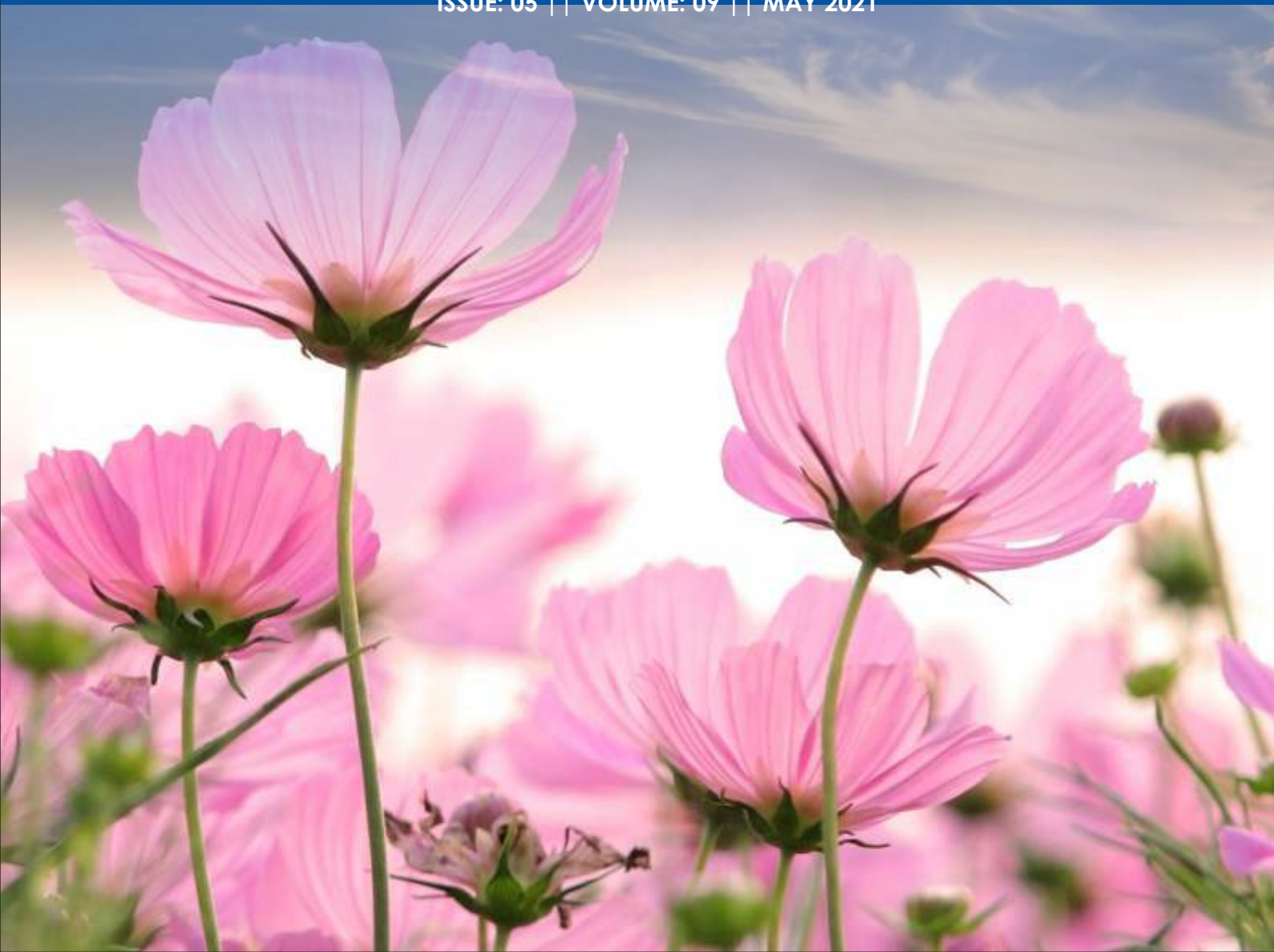




MaitriBodh

Maitri Anahita

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editor's
desk

Dear Loved One,

Hope this note finds you well. Today, uncertainty looms large over mankind; our very existence is being challenged. Negative emotions seem to have made a permanent home in the minds of millions. India has been severely hit by the second wave of the pandemic. It has spared neither the wealthy nor the unprivileged. No amount of wealth and influence has proved to be of any use when it comes to saving a life. Justice is being served to one and all. At such times let us come together and join hands to provide help to the ones in grief, agony and suffering. One could offer a patient ear, or pray for internal strength and guidance for everyone, or help the elderly with running errands, arrange for medical support, give hope by talking positively and do much more. The possibilities making a positive impact are infinite. It is only prayers and the Divine that can help us. Let us connect and bond with the Divine, as this is the only answer to help us make it through our current situation.

In this issue, under 'Pearls of Wisdom' Maitreya Dadashreeji answers pertinent questions by seekers on the current situation.

We introduce a new column 'Affirmations' which will feature an affirmation each month. 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 the spiritual significance of the festival of 'Ramadan', under 'Ek Kshan Prārthanā' the author shares with us the significance of standing by the virtues of truth and righteousness; further an apologue from the Kena Upanishad reminds us how the virtue of humility can take us closer to the Divine. Under the 'Health & Wellness' section, learn more about Skin Care. Under 'Reflections' we bring to you a poem and an article on communicating with the Inner Divine. The section 'Young Impressions' brings to you the column 'Youth Speak' which suggests that not all criticism is toxic. Delinking the self from the action, and distinguishing between constructive and destructive criticism is the key to not only dealing with but also potentially learning from criticism; enjoy the picture tale under 'Wisdom Bytes'.

