



MaitriBodh

# Maitri Anahita

ISSUE: 06 || VOLUME: 09 || JUNE 2021



10

Power of Affirmations

16

We are not Alone

18

Sacred Rituals  
Around the World



## Dear Loved One,

We hope you and your family are doing well. The summer solstice is celebrated each year on June 21st which means that we are now closest to the Sun that we generally are throughout the year. The Sun is the source of all light and warmth on Earth's surface. It is that time of the year when there is abundant cosmic energy and the right time for us to tap into it, energize, inspire and uplift ourselves. It is the time to connect with everyone and Mother Earth. It is an opportunity to reflect on ourselves, the direction that we have been moving in, make corrections and shine the light within. Take a pause, connect deeply with yourself, with your Inner Divine for this will give us the inner strength to sail through the challenging times that we are facing. Let us make the most of every available opportunity to grow on this journey of Transformation.

In this issue, under '*Pearls of Wisdom*' Maitreya Dadashreeji answers significant spiritual queries of seekers.

*The theme of Maitri Anahita this June is the Cosmic feminine energy. Inside, we also introduce a few new columns – Music for the Soul, Movie of the Month, Sacred Rituals around the World, Pots around the World, Shakti Yoga and more to gladden your heart. 'Food for the Soul' brings to you 'A Moment in Prayer' under which the author shares with us the significance of Awakening to the Divine Power within us; further an apologue from the Kena Upanishad reminds us how the virtue of humility can take us closer to the Divine, and an article on how to deal with fear in times of adversity. Under the 'Health & Wellness' section, learn more about women health care. 'Nature & Us' brings to you an article on sustainable living. Enjoy a picture tale under 'Wisdom Bytes' which shares a few aspects about feminine energy. @MBP brings to you a few experiences of our participants of the 21 day Maitri Sambodh Dhyaan process. Also read about the life-altering experiences of devotees with Divine Grace under the column 'Dadaleela'. Happy Reading!*

*Embrace Transformation and bond with the Divine!*

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

# contents

## Pearls Of Wisdom



05

- ▶ Message from Maitreya Dadashreeji 06

## Food For The Soul



09

- ▶ Power of Affirmations 10
- ▶ Parables from the Upanishad 11
- ▶ A Moment in Prayer 13
- ▶ We are not Alone 16
- ▶ Sacred Rituals around the World 18
- ▶ Music for the Soul 20
- ▶ Movie of the Month 21

## Health & WellNess



22

- ▶ Shakti Yoga 23
- ▶ Menstrual Cramps –Home Remedies 26
- ▶ Pots around the World 28

### COPYRIGHT :

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

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

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

# contents

## Nature & US



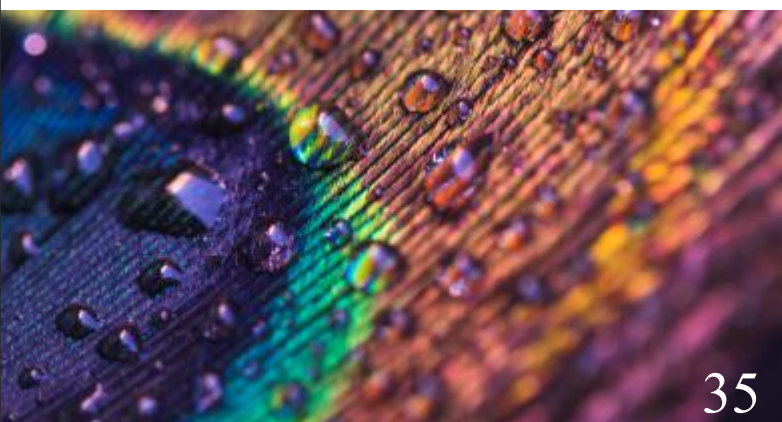
- ▶ Sustainable Living 31

- ▶ Wisdom Bytes 34

## Young impressions



## @MBP



- ▶ 21 - day MSD Experiences 35
- ▶ Dadaleela - Devotees' Experiences 36

**Transliteration Credit:** Mangala Khedekar

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



pearls of wisdom





**Seeker:**

I feel that whenever I move three steps forward, I end up making a mistake and then go back two steps. This has become a pattern in my life. How can I come out of it?

**Maitreya Dadashreeji:**

Whenever you move forward in any aspect of your life, be it practical or spiritual, you will experience something new. One tends to become fearful. It takes time to understand the new environment as it creates confusion. One doesn't understand if one should stop, leave it or continue. This creates a disturbance for some time. But when you are able to understand it, move ahead and take a step forward - there awaits a new experience!

When you visit a new place, you take some time to get well accustomed to it. You don't face this discomfort or fear in your own home or your own comfort zone as you already know your surroundings well. However, in a new place you give yourself some time. Similarly, in life when challenges arise and you face them, you grow. If you feel that you are not moving ahead and are taking steps backwards, you have to start afresh because you have to keep moving on. Even if you come two back, at least you have moved three steps forward. Have faith in this and take three steps forward again. Even if you come two steps back, again take three steps forward. Even if you again come two steps back, still take three steps forward. There is nothing wrong about it. Experience this well. Do not give up. Accept the situation as it is. Once you fully accept the situation, you will automatically move towards the fourth step. Then there will be no remorse or regret within. You will keep on moving forward.

**Seeker:**

Can walking the path of transformation and chanting the Dadashreeji mantra help us dissolve our sins and bad karmas?

**Maitreya Dadashreeji:**

Anything that you do to connect with your Guru or Divine with all your heart and emotion will surely benefit you. When you chant the Dadashreeji mantra and offer your prayers with complete emotion, that you are liberated from all your bad thoughts and actions, you will see an instant result within. You will see the shift in your life as well. Whenever you pray anything or anyone with complete emotion, the Divine always answers. It can never happen that you pray and He does not answer. But many times, you ask Him a question or offer a prayer and leave from there. You do not wait to listen to the answer. Please wait and listen. He always answers.

When you sit before the Divine Light, express yourself with complete emotion that, “Dada, I want to move forward on the path of transformation.” Ask Him if your karmas are blocking your growth. Ask Him to liberate you from these karmas. Offer your prayers with love. When you offer your prayers with complete emotion, you will automatically be purified within.

If you had to keep an account of your good and bad qualities or karmas then you will spend lifetimes doing that. Instead of that, just pray with all your love to your Guru, your Divine, your Dadashreeji for liberation and you will be free from it all. And, it will happen for sure.

---

**Seeker:**

How can we surrender completely? How can we express love ?

**Maitreya Dadashreeji:**

Surrender comes from the heart and not from the mind. If you think in your mind that you want to surrender to your Divine, then it will never happen. It will remain only as a thought and surrender within will not happen. When you have an expectation from yourself to be able to surrender and the mind does not allow it, then it becomes a pain for you. Please do not let this happen. Surrender is an emotion that is already there in your heart. Whenever your heart is awakened, then the emotion of surrender is also awakened automatically. Then you can experience it completely.

