared in this form to deliver the learning that it is only with Divine Grace and it was only by His Will that the battle was won by the gods."



illustration credit: *Drishya Prabhakaran*

This revealing story from the Kena Upanishad has learning involved for humanity as well, viz.,

- *Everything is the Divine's and any success or acquisition needs to be attributed to His Grace and Will*
- *Approach others with politeness, gratitude and compassion.*
- *Ego obscures everything, even if the ParBrahm Himself (the Creator of the Universe) appears in front of you, you will fail to recognise Him*
- *Your state of awareness is directly related to your state of surrender*

The MaitriBodh Parivār, with the Blessings and Grace of Maitreya Dadashreeji, encourages seekers to connect with Love and Maitri (friendship), be in gratitude and accept the Will of the Divine, thereby aligning modern thought with ancient wisdom of the Kena Upanishad.

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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.

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## \*Ek Kshan Prārthanā:

*Offering the virtue of 'persistence'  
to connect with my own true essence!*

Life makes us face several examinations; connecting with the Divinity within is the best preparation to successfully clear these challenging tests, writes **Maitreyi Sulata**

### **I warmly greet you in the Love and Light of Maitreya Dadashreeji!**

It was time for my daughter to take the first flight from the warm safety of my nest! As I was taking my precious little one for admission to school, I was anxious about her response to her first interactive session with the teachers. My child was enthusiastic and bubbling with joy and curiosity, yet I suffered from the pangs of anxiety in my stomach regarding the outcome of her interaction. Will she succeed in expressing and achieving the expected level of knowledge at this stage? Not to forget, this was also my examination as a parent; whether I had been able to prepare my child for this new step in her life. Last month was the 'examination month' for many students across the 'school boards' in India so as to get into the next grade or for admission into university. As a parent, I too went through the experience of school admissions for my child and the entire month reminded me of the many exams that life throws upon us as expected or unexpected curved balls. Many of us fail, because we try to either muddle through the situation resulting in anxiety and stress, or emulate others, not realizing that everyone has a different question paper or may be simply give up, not knowing what to do in that particular situation.

Only a prepared student can take the examination with clarity and conviction. A very

simple fact of life that we all have faced from our childhood at various stages of our growth yet when the challenge comes, many a times we find ourselves incapacitated to face these challenges with equanimity!

As seekers of truth, we all understand that life is a school wherein we are all learning the many lessons to reach the next grade. However how we are learning and responding to these lessons, indeed the journey itself, is what will make or break us. For despite having all the necessary knowledge and understanding we simply fail to perform and performance here, is equivalent to discovering and experiencing our own true self, reconnecting with our soul, our original source while being on the merry go round of life. That requires relentless preparation and consistent efforts! One needs to ask towards which goal? To what purpose? What is my focus in life? Where is it that I need to reach? What is it that I am moving towards?

Treating every challenge/examination as the stepping stone towards the next grade is that which will truly give us the satiation we are looking for. The only way to keep clearing this exam and indeed every exam is constant and consistent preparation towards a single minded focus. The focus that "let me experience the truth of my existence, the essence of my soul at every moment".

**\*Ek Kshan Prārthanā - A Moment in Prayer**



While the practical life goals may be never ending, but what's truly going to make a difference and indeed succeed in our endeavours is the relentless effort and constant preparation to connect with our own true essence, our Inner Divine that resides in our hearts. For if we are connected and aligned with 'The Source' within then the external material life which is a reflection of our inner self will also automatically be smooth and calm. **So let us work constantly, consistently and calmly, patiently and persistently to stay connected with our Inner Divine, to ensure that we are**

**truly at peace within.** When the Inner world is at peace, the mind shall be at peace. When the mind is at peace the external material world will reflect the same peace. Though challenges appear they will merely be seen as opportunities and easily surmounted with little effort. Let us keep ourselves firmly rooted and connected to our Inner Divine, and lo and behold you will realise that there is no examination that we cannot face with equanimity and fortitude – for the Divine shall ensure that He will guide us across it!