Let us pray -
For internal strength and Divine guidance for every being;
May every being on this planet feel the need for and thus embrace
'Transformation'!

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

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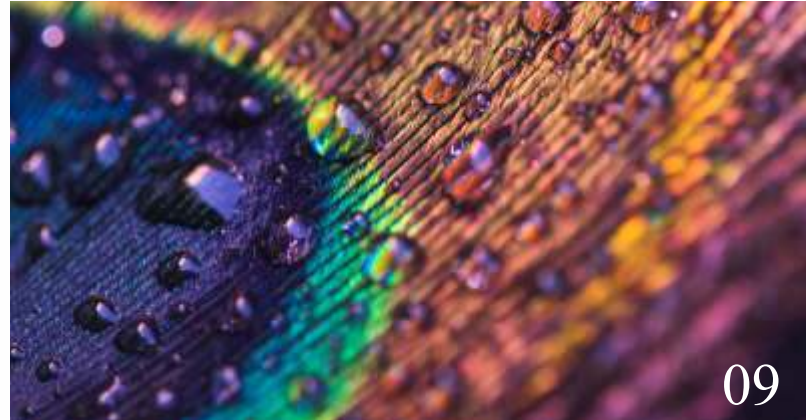
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Send us your articles, stories, poems, spiritual questions at anahita@maitribodh.org
and experiences at experiences@maitribodh.org

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

pearls of wisdom





Seeker :

Dadashreeji, Many people do a lot of bad things but they still go through life happily. Why does God not punish them? God is in everyone. He knows everything then why is there such delay in justice? And by when will this become alright?

Maitreya Dadashreeji:

Divine looks at people as a mother looks after her children. When a child commits a wrong action, the parents explain to the child or scold him. They even punish him, if need be. In the same way, Divine also explains to the child with love. Divine has patience that nobody has. Divine waits for life times for the child to transform. Observing the person for a short period of time, you judge that he is bad or you are being wronged. You feel that based on today's circumstances. Some children learn faster while some take more time to learn their lesson. Those who do not realize their mistakes in time, receive their due punishment. Just because they are doing bad and not getting punished in the moment, you should not leave your goodness.

Nature always serves justice. There was time earlier when justice was served at a later date, but times are changing. Believe in goodness and do good. You will receive blessings, praise and success.

Seeker :

Dadashreeji, people right now are facing many challenges. Humanity is suffering. How does the Divine mind perceive this human suffering?

Maitreya Dadashreeji:

A selfish mind cannot completely understand the pain of other people. Their selfishness does not let the person fathom the suffering in others. They do not understand the gravity of the situation or the pain of others because of their selfish mind. Their mind does not let them experience the pain of others. But a Divine mind does not have selfishness. It experiences the pain of others as it is. So an awakened being, a realised Master or a Divine Form experiences others' pain very intensely and hence they step forward to work for the welfare of others. So the Divine Mind experiences the human suffering very deeply and keeps working continuously to help others.

Seeker :

What is your message to our leaders and the influencers in our society? How can they contribute to the global transformation?

Maitreya Dadashreeji:

It is very important that all our leaders who are doing good work and influencing the world also experience 'transformation' so that this positive shift reaches many others through them and improves their way of living. Leaders need to ask themselves if whatever they are doing is for the welfare and happiness of the people at large. While doing this, they can connect to their Divine form or their heart and ask within if what they are doing is right or not. When the heart replies, it always tells the Truth.

We wish to do many things, guided by our mind but connect with your heart and let it guide you on the right path. If there is a selfish motive behind your good then you will have to bear the brunt of that but if it is truly for the benefit of people, or larger good then you will also reap the benefits from this good and through you, many will prosper.

So always check within before you act and operate from your heart. The Divine, the Universe is always observing everyone. You are always being observed. No one is spared from their wrong doing. Make a conscious effort to do good and drop those actions that harm others.



Seeker :

Dadashreeji, what is death ? Should we be scared of death? And if we are scared of losing someone, what should we do?

Maitreya Dadashreeji:

Death does not happen. We feel that death is the end but it is only an event or a state where you separate from your body as an energy. The body is left behind and you come out separately from it. So you have not ended, the journey of this body has ended. You can call this death but it is not the end. You still exist but in a different realm and experience life as per your own understanding. You live forever. Understand this truth and then the fear will leave you. If you believe that you are only the body, then you experience this fear. Even when you sleep, you lose sense of the physical body but you are still there. You watch everything. You can observe everything around you. So please don't think of death as an end, but as the beginning of a new journey which is blissful. There is another journey, another world after leaving this body also. You should experience completely where you are today but the other experience beyond this realm is also by Divine will. If you accept it as Divine will, you will experience peace.

If you view any experience with fear, then it will create more fear. If you perceive it with happiness, peace and as Divine will, then that is exactly what you will experience.

Free yourself from this fear and use this time well for spreading happiness and experiencing peace in this life. We do not know when, who will leave the body, but you have today, in the present moment. Do what makes you happy, do good right now and experience happiness.