Where the mind is active, it raises doubts and questions. When you function from the heart, you will experience faith and surrender. Then you will only progress in your life. So do not force yourself to surrender. Let it happen naturally. You may express it as a prayer to your Divine. There are many ways to express your Love to your Divine but express you must. You may sing for Him, talk to Him, write to Him, chant His mantras, or whatever helps you express your love to Him naturally. The Divine does not restrict your expression in a particular way. Do what you feel from within. Express love from your heart.



**Seeker:**

Should I pray to you or my guru ?

**Maitreya Dadashreeji:**

The spiritual truth is that everyone is One. There is no discrimination. Where there is discrimination, there is ignorance and where there is ignorance, there is pain. If you discriminate between the rich and poor, black and white, it will lead to pain eventually. You need to understand that we are all One – you, Me, this entire creation. There is no discrimination amongst anyone.

Similarly, there is no difference between whoever you believe in and Me. All fights over different forms of God occur only on earth. Up there, there are no such arguments. God, Divine, Allah do not fight among themselves. They are all One. There is no discrimination among them. We have created this difference among them. The Source of all is One. So when you understand that your Guru, Dadashreeji and every other Divine form are all One then you get liberated from this pain. Or you can ask this question to your Guru and He will tell you the Truth. If you want to walk on the path of transformation with Maitreya Dadashreeji, you may ask your Guru and follow His guidance.

But the truth is that all are One. Walk towards it. Experience it and you will be liberated instantly. I bless you for that!

There is Truth within us in the form of Love. Our true nature is that of love but we have got disconnected from it. Anger, hatred, jealousy are dividing people. Only love will bring people together. Just as you wish for all your family members to live together with love, the Divine wants the whole world to be bonded with love as 'One Family'. We can take the first step towards this Divine dream by awakening that love within ourselves.

*Bond with your Divine.  
Give love to everyone around you.  
Help uplift others.*

**Love and Blessings,  
Maitreya Dadashreeji**

(This is an excerpt from Maitreya Dadashreeji's Live session 'Aatma Jagruti' on 14th Feb, 2021 on YouTube channel- MaitriBodh Parivār, message continued from April 2021 Maitri Anahita. Part 4 of 4)



# food for the soul

“ Yin and yang, male and female, strong and weak, rigid and tender, heaven and earth, light and darkness, thunder and lightning, cold and warmth, good and evil...the interplay of opposite principles constitutes the universe. ”  
- Confucius



# Power of Affirmations

## Practice

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 its manifestation.

**The affirmation for this  
month is:**

**Every cell in my body  
vibrates with  
health and energy**

*Practice and witness the  
change!*

*With Love & Gratitude,  
The MaitriBodh Parivār*

# Parables from the Upanishad:

*A Meeting with Death -  
Part II (from Kathopanishad)*

*Continued from the last month's Maitri Anahita....*

The concluding part of this story reveals the three boons Nachiketā asks of Yama. The content of the boons reveals the wisdom and depth of the young boy who shuns the ephemeral and seeks knowledge of the eternal. **Mitra Sut** writes that the world today needs the likes of Nachiketā!

Lord Yama grants Nachiketā three boons, as he was kept waiting for three days at his gates.

Nachiketā thinks about it and says, "For the first boon, I want my father to be relieved of the pain as I left him suddenly and I seek his welfare." Yama says 'Tathastu' (Granted).

For the second boon Nachiketā said, "O Lord of Death, I desire to learn a fire-sacrifice yajnya, by which one could reach the heavens where there is no sorrow, old age or death". Even for the second boon, Nachiketā did not ask for himself but for the people and to free them of their suffering. Yama was pleased with the unselfishness of Nachiketā and again says 'Tathastu' (Granted). Yama gave all the details

of a particular sacrifice of the Universal Fire, called the Vaishvanara, which became famous as 'Nachiketā fire-sacrifice', the performance of which would take one to heaven.

As the third boon, Nachiketā asked, "There is this doubt in regard to a person who has died, some say it exists and some say it does not exist; I want to learn the mystery of what comes after death"- (this is actually Brahmavidya - the true highest knowledge of the Self). Yama was reluctant on this question and says, "This had been a mystery even to the gods. Please ask for some other boon". But Nachiketā was adamant and says with full surrender, "O Death, this is not easy to understand. Please instruct me, for another teacher like you is not to be had".

Yama says, "Choose sons and grandsons that shall live a hundred years, cattle in plenty, elephants, gold and horses. Choose vast expanses of land and life for yourself as many years as you will. Ask anything else and I will make you the enjoyer of all your desires. But don't ask for this."

Nachiketā, "O Death, ephemeral are all these, waste away the vigour of all the senses and all life is short indeed. One can never be content with wealth, prosperity and all of above you offer. This True knowledge of the Self/ life after death alone is still the boon chosen by me".

Yama, seeing the clarity, intense desire and determination of this young boy, who had rejected the path of enjoyment and chosen the path of goodness and ultimate Truth, was really pleased. Then Yama taught him this True knowledge of the atman, Brahmavidya, realising which, man attains immortality.

The rest of this famous Katha Upanishad is about this sacred knowledge shared by Yama. Thus having learnt the wisdom of the Brahman from Yama, Nachiketā was freed from the cycle of birth and death.

Nachiketā has been one of the most influential characters in the Vedic times. One needs to truly understand Nachiketā and his internal state, which is the current need of the hour. In this time of the pandemic, where the entire earth and humanity is undergoing a Transformation, we just need a handful of Nachiketās, who can help bring in the much needed change and a guide such as Yama to help in this process

The founder visionary of the MaitriBodh Parivār, Maitreya Dadashreeji is here on this earth, in the highest state of consciousness to help everyone, to share this highest knowledge. But are we ready to learn as was Nachiketā?

---

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.

---





## *A Moment in Prayer:*

*Awakening to our own 'Shakti'  
– The Divine Power within Us!*

Shakti or the feminine energy, is the life force in all of creation. It powers life; connect with your inner Divine to harness this life force and realise your essence, writes **Maitreyi Sulata**

### **Dear Friends,**

I warmly greet you in the Love and Light of the Divine and take this opportunity to share with our readers and co-travellers on the Divine Path, my understanding and experience of Shakti and the importance of harnessing this Divine Energy for raising our consciousness as the need of the hour in the current challenging times.

'**Shakti**' as commonly known is an embodiment of energy, dynamism, and the creative force behind Creation.

