



MaitriBodh

Maitri Anahita

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Dear Loved One,

We hope you are safe and well. No one has been escaped unaffected by the pandemic, nevertheless in the larger scheme of things there is always a silver lining that we should be grateful for. In this edition we talk about 'Gratitude' as we celebrate 'Gratitude Day' (Guru Purnimā) on 24th July this month. Gratitude is an essential aspect of love and is a gateway to the Divine. The more we express loving gratitude to the Divine for our spiritual and material blessings, for the challenges, opportunities, and mistakes, the deeper is our attunement to the Source. Expressing gratitude expands the heart, for all gratitude is the result of appreciation. Experiencing gratitude changes everything, for a heart filled with gratitude has the power to transform situations.

In this issue, under '*Pearls of Wisdom*' Maitreya Dadashreeji shares the three essential benefits that one will experience on the path of Transformation.

Inside, read more on our new columns – *Power of Affirmations*, *Practice for the Month*, *Music for the month*, *Movies for the Soul*, *Sacred Rituals around the World*, *Pots around the World*, *Sustainability* and more to gladden your heart. On the occasion of Guru Purnimā we share the vidhis (process) of the ritual along with other details. '*Food for the Soul*' brings to you 'A Moment in Prayer' under which the author shares with us the significance of ,being in gratitude'; futher an apologue from the Chandogya Upanishad reminds us how the virtues of humility, surrender and gratitude can take us to the Truth. Under the '*Health & Wellness*' section, learn about the do's and dont's of exercising. '*Nature & Us*' brings to you an article on sustainable living. Enjoy a picture tale under 'Wisdom Bytes'. @MBP brings to you a few experiences of our participants of the 21 day Maitri Sambodh Dhyān process. In this issue enjoy reading about the life-altering experiences of devotees with Divine Grace under the section '*Dadaleela*'.

*Love is a powerful energy that will ultimately heal this world and
gratitude comes from Love!
Make gratitude a way of life!*

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



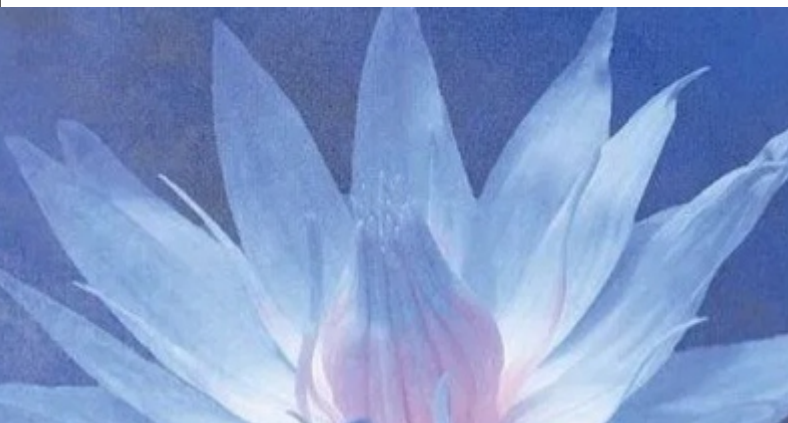
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Send us your articles, stories, poems, spiritual questions at anahita@maitribodh.org and experiences at experiences@maitribodh.org

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Nature & US



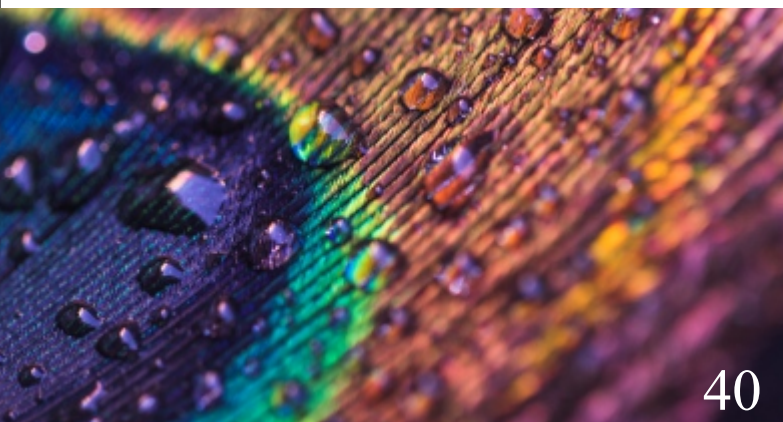
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We welcome your suggestions and comments on the articles. Email us at anahita@maitribodh.org

pearls of wisdom





Dear Friends,

What we need now, all of us, the entire world, is complete transformation. We know very well that Lord Buddha had attained complete transformation. His state was beyond enlightenment so we do not say that He was enlightened. Rather we say that He was beyond enlightenment. He was experiencing complete Transformation. He was also in that state of being committed and dedicated to help people experience this state. Let us remember how He attained this state, how His human mind stopped functioning and the Divine Mind was awakened and how His individual consciousness dissolved completely. His struggle to experience the Truth had stopped. And what He experienced at the end was True Love, Compassion, Friendship. He became the Truth, a true peaceful Being. He did not speak much, although He helped people experience Transformation. He believed in simplicity. At the same time, He did not showcase His spiritual greatness to anyone in the world. He walked the talk. He became what He believed in.