**Love and Blessings,
Maitreya Dadashreeji**

(This is an excerpt from Maitreya Dadashreeji's Live 'Aatma Jagruti' on 14th Feb, 2021 on YouTube channel- MaitriBodh Parivār, message continued from April 2021 Maitri Anahita)



dādāleelā

Divine Love always has
met and always will
meet every human need.

- Mary Bakker Eddy



Safe with thDivine!

I didn't know at the time I was coming down with Covid. I had a three hour drive to get home. My Divine Light is my constant companion on all my travels - sitting up high in the front seat so He can see out of the window.

As I started on my drive I was feeling a littletired, and an hour into the journey, I said to Dada, that I was not sure if I could continue on my journey as I was exhausted. I would doze off and wake up with a start; ~~this happened many times. This is not normal for me even when I am tired. I kept saying over and over~~ "Dada, keep me awake!" It was winter time and freezing cold; I was scared and apprehensive about pulling over to take a nap as I was afraid that once I fell asleep I might just freeze to death! I still had an hour's drive left and just wanted to get home. So, with emotion I picked up my Divine Light, sat Him on the steering wheel, looked Him in the eye and sternly said: "You have to keep me awake! I don't want to wreck my truck, I don't want to get hurt and I surely don't want to hurt anyone else! Keep me awake!" And then I placed Him back on His seat and we drove the rest of the way home without me nodding off even once!

Reflecting on it a few days later I realized that initially I wasn't really talking to Him, I was talking AT Him, whining and complaining, but the moment I really focused on Him, looked at Him and told Him my true need, and with emotion, He immediately responded and answered my call for help. I offered my heart felt gratitude and apology for being stern, but He understood that it came from fear and I was sincere in my expression.

Thank You, Thank You, Thank You.
Love you so much Maitreya Dadashreeji!

Leila Zemke
USA



Final Point

I had been a seeker for a long time, without really knowing what I was looking for. For many years now, I have worked with various spiritual teachers. And each one helped in a different way. They got me started and opened my mind. But opening my mind only took me so far.

I came to a point where I knew I couldn't keep going the way I had been - full of fear, anger, resentment, and nurturing a victim mentality. Then, three years ago, I had a revelation that love was the answer. I worked with new teachers and energy healers who helped to open me even more. But I still had many many blocks within.

In early 2020, a friend told me about Dadashreeji. I looked at the MaitriBodh website. I signed up for Maitri Light. And after receiving the healing, unconditional love during that session, I knew my journey to find love would continue with Dada.

It hasn't always been easy over this past year. I've had to acknowledge many difficult, painful emotions and really look at the blocks that I had acquired as a child. But each step gets a little easier, thanks to the support of the MaitriBodh Parivār and Dada.

There isn't one profound revelation that I can share. Instead, what I have found is that when I ask for help, I get it in many different ways. For example, I continue to work with energy healers. When I ask Dada a question - I may get the answer through them. Or the answer may come while practicing Sambodh Dhyān or during a sadhana, or through other means. But I know, it all comes from Dada.

For the first time, I know I am not alone. I realize that fixing things isn't up to me. With Dada's help, I have opened to love, peeling away the layers that have hidden my light and love. My journey continues. I guess it will for the rest of my life. But I am so very grateful to have Dada's Grace and the support of the MaitriBodh family with me now.

Christina Allsop

food for the soul

“ God loves each of us as if
there were only one of us
- St. Augustine ”



Power of Affirmations

The Cambridge dictionary describes 'affirmation' as a statement or sign that something is true. Affirmations generally are positive statements that when said repeatedly with faith and belief can replace specific subconscious set of beliefs with positive, self-nurturing ones. Let us understand more about an 'affirmation'. Is it a mere thought or more?

Dadashreeji says, "A mere thought can be unreal; but an affirmation is about the real you. An affirmation is more profound than a thought. The affirmation comprises of your true nature and inner reality. Simply put, it's about your betterself. The affirmation pushes you towards reality. When your being gets tuned with the affirmation, you naturally flow with it with no more judgements or mental blocks.

Although the affirmation is a mental exercise, it acts as a constant dose of the truth to your mind. So, the affirmations will help you to get closer to the reality from which your mind has been disconnected. It makes your mind more positive and receptive towards the truth.

You find positivity in unhappy moments of life as well. You become more optimistic and positive towards life. Today, may not be your best day but these affirmations will make every day the best day for you. Spiritually, this is how it should be.

An affirmation is more effective when you write it, again and again. To make it more effective than writing, visualise affirmations. Visualisation adds life into these affirmations. You can practice any way that is comfortable for you. All would give results when done regularly with dedication.

Before you start practicing, an essential criteria is to comprehend the affirmations well. Ask questions till they are absolutely clear in your mind! When ready, practice them twice a day or more, keeping your Divine in the mind. Sanskrit Mantras are also affirmations, vibrating at a higher frequency in tune with Nature and The Divine. Regularly chanting these mantras, will provide corresponding changes in your life."

Each month we will be sharing an affirmation. You may repeat this affirmation at least three times daily - first thing in the morning, midday, and just before you go to sleep. Regular repetition will help in manifesting them. Practice and witness the change!