**This month's Ek Kshan Prārthanā( A Moment in Prayer) is an offering of the virtue of 'patient and persistent efforts' to bond with our Inner Divine.**

Beloved Maitreya,  
May the Love and Light of the Divine bless  
us with the virtue of 'persistent efforts'  
As we constantly connect with The Inner  
Light,  
Gratitude Maitreya Dadashreeji as Thy  
Grace strengthens our bond with The  
Divine Light !



—•—  
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.  
—•—

# nature & you



“ Nature is the art of God.  
- Dante Alighieri ”



## Mother Earth

*Have you Connected with Her?*

Disconnection with the light within has led to unfortunate consequences for humanity, be they in man's interaction with Nature or with each other. Transformation is the solution, aligning us with our true essence - Love, writes **Maitreyi Meredith Smythe**

Nature gives unconditionally. A sunflower will be beautiful to anyone passing by, it is not partial in sharing its beauty. We have forgotten that we human beings are also a part of nature. We are made of the same matter and our heart is connected to the Earth through Love. We have disconnected from our own inner light and therefore from our Source, consequently we have disconnected from our true nature, disconnected from Mother Earth. It is the process of spiritual transformation that helps you connect to that inner light. Be a true friend to yourself and find your inner voice. Our essence is unconditional giving and loving. We do not own the planet but are guests here. We are here to learn, explore, grow and bond. When we bond with our Inner Divine we start to see the underlying Love and Divinity everywhere, including for Mother Earth. Then you find oneness with a flower and indeed with all Creation, realizing you are a part of the Earth itself and that She is a living entity. Connected with your inner divinity which is but love, you naturally live in harmony with Mother Earth and do not want to hurt her.

*Maitreya Dadashreeji says, "Care for the planet and work for the planet. Remember, this care is not limited to Mother Nature alone but is also meant for the people around you."*

The World and Earth is one family. I have personally started on this path and it has connected me to Mother Earth. I feel Her energy and Love. I found ways to help Her with small acts like saving water and sending Her love through prayers. My love for Mother Earth started with connecting to Dadashreeji and offering flower petals at His Lotus Feet. I did not want to throw away flowers that had been offered to Him so I started composting. It became my daily practice to recite the Mother Earth prayer given by Maitreya Dadashreeji. I started to communicate with Her and I am always trying to find ways to help Her. I started carrying a bag to keep left overs at restaurants, refusing straws ( I carry a metal one with me), air drying my laundry, taking bucket showers, buying books on Kindle instead of printed ones, growing some of my own vegetables, and trying to reduce water and electricity consumption, and upcycling among many other things.



The pandemic was a wakeup call to humanity - to all of us; that things are changing with the Earth itself- we have global warming and destruction of species and their habitat allowing viruses from animals easier to spread to humans. There is a need for spiritual transformation to become better people, connect to each other/ourselves and live in harmony with nature. Transformation is the path to be able to live our true nature which is Love. Man is the only creation of God that has strayed from its essence and this is why there is an urgent need to transform today; transformation to live in harmony as One World, One family, One Truth. This vision also includes Mother Earth honoured and respected as Divine. This Divine Love is in every atom of nature. Nature gives us Love.

As humans we are also connected as ONE through Love. With love, care, respect and kindness we can come together and find solutions to give back to Mother Earth for the restoration of this planet we call home.

*Earth Day is celebrated globally on 22nd April-each year. On this occasion the MaitriBodh Parivār members shared their 'Acts of Love' for Mother Earth. Sharing some of them below:*

## The Americas

**Paul Smith, Silvis:** Wrapping tree seedlings in preparation for planting. The goal is 100,000 trees.

**Deborah, Livingston:** I started a recycling program at my workplace.

**Philip Zemke, Montana:** I keep my tires correctly inflated. This saves gas and puts less pollution of tire rubber dust into the air.

**Shraddha Shimpi, Dublin:** Choosing right kind of local candidates while voting those who will address climate change.

**Leila Zemke, Montana:** Bring my own cloth bags when grocery shopping.

**Cecilia Fernandes, Colombia:** I have reduced printing documents at work and encouraged people at work to scan as much as possible. Working on incorporating a green policy in my department soon- where we will minimize use of electricity, water and paper.