*Maitreya Dadashreeji says that the entire creation rests on this power-Shakti, the transcendent feminine energy, as an integral part of the Divine, provides the foundation to all beings in the material creation.*

In the Indian tradition as well as in Taoism (where they refer to Shakti as "chi" or "qi"), Shakti is the name given to the fundamental creative female energy that gives rise to Creation. In essence, Shakti is the energy within everything. Beyond the observable power holding this physical creation is something more subtle and multi-layered: Shakti is the innate creativity at the heart of all living things. She's the life force energy that makes the river flow, the trees grow, the flowers bloom, just as she powers our breath, makes our heart beat, and energizes our muscles and neurons.

*Shakti is worshipped as the manifestation of the Divine Mother in many cultures across the world. Shakti also is also worshipped as the one who embodies the active energy and power of male deities, with whom she is often personified as a*

wife. For example, in the Hindu mythology Vishnu's Shakti is Lakshmi, the goddess of prosperity and fortune, and Shiva's Shakti is considered to be Parvati, a goddess of the mountains and motherhood. Among the ancient Greek Goddesses the most powerful of all, Zeus was god of the sky, Hera was goddess of marriage and the queen of Olympus, Aphrodite was the goddess of love and beauty, and the protector of sailors, Artemis was the goddess the protector of women in childbirth. Amongst the known Roman Goddess are Minerva, Goddess of Wisdom, Flora, Goddess of Flowers and spring.

Similarly, Mother Mary is revered for her humility and motherly love across the world. She is honored as the Holy Mother and people pray for her mercy and her power to intercede with God.

In essence, Shakti is identified as female energy because Shakti is responsible for creation and nourishment in the same way as mothers are responsible for a child's birth and upbringing. Without Shakti, nothing in this universe can happen.

*However, what is of importance is how can we awaken and connect to the Shakti within us? How is it going to help us in our life's journey?*

A baby's growth from childhood to adolescence to maturity is governed by biological systems, which are fundamentally governed by the combined energy of the parents, family values, nourishing food, sunshine, and exercise and many other environmental forces. In spiritual growth, that same life force works to transform and evolve

our experience of who we are, of our life-goals and priorities, and of how we relate to others and the world. It hones our capacity to tune into subtle Divine Presence within our hearts. It strengthens us to get into consonance with the higher frequencies of energy. It catalyzes a longing for the truth, brings up mystical emotions, dissolves traumas and quickens our capacity for insight. Spiritual growth is natural, like physical growth, but it also requires the right nutrients: among them awareness, contemplation, meditation, self-inquiry, humility, forgiveness, a supportive environment, good and positive association, a willingness to experience the truth and above all a True Guide/Master.

*But here's the gift: Once our inner Shakti has revealed itself—it will literally empower our spiritual and creative growth to accelerate exponentially. And that's why learning to tune into our own Shakti is totally life-changing.*

Although many spiritual practices are recommended for this awakening, however the Grace and Guidance of Maitreya Dadashreeji has truly simplified the path for seekers. All we need to do is to connect and communicate with our own Inner Divine residing in our hearts. The stronger the Bond, the greater the connection and if further empowered by the flow of communication with the Divine, we shall receive the right guidance for our lives.

*Connect and Communicate with our Divine- and experience a whole new transformed Being- filled with Shakti – the vital energy, ready to be explored and expressed in its entirety! A power to remain calm and stable in every situation and be the source of energy for others!*

*This month's prayer is an offering at the Lotus Feet of the Divine to bless us all with the experience of 'The Shakti' within each one of us.*



**Beloved Maitreya,**

May the Love and Grace of the Divine awaken the bond  
of love with our Inner Divine,  
As we communicate seamlessly,  
His Grace awakens the Shakti within us!  
The Shakti to love unconditionally and give selflessly!  
Gratitude Maitreya Dadashreeji,  
As Thine Grace awakens and sustains the source of 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.





## *We are not Alone*

Drawing from the experience of a difficult phase in his life, **Mitra Philip** suggests replacing fear with faith when facing adversity. Connecting with the Inner Divine gives one clarity and peace to tackle the difficult times with courage; the Divine a constant companion and Friend in your journey

In 2014, I was diagnosed with stage four advanced cancer at the root of my tongue. While I had been a spiritual seeker for decades, and experienced the Divine on many occasions, I still thought of myself as the doer who alone was responsible for my reaching enlightenment. With the cancer diagnosis that changed. When I had to go into the radiation chamber for treatment I was alone, and I experienced fear. I was afraid that alone I would not be able to tolerate the treatment necessary for restoring my health. I did the best that I could to be courageous. It did not seem enough.

From that state of humility, that I could not do it alone, I surrendered my care and my fear to the Divine. The true experience that came was the undeniable awareness that I was not alone, the Divine was present to care for me, love me, and to cradle me. I experienced safety as if being in the womb of the Divine Mother.

Each day the Divine was present and waiting for me, inviting me to the inner place of peace. Each treatment became the home visit to the Sanctuary of the Divine. The treatments were successful and today I am cancer free. The bond that I share with my Inner Divine has helped me sail through these challenging and turbulent times; it has given me resilience, inner strength, guidance, hope and positivity.

### **The Approach**

As we face the challenges arising from this pandemic there are fears that arise about an unknown future, about how we will meet it and have successful outcomes. While fear and doubt is a natural human reaction we need not condemn ourselves for having them. We nonetheless have the ability to respond which would come only by bonding with our Inner Divine. This bond can be developed by communicating with our Inner Divine and can eventually become effortless, natural and



simple when practiced regularly. The Divine is our friend who has a higher level of knowing about what is best for us more than anyone else. When one bonds with one's Inner Divine positivity comes forth to provide clarity and assurance. One only needs to ask for a bond with the Inner Divine that will assist us on our journey, and provide us with support and comfort in adverse situations. For, the Divine is always present to shower us with Grace for meeting each moment easily.

### **Embracing the Opportunity**

Maitreya Dadashreeji has spoken of our challenges as opportunities for our growth and transformation, rather than as obstacles to avoid. The pandemic is an opportunity to go inwards and re-establish the bond with our Inner Divine. The need of the hour is to embrace 'Transformation', to break free from our conditioning, blockages, pain, suffering, and to experience Love and Peace within. Love and Peace can be experienced even in the most

chaotic and challenging of times. Courage and acceptance of a challenge is given strength and positivity by bonding with the Divine. I invite you dear friends, to experience the Divine Sanctuary of Grace, Love, Compassion, and Peace in the companionship of your Inner Divine friend on your journey of transformation.

Through processes and practice offered by MaitriBodh (Maitri Sambodh Dhyaan, Bodh, Spiritual Triangle) I have experienced the connection and bond with my Inner Divine grow and become stronger by the day. I experience the presence, guidance and the Grace of the Divine in each moment of my life.