“

Affirmation for this month:

**I am divinely guided, protected
and extremely safe**

”

*With Love & Gratitude,
The MaitriBodh Parivār*



Ramadan

Ramadan marks a time of communication, with the Creator and with the Self. Fasting is central to Ramadan and presents an opportunity for purification and reflection by cutting out the superfluous and focusing on nourishing the soul, write **Najah Ahmed** and **Maitreyi Karin Sheikh**

What is Ramadan?

The month of Ramadan commemorates the time when Archangel Gabriel revealed the Holy Quran to Prophet Mohammed (peace be upon Him). It is considered a particularly holy time where believers have the opportunity to intensively reflect on their faith.

'Fasting' during Ramadan is one of the five pillars of Islam which are the most important rules of the Islamic faith and the main duties of a Muslim. These five pillars are:

- Profession of faith
- Prayers
- Giving alms (not social duty)
- Fasting (month of Ramadan)
- Hajj (pilgrimage to Makkah for the able)

Prophet Mohammed was the first Muslim to fast during Ramadan. He serves as a role model for Muslims; fasting symbolizes the believer's bond with his Creator. During the fasting period, the body and soul are purified. However, fellowship and solidarity with the weak and poor is also especially important during this month.

When is Ramadan?

Since Islam follows the lunar calendar, the Islamic festival year has 354 days instead of 365. As a result, Ramadan moves forward ten or eleven days per year, gradually passing through all the seasons. The sighting of the crescent moon by one or more witnesses signifies the beginning and the end of Ramadan.

Why do Muslims fast?

In Islam, fasting is a form of worship. It is a conscious and very personal act, a matter between the individual and his Creator. For many Muslims, Ramadan is a deliberate time-out for body and mind, during which they find peace and reflect intensively on their faith. Through fasting, the soul of the fasting person is purified and cleansed, and his relationship with the Creator and his fellow man is strengthened. Without this, fasting remains meaningless and empty. For fasting means recognizing that in truth one depends solely on the Creator. Healthy, able bodied adults refrain not only from food and drink, but also tobacco products, ill speech, arguments, loss of temper, malicious and sinful behavior.

Not eating is central because when one starves the body, the soul is fed. It's the physical body that is fed all the time, and by abstaining from eating, one's attention is directed to the pangs of hunger and thirst and makes one grateful for what one has.

It is a time for a practitioner to focus as much as possible through word and deed on the communication between the Creator and creation. It's a time for sacrifice and to be patient and yielding. It's an opportunity to have a month long discourse with the Creator. One is encouraged to abstain from things that are not pertinent, not necessary. Those things make it hard to focus. It's a kind of a retreat. You're in the world but not of it. You're just moving through.

Above all, it is a time of solidarity and sharing. Ramadan is above all a vision of the heart that allows man to return to his core or centre.

How is fasting done?

One abstains from the intake of food or drink from dawn until sunset. In addition, believers are not allowed to smoke and should also abstain from physical relationship. It is also a great time to re-establish a healthier relationship with food, drink, and other physical pleasures. Many make use of this time to train the mind and body to get rid of addictions and addictive behaviours.

Spiritual Aspect

Ramadan, if practiced correctly, is the chance for a spiritual boost, a time for reflection and self-improvement, with lessons to be applied long after the month is over. It is a chance for self-purification and rejuvenation. The spiritual purpose of fasting is to surrender, to submit to a higher authority, which is the Creator, and keep the mind focused on the spiritual dimensions. In addition to this 'external' form of fasting, fasting has an important 'internal' dimension as well. The principle of fasting is linked to self-control. Through the self-control that abstaining from food demands, fasting Muslims focus on the essentials and abstain from the superfluous. It is a time to take stock and think critically about

one's own behavior and lifestyle. One practices patience and self-discipline, acts with compassion and mercy towards others and learns to appreciate the blessings in one's life. The nightly prayers that people attend during Ramadan facilitate this kind of spiritual growth in a meditation-like activity. Prayers also bring people together, which strengthens communities.

Social Aspect

The fasting month also has a social aspect. Fasting motivates one to empathize with the poor and needy people. Communities come together in efforts to feed the poor through many charitable efforts like soup kitchens and food packages delivered to those in need. At the end of Ramadan, breaking the fast is celebrated as 'Eid al-fitr' also called the 'little festival'.

Ramadan is an excellent time to start on the positive changes a person has waited for long!

"The two things that can help you receive the inner guidance are 'elevated awareness' and 'connection with the Divine'. As you progress on your spiritual journey, you would notice growth in these qualities. You would receive direct & non-conflicting guidance", says Maitreya Dadashreeji

The Arabic word 'Muslim' means: 'someone who surrendered to God's will'

Born and raised in Saudi Arabia, Najah F. Ahmed lives in Khartoum, Sudan. She works as a consultant to SMEs in business management and administration and a freelance translator for English-Arabic language. Enjoys reading, writing, swimming, being with family and friends, and loves to spend time outdoors connecting with nature and travel.

Her lifelong hunger for knowledge has led Maitreyi Karin to many educational trainings and job experiences. The marketing specialist is also a Yoga Instructor, Nutritionist and has a Diploma in Animal and Nature-based Therapy. The understanding to Islam came through her Kashmiri husband. Her great love has always belonged to nature. Inspired by Maitreya Dadashreeji she works as a Forest and Nature Guide where her deep and heartfelt desire is to bring people closer to the beauty and wonders of Mother Nature – the nature outside in the forest and the nature within themselves.