**Vanessa Syrio, Rio de Janeiro, Brazil:** Cleaning the beach where I usually swim

**Maria de Rocío Salas, Mexico City, Mexico:** I am devoted to stopping the chopping of trees in my neighborhood. The city workers often chop off green branches. So far it has worked and trees are growing and healing.



## Europe

**Giulia, Cossato, Italy:** Plant flowers for bees and other insects; seed plants and flowers; collect plastics in the woods.

**Leena Devrukhkar, London, United Kingdom:** Avoid food waste, proper recycling and sending love to Mother Earth by prayers.

**Stefan Auracher, Germany:** Reduce plastic usage and other waste, becoming a vegetarian, collect waste from nature.

**Jasmin Christina Sereinig, Zürich, Switzerland:** During many walks in nature, I collect trash which lies on my way and put it in a trash can. I then lovingly connect with the soul who dumped it and tell him/her to be aware the next time and put it in a bag or a trash can.

**Kriti Nanda, Zürich, Switzerland:** I turn the shower on and reduce the stream power to consciously save water while showering. Whatever I buy, I try my best to make sure it's from biological cultivation and the packaging is ecofriendly. I don't mind spending more if I know it can have only a small impact. I try to save paper in reusing it as much as possible, especially making sure I don't throw blank paper away but reuse it (to take notes vs. buying post-its). I try to buy regional and seasonal groceries. I avoid buying anything which is not made of natural material. I respect animals and plants and treat them with Love, greeting them and sometimes speaking with them.

## India

**Gauri Puranik, Thane:** Respect all the elements of Mother Earth and pray for Her everyday.

**Manisha Gopal, New Delhi:** I adopt organic way of life and consume positive millets which have tremendous health benefits and require much less water than wheat or rice.

**Surbhi Rajpal, New Delhi:** Waste water from RO (reverse osmosis) that is rich in minerals is used in watering plants. Waste segregation practiced at home and propagated amongst students.

**Dolon Acharya, New Delhi:** Collect plastic and send it for recycling.

**Bhagyashree Mistry, Mumbai:** I have tried to refuse plastic bags while buying vegetables and

I carry cloth bags whenever I go shopping.

**Manashree, Mumbai:** Avoid plastic bags and distribute paper bag to hawkers, shopkeepers.

**Preeti Bansal, Thane:** Planted saplings, picking leftovers by public scattered in public places and throwing into the bin.

**Paridhi Maheshwari, Indore:** I have limited my use of water for bathing, cooking and even washing utensils and clothes to the bare minimum.

**Shreshtha, Mumbai:** Going less, recycle, pray

**Sanjana Barot, Mumbai:** I have refused to use plastic bags and ensured no one in my family does that either, since the past 3 to 5 years. I have

ensured all the plastic bottles that are purchased are reused efficiently for multiple purposes and then eventually recycled. I think it's very important that every household takes these small steps AT THE LEAST to contribute to the well-being of the earth.

**Varsha, Pune:** Over the past few years, I have made a conscious decision to not paint clay lamps (diyas) with acrylic paints because they are toxic and pollute the soil when discarded. Instead of using colourful rangoli powder which is toxic, I now make rangoli with flowers and leaves.

During the summers, I put thick screens on the windows from outside; this prevents the glass panes from heating up and dissipating heat inside the house. It helps keep our house super cool even in the summer (without an air conditioner).

Generally the mud/soil that is bought to pot plants is procured from agents who excavate soil from mountains. This disturbs the flora (ecological balance) of that area. Hence, I have

consciously moved to using only cocopeat (coconut fiber) and vermicompost to grow plants in pots. Also use organic fertilizers instead of chemical ones.

If we have to get a take-away, we carry the food containers from our home. Water the plants with the water used for washing vegetables, fruits, rice, pulses and lentils. Instead of chemical based aerosols that harm the environment, I use essential oils and natural camphor as a room freshener and in closets to keep insects/moths at bay.