*“During the phase of difficulties, challenges and obstacles, it is very important to have connection with your Inner Divine. It is essential that you have a bond with your Divine Friend or an internal connection with your Divine” – Maitreya Dadashreeji*

---

Through the years, Mitra Philip Zemke has served as a nurse, teacher, minister of a church, and an art therapist. His name Philip means love given freely to friends and surname Zemke means - in service to the beings of Earth. True to his name, his life has focused on narrating motivational stories of the wonders of life thereby encouraging and spreading positivity in one and all. Maitreya Dadashreeji's Love, Grace and guidance has further awakened him to the guiding presence of his Inner Divine for which he is ever grateful to the Maitreya.

---



## *Sacred Rituals Around the World:*

### *The Summer Solstice - The Festival of Fire*

The Festival of Fire at the time of the Summer Solstice, as symbolized by the fire energy, marks a celebration of life, abundance and togetherness in the European countries, writes **Nicole**. It also presents an opportunity for reflection, expressing gratitude and connecting with the Inner Divine

In earlier times, the Vikings, the Celts and Germanic tribes believed that the gods descended to earth on the summer solstice. To pay homage to the gods, fires were lit on the altars of the sacred sites. Fire symbolises the light of the Divine and the fullness of life that comes with it.

This special time is also called St. John's Day or Midsummer in the Scandinavian countries and is celebrated in Europe around 21st June. Old legends speak of a particularly magical time, because Mother Earth literally bathes in light on this day and fills everything that is - with energy and magic. It is said that energy wise, this 'magic' can be felt for up to three days. At this time, the Sun is in the northern hemisphere and thus at its zenith. Afterwards, the Sun begins its journey to the southern hemisphere again and changes to the winter solstice. In Europe, the days become shorter again, while the nights slowly grow longer. Filled with energy, the time of the summer solstice invites us to dedicate ourselves to personal growth. Gratitude and self-reflection are in the

foreground and sharing is practiced with wonderful festivals.

As a fire festival, solstice celebrations are amongst the oldest festivals that are still celebrated today by members of many ethnic religions around the world. Traditionally, dances are performed around fireplaces in groups to celebrate life, abundance and togetherness. Herbs, berries, fruits, flowers and spices are used as offerings and added to the fire. Later, the ashes of the summer solstice fires are spread over the surrounding fields to ensure fertility of the soil. Chants and an exuberant atmosphere make the fire festival a special experience. Pagan nature customs are also a big part of the summer solstice. The making of herbal wreaths has a long tradition and is used as room decorations or, when dry, as incense. The most popular herbs are verbena, yarrow, mugwort, fern and St. John's wort as also chamomile, arnica and mullein. These herbs are brewed as tea and drinking this holistic brew has a calming and purifying effect on the human body.



Sharing plays a major role during the summer solstice; people not only share stories and experiences, but also to exchange wisdom in many forms including food recipes. Black elderberry is popularly used for making jams, syrup and desserts. Due to its high vitamin A and vitamin C content, a hot infusion or tea is perfect for preventing colds. In addition, this plant has a purifying effect.

The feeling of togetherness is strengthened by creating nature mandalas. Anything that Mother Nature has to offer can be used for this. A mandala made of branches, leaves, flowers and stones symbolises the cycle of life and the connection to all that is.

Rituals do not necessarily have to be performed in groups. If one wants to enjoy the summer solstice with oneself, one may light a candle and visualize a flame in one's heart (which symbolizes the Divine), and offer a prayer of gratitude for the fullness of life. The silence of this ceremony strengthens our connection to our own Inner Divine.

Just as a seed is planted in the earth, so too is a seed planted in the soul. This ancient cultural festival of the summer solstice is passed on to the future generations and to celebrate our own life, our strength, to be grateful for the abundance of what we are allowed to experience and live every day.



Living in Vienna, Nicole is an active sevak of YGPT since 2019. Besides her love for animals, writing is her passion and helps her to express her innermost feelings. Following her heart, Nicole works as an apprentice in the craft of sculpture. An encounter with Maitreya Dadashreeji in August 2019 touched her heart deeply and had a lasting positive influence on her life, so that she can no longer imagine a life without the MaitriBodh Parivār.





## *Music for the Soul*

Music, or sound, is intimately interwoven with Creation; it gives expression to human emotion while serving to connect us to the Divine

It is said that everything in the universe is vibration, or in other words made from sound. Creation, the big bang itself has its own sound, the primordial sound - AUM. All sounds originate from it and all sounds combined, form the AUM.

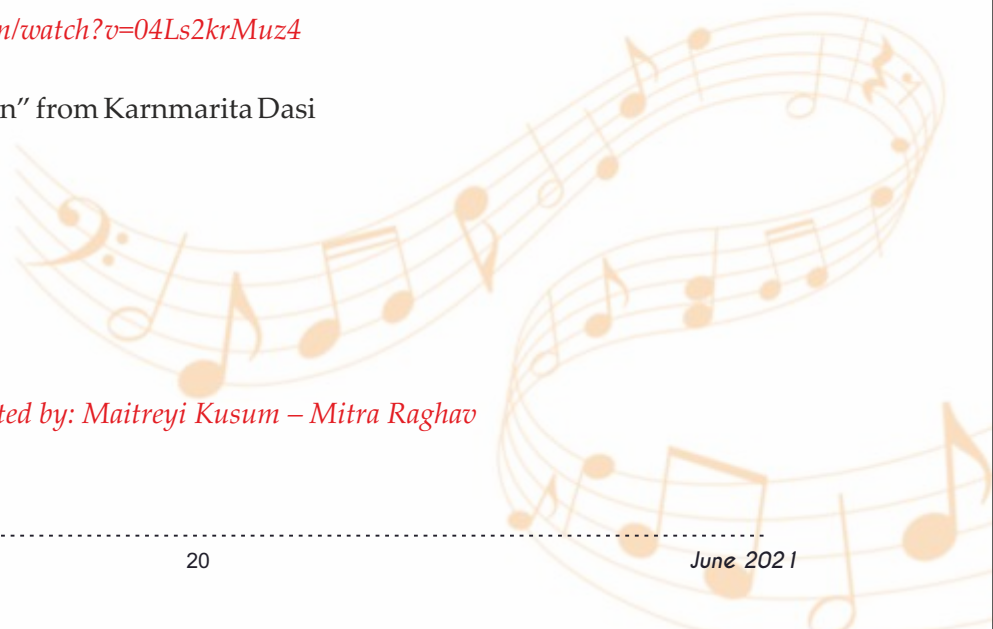
Music of different cultures reflects their respective understanding of creation. Thus, diverse musical systems with their own intonations and interval systems came forth. Through the specific use of harmonic sounds, humans have been trying to express themselves and connect with creation and their Creator since ancient times. Many spiritual teachers name devotional music as a direct way to connect to the Divine. We can experience this when we play music with devotion to the Divine or listen to harmonic music from the heart.