A Meeting with Death - Part I (from Kathopanishad)

Mitra Sut narrates the first part of the intriguing story of the principled boy, Nachiketa, who is ready to give up his life in support of the lofty ideals underpinning the Viswajet Yajna

In the old Vedic period there lived teenaged boy Nachiketā, son of the famous Brahmin Vājashravas, who was well known for generous donations to charitable causes.

Once, Vājashravas decides to perform an ancient Viswajet Yajna, a sacrificial ritual in which one gives everything, all of one's wealth and possessions. A lot of work goes into preparing for this unique occasion, with elaborate decorations and sumptuous food for all the guests, Brahmins and rishis who come to attend this famous ceremony. Vājashravas decides to donate all his cows to the Brahmins, as during those days, cows were one of the most

valuable and sacred possessions.

Nachiketā observes the entire sacrificial ritual with a lot of interest and innocence; he is surprised to see his father giving away only old, mostly disabled cows, not able to give milk and many incapable of bearing calves. He is shocked at his father's cleverness, rather cheating, and knowing the essence of this unique yajnya, tries to dissuade his father from giving away only old cows. He says to his father, "O father, to whom have you decided to give me away?" (understanding that he is also a possession).



At first his father doesn't pay any heed to his son's childishness, but Nachiketa is insistent and repeats his question and pulls at his shoulder, saying aloud, "Father, tell me whom are you giving me away to?". Vājashravas gets really irritated and just like any father who would shout at his child, yells and says, "What do you want, Nachiketa, wait I will give you to Yama" (Yama is the Lord of Death), of course not meaning what he said in anger.

But the young and vibrant Nachiketā takes his father's words to his heart, thinks about it and makes up his mind to obey his words on this sacred occasion.

Nachiketā declares "I am going to the abode of Yama". At first Vajasrawas thinks it's all a joke, until he realises that his son is really serious about it and sees him walking away. Vajasrawas pleads to his son, "I only said this out of anger and you were irritating me so I said it. I love you dearly, o Nachiketā. You can't go like this", with tears in his eyes.

Nachiketā, however, remains firm and folding his hands in a namaskar says, "Father you gave your word while doing this great yajnya. Our ancestors never went back on their word and you must follow the same. I must go to Yama." Nachiketā, though young, knew the transient nature of the temporary world and was actually

not afraid of death. He was in the awareness that following the path of truth is the gateway to heaven. And with that Nachiketa leaves for the abode of Yama.

When he finally reaches the gates of the place where Yama stays, the guards stop him and say that Yama is not at home! So poor little Nachiketā had to wait for three days and nights without food, water and sleep at the doorstep of Yama's abode.

When finally Yama returns and gets to know about the boy waiting at his doorstep, he is deeply grieved. He personally goes and brings Nachiketa in and instructs that he be provided the best of the things, food, etc.

Later, Yama talks to the child and gets to know why he is here, and finds it most unusual and sees that Nachiketā is no ordinary child. He says to him with deep respect, "For having kept you waiting for three days, I grant you three boons, Son. Ask whatever you want and I will grant them."

This brings us to the three famous boons that Nachiketā asks of the Lord Yama, which we shall continue with in the next month's Maitri Anahita. Stay tuned.

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
'Standing for the Truth' in Life

Maitreyi Sulata reveals how the guidance of the Maitreya through His golden words helped her weather a stormy period in her life

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

Towards the end of 2020, Maitreya Dadashreeji had shared that as Humanity is going through the first phase of Transformation towards the Divine Age there are three qualities that are going to cause a shift within us:

1. Truth
2. Righteousness
3. Justice

Maitreya Dadashreeji says that, "Right now Truth and Righteousness is affecting human consciousness, those who are alive on the Planet, penetrating layer by layer within us and shifting our consciousness. Once Truth and Righteousness are established within us, Justice will take its own time. It will come into action and we will be given correct direction towards everyone's betterment. Divine Love is going to transform everything around us. Understand the importance of the current time and allow yourself to flow with the Transformation."

Hearing His profound message for the coming times, a deep yearning started within me to experience these virtues in my life as expressed

by Our Maitreya. The beginning of 2021, brought with it peculiar and difficult challenges, yet I chose to call them 'blessings of transformation' as these people and situations knocked on my door to teach me the virtue of standing by the Truth of my heart! . They were certainly my best teachers for the coming times. I found myself being knocked down, cornered and blamed for no fault of mine.

I felt humiliated, betrayed and worried about what might follow through these people and situations. In my heart I felt that I had shared so much goodness with them and even after helping truly from my heart, the situations were twisted to make things difficult for me. This was causing immense restlessness within me. Then the teaching of my Master revealed itself, 'Truth', 'Righteousness' and 'Justice' shall penetrate the human consciousness - His three golden words kept ringing in my ears and my heart. Today, I had a choice to shy away or withdraw myself from this situation, in other words not face them and the lesson may then come in a different way later on, or face it now and stand by my heart's call for Truth and Righteousness and Justice shall follow.