And today, I want all of you to know what transformation will do to all of us, how it will benefit the entire world. Transformation will have very profound changes. It will change you completely as a being into an Awakened Being, a Divine Being. So I will share three essential benefits that one will experience on this path of transformation. I know there are many benefits that one can experience. But today, let us understand the basic essential benefits.

The first change that you experience is in the **awareness** level. Awareness means being aware of the self, being aware of the surroundings. Just knowing what's happening. You're not actively responding to anything, but just being aware of the situation, of your thoughts, of your being. That's what awareness means. Your understanding of anything or any situation and your perception towards things depend on the level of your awareness. Awareness is that factor that decides how happy you will be or how sad you will be in any given situation. So as you keep progressing on this path of transformation you're naturally empowered, with the spiritual sense, which will help you, enable you to make the right



decisions. And that's what we need at this period of time - making right decisions, because that decides your fate, your future, your journey of life. And if you get that through awareness, a sense to make right decisions, everything will change. Everything will fall in place. Your life will be aligned and transformation will initiate this process. As you keep growing with transformation, this level of awareness will keep getting elevated all the time. So your understanding of life will be entirely different from that of others. Naturally, you will see everything in its true sense.

The second point is **Body and Mind Connection**. Your body and mind make who you are today and now. Both are inter connected; your body and mind. So whatever happens in your mind, automatically influences your body. When the mind loses its strength, your physical body naturally, starts attracting pain, infection, disorder and you get sick. It may even keep worsening with time. But if you want to change this situation, one can do this through a correction and alignment process wherein tremendous powerful energies flood the mind with love and bliss. It's a spiritual process- spiritual transformation wherein anything within you that is in disorder or if there is a defect or impairment, will be changed gradually through this process with time. Both your mind and body become strong and act as one integrated spiritual system. It refines everything internally. So if you want to strengthen your body then strengthen your mind. And this process of correction happens through transformation.

Transformation will do it for you. You do not have to do anything else. You safeguard and protect your body just with spiritual transformation - a healthy body and a healthy mind both together. So in short we can call it as a magical pill. It's a pill that will give you a happy and healthy life. Take one dose of spiritual transformation every day and witness a happy and healthy life. Take one step ahead for transformation.

The third point is **Compassion**.





Humans lack this emotion and the Divine has it. It has tremendous power to heal broken hearts and bring people together. Compassion is an antidote for any internal disturbance you experience or for any social unrest that's been occurring all over the globe. Compassion can heal this. Right here, right now. We do not understand the value of compassion in our life. It's there within our heart. We did not even take time to understand the value of compassion in our life.

Transformation, in fact, unlocks your heart and cultivates compassion to lay the foundation of a loving and peaceful human civilisation. Your interaction with people and relationships improve whereby you naturally, automatically, build 'social wellbeing' wherein you start understanding others and become more considerate in life. So what you need to do is just embrace transformation. If there were any people who did not like you or you disliked someone, those who went away from you or when you avoided few people - with compassion all of you will come together and experience WE, as one unit, one family. Compassion will do this for all of us. And transformation helps us to experience this compassion without much effort, without any active work. It just happens.... and you are there.

So in essence what we discussed now is that through transformation you get a spiritual sense to make right decisions, an upgraded body and mind connection and you successfully experience social wellbeing. We, as the MaitriBodh family, are committed to your transformation. And we'll make sure that all of you will experience this. We are there with you as your friends.

Together we will transform this world.

Stay positive.

Stay happy.

**Love and Blessings,
Maitreya Dadashreeji**

This is an excerpt from Maitreya Dadashreeji's 'Beyond Enlightenment, Towards Transformation' Buddha Purnimā 2021 message.

food for the soul

“ Gratitude will shift you to a higher frequency, and you will attract much better things.

Rhonda Byrne

”



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:

"Everything that I need is provided to me at an appropriate time, space and sequence"

Practice and witness the change!

*With Love & Gratitude,
The MaitriBodh Parivār*



Practice for the Month: Offer Gratitude

One may start the day by offering gratitude for the following:

- *I offer gratitude to Mother Nature for nourishing me.*
- *I offer gratitude to Mother Earth for sustaining me.*
- *I offer gratitude to all my friends and the people associated with me who help me grow in my life.*
- *I offer gratitude to all the challenges and mistakes I make because I learn from them.*
- *Whenever you get an opportunity express gratitude everyday.*



Parable from the Upanishad

*Shvetaketu: From Arrogance to Gratitude and Surrender
(Chandogya Upanishad, Chapter 6)*

Humility, gratitude and surrender are prerequisites to acquiring True Knowledge. The wise sage Uddalaka shares the “Truth of our Oneness” with his son, be it of our origin or of the essence of the Self in this parable as shared by **Mitra Sut**

Shvetaketu was the only son of Rishi Uddalaka and Aruni. When he turned twelve, as was the tradition then of the Gurukul system, he was sent to a Gurukula where he underwent twelve years rigorous training in all the branches of knowledge and the Vedas, before returning home.