**Radhika Sunil Sen, Panku, Shivangi, Renu Aggarwal, Rigved Sawant, Sonali Deshpande, Impreet Kaur, Malti Patker, Rita Seth, Kanchana SB, Prawesh Singh, Saroj Malik:**  
Praying, giving Love

**Maitreyi Priti, Anita Bhadola, Neela Gupta:**  
Composting kitchen waste to make manure for the plants.

Growing up Maitreyi Meredith loved seeing the unity and connection in all religious traditions to one truth: Love and has longed to help others. Meredith has experienced Maitreya Dadashreeji as 'Love' and felt her life complete in that moment. She is a student and seeker of truth, simplicity, love and is passionate to help Mother Earth. Professionally she is a yoga teacher, has a doctorate in physical therapy and works with older adults.



# health & wellness

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





## Benefits of Hydration

As the mercury rises, so does our need for water. **Maitreyi Swati Kejdiwal** details the undeniable benefits of this elixir of life!

With summers around the corner, it is important to focus on hydration as getting enough water every day is important for keeping good health. Water plays an important role in almost every body function. Our body is 70% water and even slight dehydration can be dangerous. Increasing heat leads to depletion of important electrolytes and fluids from the body and can lead to headaches, dizziness, acidity and constipation among other ailments.

**Water is the best fluid we can imbibe. Here are the reasons why:**

**Weight loss:** Dehydration slows our metabolism and makes it difficult to burn fat efficiently

**Energy:** Dehydration saps energy making us feel tired

**Healthy skin:** Drinking plenty of water rejuvenates the skin and imparts a glow to it

**Mental health:** Water plays an important role in mental health. It makes the brain more efficient and productive

**Healthy heart:** The heart becomes stronger and eventually can protect us against heart attacks

**Treats constipation:** Drinking plenty of water helps to cure digestive issues and treat constipation

**Removes toxins:** Water helps to flush out toxins and wastes from the body

**Better mobility:** Water lubricates our muscles and joints. Dehydration can lead to sore muscles and painful joints.



**Here are some ideas to increase our water intake:**

**Keep a water bottle within reach:** If we're mindful of keeping a bottle of water nearby, we'll be much more likely to sip water throughout the day.

**Infuse with flavor:** Infusing our water with fresh fruits can make for a refreshing beverage. Add fresh fruits such as lime, berries, oranges or even cucumbers, mint and lemons to the water to make it tastier.

**Set an alarm:** If we forget to drink water, we can set a reminder on the phone. There are various apps which remind us to drink water.

**Coconut water:** Packed with potassium, magnesium, sodium and calcium, coconut water can replenish fluids and electrolytes lost through exercise and hot summer temperatures.

**Eat your way to hydration:** Eat fruits and vegetables which are high in water content like watermelon, cucumber, tomatoes, bottle gourd, etc.

A few refreshing recipes to increase our water intake:

**Chilled Cucumber and Buttermilk Soup**

**Ingredients:**

- 2 cucumbers – peeled, seeded and chopped
- 2 cups buttermilk

- ½ inch ginger
- 1 green chili – seeded and chopped
- 2 tsps lemon juice
- Few sprigs of mint
- Salt and black pepper to taste

**Procedure:**

Blend the cucumbers, ginger, green chili and lemon juice in a blender. Add the buttermilk, salt and pepper. Garnish with chopped mint leaves. Serve chilled.

**Fennel Drink**

**Ingredients:**

- 2 tsp fennel seeds
- ½ tsp honey
- 1-2 clove
- 3-4 mint sprigs
- 1 tsp lemon juice
- Water as required

**Procedure:**

Grind fennel seeds. Take water, add honey, fennel seeds, grounded cloves, lemon juice and mint. Keep it for three hours and strain. Serve chilled.

**Papaya Smoothie**

**Ingredients:**

- 4 – 6 pieces papaya chunks
- 1 small bowl yogurt
- ½ glass coconut water
- 1 tsp-soaked chia seeds

**Procedure:**

Add all the ingredients in a blender and blend. Serve chilled.

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



“

How wonderful it is that nobody need wait a single moment before starting to improve the world.