*Ek Kshan Prārthanā - A Moment in Prayer

Divine Grace gave me the courage to go with the second choice and face all the unpleasant people, situations that I would have never ever wanted to experience in my life. My heart knew I was nowhere at fault, and gently guided me towards the Truth. Standing by the Truth came with a basket full of – the good, the bad and the ugly. The Manthan (Hindi word for inner churning) had started and brought with it the learning to keep facing the blows with patience and courage until Justice prevailed. It was as good as the famous tale of Samudra Manthan, the churning of the cosmic ocean between the Gods and the Demons. The churning, as the mythological tale goes brought forth a number of gifts and treasures and finally, came the pot of Amrit (the nectar that gives immortality).

Similarly, in my situation standing by the Truth, caused the churning within me and that

brought with it the gifts of faith in the Divine at all times, facing the ugliest situations with patience and courage. *I learnt that no matter what happens and what people think about you, what fears weaken you, stand by the heart's call for Truth, stand by what you feel is the right thing to act without the fear of losing anything or anyone, and face all and any consequences bravely. Justice shall follow.*

The Divine virtue of Justice took time to reveal itself, until all my inner knots were untied and I faced all the unpleasant blows without deviating from the path of Truth.

Once again, Maitreya Dadashreeji's Grace taught me the power of Divine Love, wherein Truth, Righteousness and Justice will be the virtues of the coming Divine Age.

This month's Ek Kshan Prārthanā (A Moment in Prayer) is an offering of the virtue of 'Standing for the Truth' in our lives.



Beloved Maitreya,

May the Love and Light of the Divine bless us with
the virtue of 'Truth and Righteousness'
To stand by 'Satya' - The True calling of the Heart!

Gratitude Maitreya Dadashreeji as Thine Grace
transforms us on the Path Divine !

•—————•
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

“Every human being is the author of his own health or disease - Gautam Buddha”



Beauty may not be skin-deep but it sure helps to have a healthy skin! Follow **Maitreyi Swati Kejdiwal's** tips to maintain a healthy skin

Our skin needs a balance of nutrients to be healthy. To help keep our skin looking, working, and feeling good, feed it well from the inside. What we consume is as important as the products we apply on our skin. Include a wide range of vitamins like A, C and E, minerals like zinc, iodine, antioxidants, lean proteins, and omega-3 fattyacids and sufficient water to the diet.

Below are a few recipes rich in the above-mentioned nutrients and good for the skin:

Mango Smoothie

Ingredients

Chopped mangoes – 100 gms
Yogurt – 2 cups
Chia seeds – 1 tsp
Muesli – 2 tsp
Cinnamon powder – a pinch
Blend the above ingredients in a blender till smooth. Cool it and enjoy the smoothie.

Benefits

Mangoes are good sources of antioxidants, Vitamin C and A. Yogurt is a rich source of protein and cinnamon is packed with nutrients.

Carrot and Spinach juice

Ingredients

Carrots- 2
Spinach- 1 cup
Celery stalk- 1
Apple- ½
Blend the above ingredients in a juicer and drink in the morning.

Benefits

Spinach is high in beta carotene that helps to prevent skin damage. It is also a rich source of vitamin C and E. Carrots is a rich source of vitamin A. It is a very powerful antioxidant that helps to prevent cell degeneration. It slows aging and helps to maintain a youthful skin.

Pollution, UV rays, stress, hormones, and unhealthy food can make our skin dull and prone to acne and pigmentation. Shared below are DIY face packs:

Yogurt and Potato pack

Ingredients

Yogurt / curd – 2 tsp
Potato juice – 2 tsp

Method

Take yogurt in a bowl. Grate a potato and squeeze the juice. Add 2 tsp potato juice to curd. Mix them thoroughly. Apply on a clean face and keep for 20 mins. Rinse with lukewarm water. Helps remove tan.



Tomato and Honey pack

Ingredients

Tomato -1
Honey 1 tsp

Method

Squeeze the juice out of a tomato in a bowl. Add honey and mix well. Apply on the face and massage gently for a few mins. Leave it for 15 mins and wash with plain water. This pack helps remove tan.



Scrub

Ingredients

Brown sugar – 1/2 cup
Coconut oil – 1/4th cup
Vitamin E oil – 1/4th tsp
Cinnamon powder – 1/4th tsp

Method

Mix all the above ingredients and store in an airtight container.

Scrub the skin with this mixture for few mins. and rinse with water.