We share below a track from the album "Hidden Waters, Sacred Ground", which is a powerful Native American (Lakota) chant dedicated to Mother Earth.

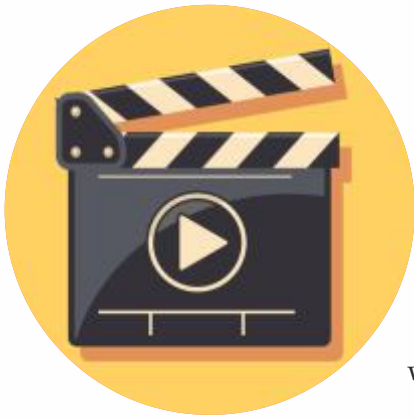
<https://www.youtube.com/watch?v=04Ls2krMuz4>

CD: "Prayers by Women" from Karnmarita Dasi

*Contributed by: Maitreyi Kusum – Mitra Raghav*







## Movie of the month: *Lucy*

The truth is out there' – all we need to do is seek! Under this space we will be recommending a movie to you each month; we hope you are able to derive meaning even as you are entertained. Spirituality can be fun!

### The Plot

When Lucy's boyfriend tricks her into delivering a briefcase to an allegedly business contact, the previously happy-go-lucky student is seized by a drug cartel which intends to use her as a drug mule. She is surgically implanted with a package containing a powerful drug, but it leaks into her system triggering evolutionary brain development. Gaining access to ever higher percentages of her brain's capacity she acquires new mental, sensory, and physical powers. With her former captors in pursuit, Lucy seeks out a professor who had postulated an evolutionary overview of the development of the human brain, that most humans only use less than 10% of their brain's capacities. Asked what would happen if a human used 100%, he admits he doesn't know. Lucy is about to find out.

### Takeaway

Oscillating between sci-fi, action and philosophy, the film throws up deeper issues, viz., the falseness of the idea of uniqueness (indicating the idea of Oneness); the self-defeating nature of a species "more concerned with having than being" (the futility of endless acquisition); time as "the one true unit of measure"; "ignorance brings chaos, not knowledge" (hinting at the dichotomy of ignorance vs. true knowledge); humans have "codified existence to bring it down to human size, to make it (existence) comprehensible, creating a scale so that we can forget its unfathomable scale" (the limited mind creating the illusion of the sensory world as being the only reality); and, merger into Universal Consciousness – as Lucy vanishes after transferring her knowledge to humanity, the bewildered police captain queries her whereabouts to which he gets a message on his phone, "I am everywhere".

*Contributed by: Bikram Singh Boparai*

# health & wellness

“ There comes a time when it is vitally important for your spiritual health to drop your clothes, look in the mirror, and say, ‘Here I am. This is the body-like-no-other that my life has shaped. I live here. This is my soul’s address.’ ”  
- Barbara Brown Taylor





## Shakti Yoga

*A Flow to give rise to the Feminine Energy*

Release the feminine energy, Shakti, within you by practicing the asans contained in Shakti Yoga says **Maitreyi Ira**

All human beings have both the feminine and masculine energy within them that needs to be balanced and maintained. Here are a few exercises (asans) that activate the feminine energy - the Shakti energy - in the body and bring it into flow.



### 1. Breath Watch

Begin by sitting with the spine straight and shoulders relaxed (padmasan, sukhasan or sit on a chair), to activate the energy in the spine.

Close your eyes and take a few deep breaths through your nose, inhaling deeply and exhaling completely.

With each breath bring your complete awareness within the body.

*Observe for 2-3 minutes.*

### 2. Head Rotations (Greeva Sanchalan)

Slowly rotate your head clockwise, feeling a deep stretch in your neck and shoulder areas.

Inhaling while rotating up and exhaling while rotating down.

*Rotate 5 times clockwise and 5 times counter-clockwise.*





### 3. Shoulder Rotation (Skandha Chakra)

Continue sitting. Place your arms on side of your body at shoulder level parallel to the ground.

Palms open and facing up. Bend your elbows and touch your fingers to your shoulders.

Inhale, now, exhaling rotate from front to back and inhaling as you rotate from back to front.

*Rotate 5 times clockwise and 5 times counter-clockwise.*

### 4. Cat and Cow pose (Bitilasan & Marjaryasan)

Begin with your hands and knees on the floor.

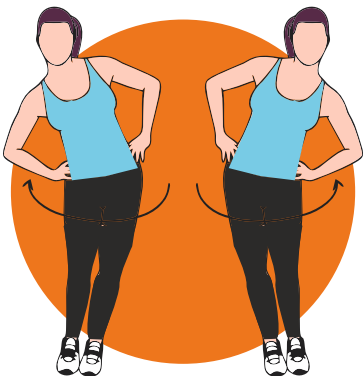
Make sure your knees are under your hips, and your wrists are under your shoulders.

Begin in a neutral spine position, with your back flat and your abs engaged.

Inhaling, lift your head up, drop your bellybutton down and stick your glutes out.

Draw your shoulders away from your ears. Exhaling, look down touching your chin to the chest and arch your back tucking your tail bone in.

*Repeat 5 times.*



### 5. Hip Rotation (Shroni Chakra)

Continue on all fours. Extending your right leg back and bend your right knee. Rotate from your hip socket, making expansive full circles.

Inhaling when the knee is rotating out and back and exhaling when the knee is rotating in and forward towards the chest.

*Rotate 5 times clockwise and 5 times counter-clockwise. Repeat the same with the left leg.*

### 6. Dynamic Half Broken Table Pose (Dandayamana Bharmanasan)

Inhaling extend the right leg straight back keeping it in alignment with your torso.

Now as you exhale drop your head, arching your back bringing your knee towards the nose (as if to touch the nose to your knee).

*Repeat 5 times. Repeat the same with the left leg.*





### 7. Child pose (Balasan)

Kneel on the floor. Touch your big toes together and sit on your heels.

Separate your knees about as wide as your hips.

Inhale deeply and exhaling completely, lay your torso down between your thighs.

Place your hands on the floor in front of you, or place them on side of your body with your palms facing up and fingers pointing away from your body.

*Relax in the position for 3-5 deep breaths.*

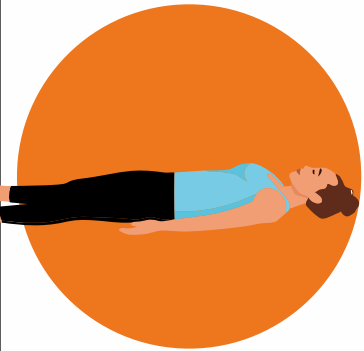


### 8. Corpse pose/relaxation (Shavasan)

Lay on your back with your hands slight way from your body palms facing upwards and your legs hip width apart toes pointing outwards.

Take deep breaths and feel your body relax completely.