”

- Anne Frank

## Poem

दादा तेरी असीम कृपा हो इस जग पर,  
तेरा ही नाम व तेरा ही भाव भर जाँँ सर्वस्व पर।

तेरा ही प्रकाश करे उजाला,  
इस अंधेरे से सबको संभाला।  
तू ही दिखलाए जग को अपने रंग,  
जिसे देखकर रह जाँँ सब दंग।

इस सृष्टि का निर्माण तूने ही किया दाता,  
न जाने इसे कब बूझेगा इंसान, जिसे खोजे अपनी  
अन्तरात्मा।

तू दिखा अपनी कृपा इस धरती पर दादा हमें,  
जिससे हो जाँँ सभी कृतज्ञ कि बसे है सद्गुरु हमारे ही  
सबमें।

### Meaning

Dada, Bless this world with Your infinite Grace!  
May there be only Divinity everywhere!

May Your light brighten this world,  
Protecting it from darkness!  
You guide us to the truth,  
To open our eyes!

You created this world, O Lord  
When will man understand this,  
That You are the One our soul seeks!

With Your Grace bestowed upon us Dada,  
We are grateful to know that You reside within us!

Humbly at your lotus feet Dada,  
Surbhi Rajpal

## *Motorcycle Diaries: You go where you look!*

Drawing on an analogy with motorcycling, **Bikram Singh Boparai** writes that the journey is smoother if we maintain focus on our ultimate destination. The Divine is always at hand to guide us, we just have to maintain our focus on Him by connecting with our heart

My riding buddy and I had gone on a ride to Jodhpur in the first week of February. I was all charged up for the ride as this was the first time in over six months that I was heading out on a multiple-day ride on my motorcycle. The desert land of Rajasthan with its rich heritage and history has always been a draw for me to head there and revel in a journey of discovery at many levels. The night preceding the morning of the ride was spent in restless sleep - the morning alarm was a formality I could have dispensed with as I was wide awake well before the chime of the phone! Jumping out of bed I pulled aside the curtains and marvelled at the stars still twinkling in the night sky. Hurriedly, I got ready to head out into the great wide open, ready for the adventure to unfold.

Having met with my buddy at the appointed time and place, we set out for Jodhpur after the

customary high-fives and chest-thumping! Encountering heavy fog in the early hours of the morning, we decided to stop at a dhaba for breakfast in the hope of the fog dispersing afterwards. Finishing the hearty meal, there was a spring in the step and newfound optimism as the fog started lifting; we headed to our bikes and resumed our journey to Jodhpur.

Crossing the Haryana-Rajasthan border we were making good time and were on schedule to reach our destination on the time we had set for ourselves. We soon came to a winding section of the road and my eyes lit up in anticipation – beautifully paved roads with bends in them are a delight for every motorcycle rider as one can have tremendous fun leaning into the curves. And so with great joy I entered that stretch of road; taking the very






first curve with the bike leaned over I got distracted by a milestone at the crest of the turn. Gaze fixated on the milestone, trying to take in the distance to the next town, I forgot the cardinal rule which a motorcycle rider must always keep in mind – 'you go where you look'! It is the absolute truth that on a motorcycle the bike will follow your gaze. When entering a turn you have to first look at the apex of the turn; once there you have to set your sight on the exit of the turn. That is the correct way to take any turn on a motorcycle. Instead of following this rule, I had fixated my gaze on the milestone at the very apex of the turn and did not move it to the exit of the turn once I had hit the apex. And so my bike 'wanted' to go straight into the guardrail along the outside of the turn even as I realised my folly and tried to steer the bike away from the guardrail and toward the exit of the turn. I had to brake hard and the rear wheel of the bike fishtailed as I sat up the bike in my desperation to avoid crashing into the guardrail on the outside of the turn. I was fortunate to make the turn with no negative consequence other than a rather accelerated heartbeat! I cast a sheepish look at my buddy ahead to check if he had noticed this misadventure but fortunately he was oblivious to the near-escape I had experienced! I heaved a sigh of relief.

Riding on I chided myself for forgetting such a critical principle of motorcycle riding. Mulling over the truism of 'you go where you look', it seemed to me that this principle applied equally to humanity at large. In our journey of life we will head to wherever we keep our focus on. Those of us who fix our gaze on the Divine will surely get there, to their true home. We take multiple births and in each lifetime we have the opportunity to make something of the life given to us. Drawing on the power that resides within, we can choose to focus on that Divinity within and chart our course to reach our true home. Losing focus and getting distracted from the true path, as I did on my motorcycle, can lead to a crash; a setback on the soul's journey to its ultimate home.