Cooling Face Mask

Ingredients

Watermelon juice – 1 tbsp
Cucumber juice – 1 tbsp
Sandalwood powder – 1 tsp

Method

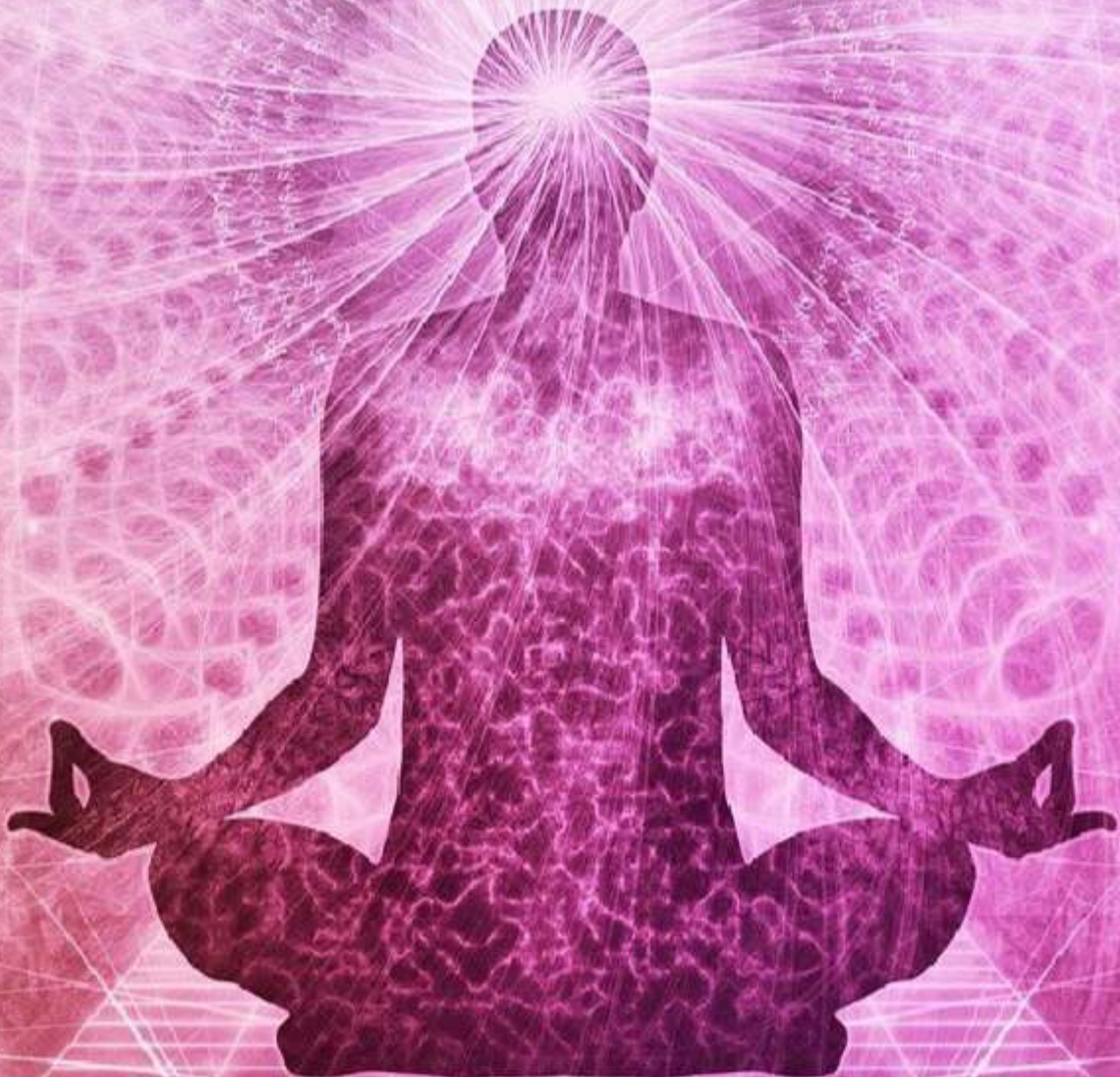
Mix the above ingredients and apply to the face and neck and massage gently for a few mins. Leave to dry for 15-20 mins. and wash with plain water.



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

**“ We are not human beings having a spiritual experience. We are spiritual beings having a human experience
- Pierre Teilhard de Chardin ”**





It's all about the Connection!

The Divine is omnipresent but are we tuned in to listen to Him? The stronger the bond with the Divine, the clearer the reception of His guidance, writes **Maitreyi Shraddha**

A few days ago I was having an online meeting with my team members. We had a specific agenda and I was chairing the meeting. As we started, my team members shared that they could not hear me properly, so I turned off my video. Despite my doing so, the expressions of my team members on the screen clearly conveyed that they still could not hear me. There seemed to be an issue with the internet connection. I switched to a different network after which we were able to proceed with the meeting. My video was off but everyone was aware of my presence.

On reflecting, I realised the importance of a strong and stable connection. A strong connection is required for listening, getting heard and understanding. In a practical scenario, we immediately take action to move closer to the wi-fi router – the source. However,

when it comes to the connection with our Inner Divine, that instinct is often missing. Our Inner Divine listens to everything we say and is aware of all our actions. Like a True Friend, He talks to us and guides us continuously. We are not able to listen to Him because of our poor connection. We keep telling Him that we share so much but get no response from Him when the truth is that He is right there, listening to everything that we convey to Him and guides us too, but the messages don't reach us.

Another incident which helped me experience the importance of a strong connection occurred while offering seva (service) at the MaitriBodh Parivār. I was given the seva of translating a power point presentation which was very urgent. I tried getting in touch with a team member who mostly supports in translation work but could not connect with

her. So I started the work on my own. After some time, she connected with me saying that she's started the work too. I shared that even I had started and had completed translating a couple of slides. What she shared surprised both of us but also brought awareness that our Inner Divine conveys messages and guides us. She said that she had started translating from the last slide. She didn't know why as she never started her work from the end but just felt very strongly about doing it that way. We both knew why! The work was urgent and we could finish together on time.

The Divine had guided her and she acted on the same. If our connection with our Inner Divine is strong, we will be able to receive His messages and act as per His guidance. It is important to clear out any blockages that might come in our connection; else the quality of the connection (and communication) will suffer.