*Relax in the position for 2-3 minutes.*



*Practice, enjoy and be happy!*

---

Maitreyi Ira, certified Ashtanga Vinyasa Yoga teacher from Vienna/Austria, has been teaching since 2003. She loves to pass on her experiences to people who are ready to change, in every aspect of their being. The breath plays a major role in this, breath = consciousness. Maitreyi Ira believes that when breath and movement are in harmony, it leads us to a place that may have remained hidden from us until then, the essence of our life.

---



## *Menstrual Cramps – Home Remedies*

A woman's well-being is not just vital for her but for the entire family. **Dr. Sreelatha** shares a decoction, regimen and a diet to take care of the commonly faced issues during menstruation

Women face a lot of physical and psychological problems both at the time of menarche (occurrence of first menstrual period) as well as menopause (cease of menstrual cycles). Pain during menses or menstrual cramps is the most common problems faced by women. Menstruation is a normal process in every woman's life, but it becomes terrible when it causes severe pain and discomfort. It causes immense amount of physical debility and mental distress that may ultimately affect their health and social activities.

Pain is generally restricted to the lower abdomen or may radiate to the back and the inner side of the thigh. Other symptoms which may be present along with pain include diarrhea, nausea, vomiting, headache, dizziness, fatigue. It may be sharp, throbbing, dull, burning, shooting pain and usually subsides as menstruation tapers off.

While we have a few home remedies that may cease the pain, some women may require proper medication after consulting a doctor to rule out any underlying disease.

According to Ayurveda, menstrual cramps are caused due to disturbed Vata dosha (subtle energy associated with movement). Once this is corrected, menstrual cramps decrease. Following are few home remedies which correct Vata dosha, thereby reducing the pain.

## Decoctions to decrease menstrual cramps

One may begin drinking these decoctions two - three days prior to menses date and continue for four - five days, once menses initiates.

### Recipe 1

#### Ingredients

- Carom seeds – ½ tsp
- Cumin seeds- ½ tsp
- Coriander seeds – ½ tsp
- Fenugreek seeds – ½ tsp

### Recipe 2

#### Ingredients

- Cinnamon – 2-3 (1 inch each)
- Ginger – 1 inch piece
- Turmeric powder – 2 pinch
- Fennel seeds – ½ tsp

#### Method:

One may prepare a decoction using above ingredients (from either Recipe 1 or 2). Take 200 ml of water in a vessel, add the suggested ingredients and boil till it reduces to 100 ml, filter it and drink this decoction twice a day half an hour before having food. Just before drinking this decoction add 1 pinch of asafoetida to it.

Massaging the lower abdomen, back and thighs using sesame (til) oil and applying hot water bag fomentation to these areas for 15 – 20 minutes will provide relief.

## Suitable diet and regimen during menses

#### Food:

Eat warm, cooked, easily digestible foods. Having hot water, milk, ghee, brown rice, barley will help. Include radish, pumpkin, snake gourd, pomegranate, papaya, dates, almonds, walnuts, Indian gooseberry in the diet.

#### Regimen:

Walking, pranayama, yogasanas like - vajrasana, ushtrasana, bhujangaasana, taking bath with luke warm water.

## Unsuitable diet and regimen during menses

#### Food:

One must avoid spicy, fried and cold food. Avoid eating brinjal, ladies finger, potato and chick pea.

#### Regimen:

Avoid rigorous exercise, travelling, lifting heavy weight, keeping awake till late night, avoid suppressing natural urges like urination, fecal elimination, refrain from taking a cold water bath.

Keep fit and stay healthy!

Dr.Sreelatha Shetty, is a B.A.M.S and M.D. (Kayachikitsa). She has practiced ayurvedic medicine along with panchkarma treatment for 8 yrs. Sreelatha currently works as a research fellow for an AYUSH project in an Ayurvedic hospital in India.



## *Pots around the World*

### *Semolina Pudding*

In this column we share recipes of some lip-smacking preparations by our Parivār members that are a treat for the palate!

*We share with you an Indian delicacy, called 'Rava Sheera / Sooji Halwa' (semolina pudding) that is generally prepared during auspicious occasions as an offering to the Divine. This delicacy evokes fond childhood memories of happy times when the entire family would gather together for some worship or prayer ritual. As kids the only attraction that we had was that we would get to meet our cousins and to eat this yummy pudding prepared by my grandmother. It was a wonderful treat, absolutely heavenly, the taste of which lingers on till date. Though my grandmother never revealed the secret ingredient, I am very sure it was 'LOVE'!*

### **Rava Sheera / Sooji Halwa (Semolina Pudding)**

#### **Ingredients**

- 1 cup fine semolina
- 1 cup sugar
- ½ cup or 6 tbsps. clarified butter (ghee)
- 3 cups milk
- ½ tsp green cardamom powder (as per taste)
- ½ tsp nutmeg powder (as per taste)
- 4-5 strands of saffron
- 15 chopped almonds (optional)
- 15 raisins (optional)
- 10 cashews (optional)
- 1 sliced banana

#### **Preparation**

- Heat clarified butter (ghee) in a deep pan.
- Add semolina to the ghee along with the sliced bananas and begin to fry on medium heat stirring constantly till it turns golden brown.
- Now add cardamom powder, nutmeg powder, almonds and raisins to it.
- Boil the milk and add a few strands of saffron.