Jodhpur was a delight. We shared an evening with a couple of riders from Bengaluru who were staying at the same haveli and the conversation we had over dinner was delightful. The bonding was effortless, strangers brought together by the shared passion of riding motorcycles.


We shall meet again, friends!

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Bikram Singh Boparai is passionate about motorcycling and believes in the adage, 'Live to ride, ride to live'. Finds himself, his true nature, on his beloved motorcycle. Is blessed to receive an unparalleled love and be in His Grace

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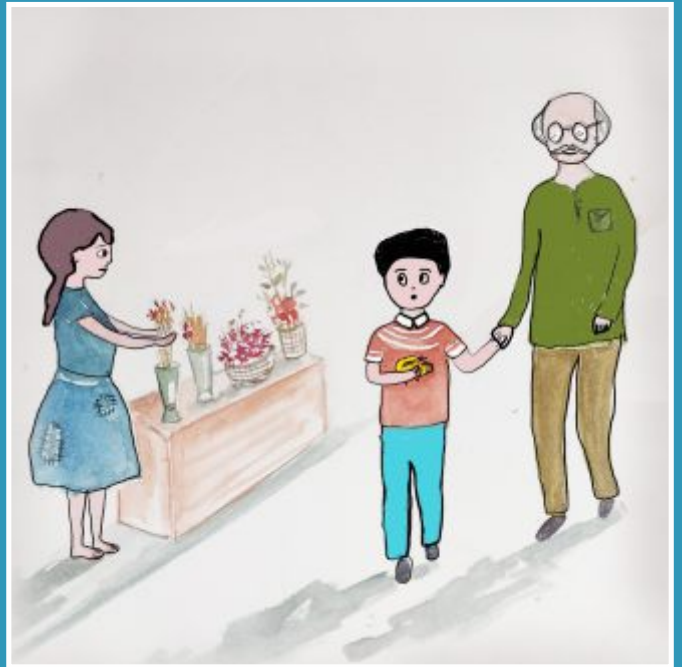
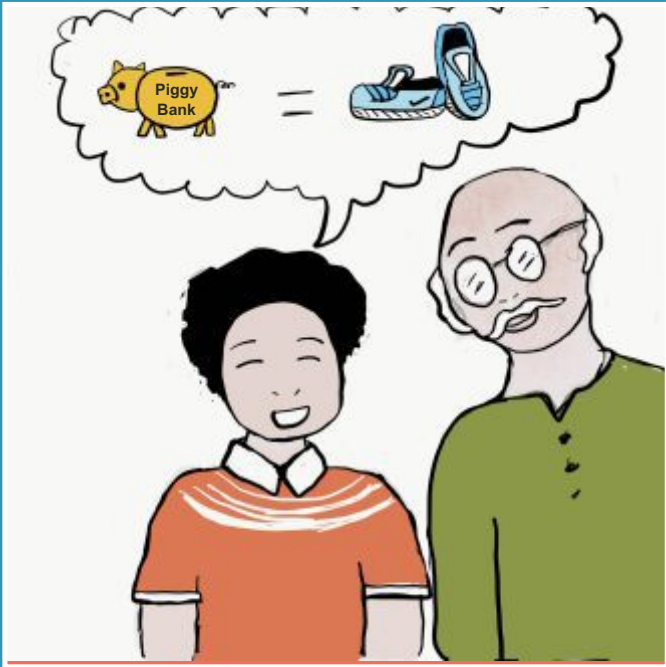
# young impressions

A scenic landscape featuring rolling green hills under a bright, cloudy sky. A dirt path winds through the foreground, leading towards a large, rounded hill in the middle ground. The sun is shining brightly from the upper right, creating a lens flare effect. The overall atmosphere is bright and hopeful.

“ If you’re walking down the right path and you’re willing to keep walking, eventually you’ll make progress. ”  
- Barack Obama

# Wisdom Bytes

Thought provoking picture tales



# Upcoming Events

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

## Request a Prayer

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

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

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

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

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

## Dear Friends,

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

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

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

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



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