What is it that we can do to help strengthen this important connection of our life? Sharing below a few practices that I follow to strengthen my connection with my Inner Divine:

Breath Watch: Breath watch helps us in being calm. When we are calm, we become receptive to receiving messages from our Divine.


Being in Nature: Spending time with Mother Nature, animals, listening to the sounds of birds chirping, watching the rising sun, etc. can help one feel calm, light and peaceful and become open to receiving messages.

Pursuing a hobby: Following a passion gives happiness. When we are happy, we become more open and receptive to the communication from within.

Helping others: By helping others unconditionally, one can experience love and thus become calm and open.

Communicate with the Inner Divine: Sharing our thoughts and feelings with our Inner Divine helps strengthen our bond with the Divine.

We can practice these simple things in our life and experience the connection with our Inner Divine getting stronger every moment.

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

Poem

Meaning

हे मेरे दादा, सब आपको समर्पण,
आपके कमल चरणों में हैं सबकुछ शत-शत अर्पण।

तुम्ही रहो मेरे शब्दों में, तुम्ही रहो मेरे विचारों में,
तुम्ही रहो मेरे वचनों में, तुम्ही रहो मेरे विचारों में।

अच्छा मेरा, बुरा मेरा सब किया तुम्हें समर्पण,
तुम्ही करो ऊद्धार मेरा, ग्रहण करो सब अर्पण।

बस जाऊँ पूर्ण तुम में और आप बसो मेरे कण-कण में,
ऐसा हो मेरा बंधन कि तुम हो मेरी हर श्वास में और हृदय के हर कण में।

भर जाऊँ तुम्हारे ही प्रेम में और बाँट सकूँ जन-जन में,
दादा तेरी ही कृपा से हो सब ये संभव इस जन्म में

॥ आपके चरणों में शत-शत प्रणाम दादा ॥

My dear Dada, I dedicate everything to You,
Everything that I have, I offer completely at
Your lotus feet.

You are present in my words, in my thoughts,
In my speech, and my feelings.

All the good and the bad; I offer to You,
Please accept it all and uplift me.

May I dissolve in You, may you reside in every
cell of mine,
May this bond be such that You are in every
breath and every heartbeat of mine.

May Your love be established in me and may I
spread it to all,
With Your Grace may this happen in this
lifetime.

With eternal gratitude at Your Lotus Feet!

Surbhi Rajpal



young impressions

“

I realized then that even though I was a tiny speck in an infinite cosmos, a blip on the timeline of eternity, I was not without purpose.

– R.J. Anderson

”



Wisdom Bytes

Thought provoking picture tales



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

Question: How to face the criticism and not let it impact us?

Answer: Before learning how to tackle criticism, let us learn what criticism is and how we perceive it.

When we see a person performing any action, we are inclined to often pass quick judgements about the other's actions based upon our personal belief, perception and inclination. When we look closely, we realize that criticism is basically an individual's personal feedback and opinion about a certain action performed by someone else.


Each time we listen to a critical comment, the initial reaction that is triggered ranges from feeling wronged, belittled, dejected, upset or even outright anger. The underlying emotion that one naturally experiences while facing criticism of one's work is that of disappointment arising due to lack of appreciation for the time, energy and effort put in the task.

Imagine that you prepare a wonderful culinary dish with all your time, energy and heart. A friend upon seeing it, even without tasting it, says, "I don't like this dish at all" whereas another friend tastes the dish, and gives you suggestions to improve it further. The first criticism disappoints and hurts you even though it is possible that your first friend is genuinely not fond of that dish.


When facing criticism, it is important to remember that criticism is directed not towards you as an individual but towards the task performed. Separating the critic and criticism along with disassociation from the task, will enable us to understand the criticism as it is. The next step is to be able to understand whether the criticism is destructive or constructive.

Constructive criticism is feedback delivered with compassion and a helpful attitude to enhance the task performed while destructive criticism is feedback given with an intention to harm or insult the creator of the task. Looking at the intention of the critic, the language used and the focus of the criticism will help you gauge the same. Constructive criticism is focused towards enhancing the task performed by providing specific, clear, actionable suggestions and tips to improve the said performance. Destructive criticism is aimed towards embarrassing or hurting the creator of the task with vague, non-specific, non-actionable statements directed towards the creator.

Once we identify the type of criticism we are facing, we simply need to embrace it to move ahead. Constructive criticism often helps us understand our strength, weakness and provides a way to hone our skillset, thereby enabling our growth. Hence, when facing constructive criticism, one should be open and thank the critic for their valuable inputs.

•——————————•

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

•——————————•



The MaitriBodh Parivār has been conducting online meditation sessions and spiritual programs for many organizations. Below is a meditation experience shared by the head of a yoga organization.

Namaste!

Swaraj Kendra for Yoga expresses its gratitude to the MaitriBodh Parivār for conducting Maitri Sambodh Dhyān (on zoom) on 28th March for the sadhaks (seekers) of Jammu and Kashmir .

Maitri Sambodh Dhyān meditation was a soul soothing experience for all the sadhaks. The meditation was saral (easy) and sehaj (effortless) and helped us connect to the Inner Divine and experience bliss .

May Shiva bless all the sacred endeavours.
Shivam Kalyanam!

**Anil Swaraj,
Founder**

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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