#### Method

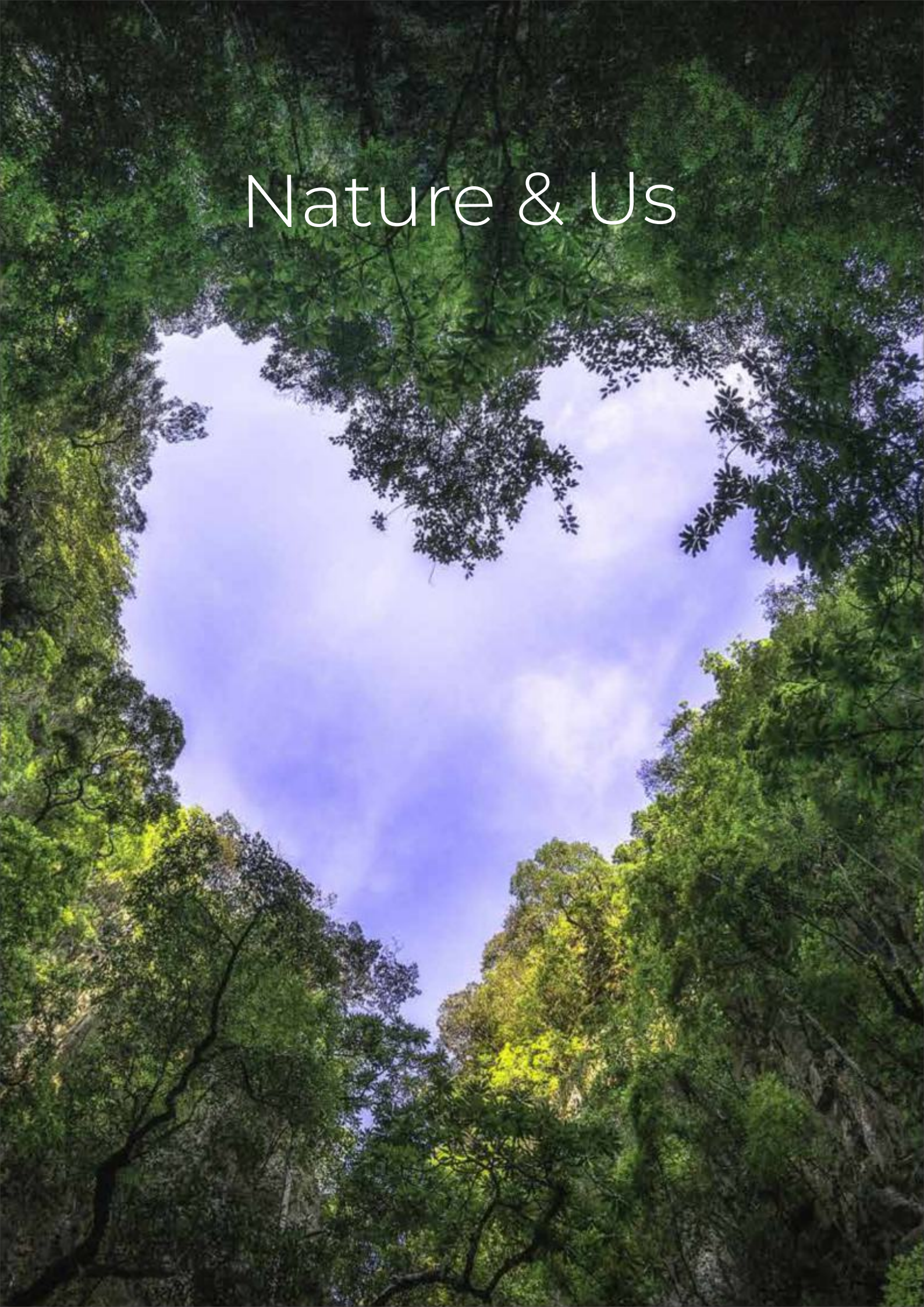
- Add hot milk gradually to the semolina stirring constantly. Be careful as it splatters.
- Keep the flame to medium and keep stirring until the milk is absorbed.
- Now add sugar and mix well until the sugar dissolves.
- Cover the pan with a lid and allow the semolina to cook under steam for another five minutes
- Now, give it a good mix and turn off the heat.
- Transfer to serving bowls and garnish with cashews

**Serve hot and enjoy!!**

*Shared by a MaitriBodh Parivār member*



# Nature & Us







## *Sustainable Living*

**Maitreyi Sandra** writes that our wasteful lifestyle and mindless consumption is straining the resources of Mother Earth. Living in awareness, of our responsibility to future generations and to Mother Earth, is the critical first step in sustainable living

### **What is Sustainability?**

The term is currently on everyone's lips. It is used in defining lifestyle as well as in the context of industry and agriculture. In the English language, the term sustainability is derived from the word 'sustain' = to preserve, and that meaning points precisely to this principle. Sustainability is the principle of not consuming beyond what can be produced, regenerated and made available in the future, the idea being to preserve natural ecosystems over a long period of time.

### **The Throwaway Society**

Looking around at society today we ask ourselves the question, are we living sustainably? If we are honest, the answer is no. All the packaging, disposables, food waste, pollution of air, water and soil, exploitation of natural resources to give us a comfortable life - all this does not contribute to a sustainable lifestyle. Everyone would be acquainted with the phrase 'throwaway society'.

A good example of this is certainly the 'coffee to go cup'. Who hasn't had one of these cups in their hands, be it as a coffee cup or filled with some other drink. A lot of natural resources (trees, water, petroleum) are used to make these cups and we use it for five to ten minutes before throwing it away. Another example is clothing. If a piece of clothing tears today, it often is discarded instead of being repaired by sewing or used for something else. There are many more such examples.

### Consequences of a Wasteful Lifestyle

We can now observe the consequences of our wasteful behaviour in the environment. Everyone knows about the problems of climate change and the issue of plastic waste, as brought home by the distressing images of bits of plastic floating in the oceans. Even if the toll we are exacting through wasteful consumption is not immediately evident, the depletion of natural resources for ourselves and future generations is a fact we cannot escape from anymore. Mother Nature is suffering greatly.

For this reason, now more than ever, it is necessary that each of us starts to integrate sustainability into our lives.

### So what can we do?

The first thing you can do to live more sustainably is to ask yourself the question every time you shop: Do I really need this now?

This raises our awareness of what, when and how we consume. And this alone can save waste and conserve resources.

Furthermore, we can also be more conscious and sustainable in our daily purchases, such as:

- Food - Buy fruit/vegetables seasonally and unpackaged if possible.
- Carry your own bags and packaging with you.
- Where possible, buy food in more sustainable packaging, e.g. consumables in glass jars instead of in plastic packaging, etc.
- Common daily usage items like clothes, footwear, etc. can be re-purposed, reused, repaired, borrowed, exchanged or even bought from the second hand market.

However, sustainability is relevant beyond shopping and consumption and subsumes our behaviour in general, e.g. to hygiene products, leisure time, transport, eating habits, dealing with data, etc. In short, it is an approach to holistic living.

It will be our endeavour to generate awareness and offer suggestions for a more sustainable lifestyle that is supportive of and in harmony with Mother Earth through Maitri Anahita.

It is not important that everyone lives 100% sustainably now. What is important is that everyone starts doing what is possible within their scope to contribute to the conservation of Mother Earth.



As a chemist with an endless love for Mother Earth, Maitreyi Sandra is always on the lookout for alternatives and improvements in everyday life for sustainable living.



# young impressions

“ You were born with potential.  
You were born with goodness and trust.  
You were born with ideals and dreams.  
You were born with greatness.  
You were born with wings.  
You are not meant for crawling, so don't.  
You have wings.  
Learn to use them and fly. ”  
- Rumi





Aspects of the Feminine Energy



illustration credit: Nandini Mundada

The MaitriBodh Parivār has introduced **21-day Maitri Sambodh Dhyaan** batches which are open for all and free of cost. This guided meditation helps one in communicating and connecting to the Higher consciousness, while creating a bond with their Inner Divine. These are vital steps in beginning the inner journey of rediscovering our true nature and experiencing the immense Grace and Love from the Divine! Below are a few experiences shared by the participants:

The sessions were very peaceful. It did feel like a part of me was getting cleansed daily by way of this exercise. Overall, it has helped in making me a bit more calm. More tangible changes may be noticeable with continued regular practice. I'd like to thank Mamta Ji for guiding all of us so well through this inward journey. Thank you.

**Soumya Jha**

I could come out of depression by attending the sessions. This is my third session and have already registered for the next.

**Irani Singh**

This 21 days meditation helped me to accept things the way they are, which were bothering me for the last 5 years. It helped me to resolve the ongoing conflicts within. Thank you to all the coordinators.

**Stella Doshi**

It was an amazing experience which was not at all difficult to commit towards. I looked forward to it every morning and it started my quest for connecting with the Divine. I would like to thank everyone involved in making this accessible to us. THANK YOU.

**Payal Modi**

For more than 35 years, I have been sulking for the way I am. I remained below average in academics. Very small things affected my emotions severely. I hated myself. Then I started with the 21 days meditation. It taught me patience and perseverance even if I wasn't experiencing anything at times. I found much positivity in me. As I started with this on the very second day, I saw a video of Dadashreeji saying that ACCEPT yourself the way you are! I was stunned at this. I repeated this acceptance several times that day and it changed me completely! From thereon I talk to Dadashreeji just the way I talk with my Divine every now and then. I am so happy for what I am today! My heartfelt thanks to everyone who has been a part of this change in me directly or indirectly.

**Trupti Dharap**

The experience was Divine. There was so much peace in and around me. I felt very calm, energized and fresh after the meditation.

**Nisha Rawat**

I have attended three batches of this dhyaan, and every time I feel like attending the next batch. A wonderful experience, feel peaceful and calm inside. It certainly has transferred something good and more positivity to me. Thank you so much Dadashreeji and to all the conductors.

**Poornima Gajool**



## *A Vision*

As the MaitriBodh Parivār was working on raising money to send oxygen to India due to the COVID19 pandemic I felt that the small amount of money that I could give would not make a difference. So instead, I prayed to Dadashreeji. "What would be the most meaningful thing I could do?", I asked.

A few nights later I woke in the early morning, remembering a time when a tall and grand tree providing habitat for birds was cut down. I drove past where the tree once stood on my way to work and every day, I was saddened that my friend the tree was no longer there. Until one day as I was passing the spot, the tree's spirit spoke to me. It filled me with peace and happiness as if to say, please do not be sad anymore. It showed me how its spirit was still there, still standing, and just as present as ever. And so, I thought what if I prayed to the tree spirits for their help? What if I asked them to give oxygen to the people of India?

I remembered the stories of the jungles where tribal women would fight to save the trees and, in some cases, would sacrifice their lives along with the trees. I thought of all the harm still being inflicted on the jungles and forests and I told them I was so sorry. I felt that sadness. I told the tree spirits that I loved them and that we want to see the trees flourish. That we want to become the children of the trees again and I felt the happiness of better days ahead. I asked if they could gift the people of India with oxygen. Immediately I had a vision of golden tree spirits rising in the middle of apartment buildings, next to skyscrapers, and down city streets. I saw the ancient tree spirits towering in the jungles and throughout farmlands in all their brilliance. Next my vision went dark and then a grove of silver tree spirits appeared and sitting at their base was a woman dressed in white light. I did not know who this beautiful woman was, but I was so curious, and I tried to speak with her but that ruined the vision and it ended. I lay in bed awhile before going outside in the early morning dawn to pray.

I went outside, stepped onto the grass, and offered the Mother Earth prayer three times. Just as I finished praying the woman dressed in white light appeared again, but this time she was right next to me and she gently leaned in and gave me a hug.

I am still digesting the gifts of this vision and so many questions swirl around in my head. When I focus on what I can learn and share from this is that our prayers do make a difference. So many times, I get caught up in being a mother and working full time that I put off my prayers. I tell myself it is too much, or I will do it tomorrow. But our prayers do matter, and they do make a difference. I was once told that praying for the earth is like giving her a sweet kiss. How can I not make time for my beloved Mother Earth, to give her a sweet kiss every day? She loves me so much and gives to me unconditionally. Especially when it is so simple. Just sit, stand, or lie down wherever you are. Take a deep breath, center yourself in your heart, and say the Mother Earth Prayer out loud or internally as follows:

Today and now,  
I express my love and care for you.  
Forgive me for causing pain to you.  
Let me protect and nurture you once again.  
Let me heal your wounds with my love.  
Love, love and only love for you.

My gratitude and love flow over for you, Dadashreeji. For answering my prayer and for being with me every step of the way on my journey in life. I hold this vision in faith that my prayer for oxygen for the people of India will be answered soon.

**Dawn McCormick**





## *Divine Intervention*

I have a cousin who is going through a very difficult phase in life, almost to the point of being suicidal. I was sad about not being able to help her much but I just prayed to Dada to help her.

She is a pranic healer and has the ability to see auras and energies.

Next day she messaged me asking if I had prayed for her. I was surprised at her question. She said she saw Dadashreeji come and give her white light, removing her depressive energies. It was also confirmed by her astrologer who said a Guru intervened at the right time and saved her.

We needed no introduction to who had helped my cousin. I was so happy to hear it. Not just that, within three days of my prayer to Dada she found a new job and shifted from the current abusive place. She has a long journey ahead but now she is guided.

I am grateful to Dadashreeji for His Grace and eternal presence in my cousin's life now.

**Drishya**

# 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.

## INDIA

### AMRITSAR, PUNJAB

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

Mitra Mehra Dixit  
+91 95699 99945

### BENGALURU, KARNATAKA

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

### INDORE, MADHYA PRADESH

Maitreyi Ranjana  
+91 90099 90945  
ranjanasodhani@gmail.com

Mitra Arun  
+91 97525 31945  
arunsodhani58@gmail.com

### DELHI NCR

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

### BHUBANESHWAR, ORISSA

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

### PUNE, MAHARASHTRA

Priyanka Mehta  
+91 8805457800

### MUMBAI, MAHARASHTRA

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

### COIMBATORE, TAMIL NADU

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

### RAIPUR, CHHATISGARH

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

## ASIA

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

Maitreyi Poonam Rawal  
+91 9819007459  
mbpasia@gmail.com

## EUROPE

**AUSTRIA**  
info.at@maitribodh.eu

**HUNGARY**  
info.hu@maitribodh.eu

**GERMANY**  
info.de@maitribodh.eu

**SWITZERLAND**  
info.ch@maitribodh.eu

**ITALY**  
info.it@maitribodh.eu

**UNITED KINGDOM**  
info.uk@maitribodh.eu

## UNITED STATES OF AMERICA

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

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

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

## MIDDLE EAST

info.uae@maitribodh.org

## AUSTRALIA

Mitra Gomant  
+91 98110 13954