Shvetaketu had been a bright student and was proud to be one of the toppers, which began reflecting in his behaviour and was noticed by his father, Uddalaka. Uddalaka began noticing the arrogance and a lack of gratitude in his son’s expression.

Once Uddalaka called him by his side and asked him, “O Shvetaketu, you have now become very serious and vain, and you think you are a great scholar. But did you ask your teacher for that teaching by which what is never heard becomes heard, what is never

thought of becomes thought of, what is never known becomes known?”

Shvetaketu was shocked and that mellowed him internally. He had no clue what his father had inquired. Consequently, he pleaded with his father to give him this knowledge.

Uddalaka, who had himself realised the Truth, knew what was needed by his son. He then imparts profound teachings to Shvetaketu. He tells him, “O young man, it is like this: By knowing a single lump of earth you know all objects made of earth. All changes are mere words, in name only. But earth is the reality. Likewise, it is the same for things made of gold, iron, etc., and we get mesmerised by the different forms of these elements, but they are just mere forms and names; the reality as it consists of only those basic elements. Isn’t it?”

Shvetaketu agrees and is eager to know more.
 “To know the truth of the source of all, is the real thing. This, my son, is the knowledge of which I speak.”

Uddalaka pleaded with his father to know more. Seeing the readiness and eagerness in his son, Uddalaka went on to explain how at the beginning of creation all things came from that one Source - a pure Being, one without a match. He explained the complex creation of a human being, the most powerful of all species and how the mind of the human being imprisons it, itself.

Shvetaketu listened to his father attentively and realised that he never learnt these subtle and sublime teachings about the Highest. Thereafter he felt a sense of surrender ship towards his father and says, “My respected teachers must not have known this, for if they had, they surely would have told me. Won’t you please give me more of this knowledge, Father?”

Uddalaka agreed to do so. As his father shares his knowledge, Shvetaketu realised that he was not able to understand much and asked his father to explain in a yet simpler way. He felt an inherent sense of surrender towards his father-cum-Guru/ teacher; Uddalka viewed his son in that state of being grateful for all that he was receiving. He continued.....

Uddalaka: “Bring me a fruit from the banyan tree.”

Shvetaketu: “Here is one, Father.”

Uddalaka: “Break it open.”

Shvetaketu: “It is broken, Father.”

Uddalaka: “What do you see there?”

Shvetaketu: “These tiny seeds.”

Uddalaka: “Now break one of them open.”

Shvetaketu: “It is broken, Father.”

Uddalaka: “What do you see there?”

Shvetaketu: “Nothing, Father.”

Uddalaka: “My son, you know there is a subtle essence which you do not perceive, but through that essence the truly immense banyan tree exists. Believe it, my son. Everything that exists has its Self in that subtle essence. It is Truth. It is the Self, and you, Shvetaketu, are That (tattvamasi).”

Shvetaketu pleaded with his father to teach him more, and Uddalaka continued:

Uddalaka: “Bring a pinch of salt, my son.”

Shvetaketu: “Here is the salt, Father.”

Uddalaka: “Place this salt in water, and come back to me in the morning.”

The son did as he was told.

Uddalaka (in the morning): “Bring me the salt you put in the water last night.”

Shvetaketu (after looking): “Father, I cannot find it.”

Uddalaka: “Of course not; it has dissolved. Now taste the water from the surface. How does it taste?”

Shvetaketu: “It’s salty.”

Uddalaka: “Taste the water from the middle of the bowl. How does it taste?”

Shvetaketu: “It’s salty.”

Uddalaka: “Now taste the water from the bottom. How does it taste?”

Shvetaketu: “It’s salty.”

Uddalaka: “Go, throw it away and come back to me.”

Shvetaketu did so, and returned.

Shvetaketu: “But father, although I have thrown it away, the salt remains.”

Uddalaka: “Likewise, though you cannot hear or perceive or know the subtle essence, it is here. Everything that exists has its Self in that subtle essence. It is the Truth. It is the Self, and you, Shvetaketu, are That (tattvamasi).”

So, in such a simple and profound way Uddalaka goes on to provide an understanding of the Highest truth and how to realize That, which he was able to impart because he was in the direct experience of that

Truth. This is how the highest knowledge was passed on from generations together by the awakened Gurus to their eager and surrendered disciples, which has been kept alive in the Ved-Upanishads.

In the MaitriBodh Parivār we are blessed to have Maitreya Dadashreeji, who is in the direct experience of that Source; He not only imparts this highest knowledge in a highly simplified

manner, but give us that experience too, merely by His presence and Grace, to any ready seeker who is in that mode of surrender and gratitude. For those who are seeking this highest knowledge, the MaitriBodh Parivār offers an eye-opening series of sessions called 'The Spiritual Triangle', available to spiritual seekers for registration and which is designed as a stepping-stone for one's spiritual journey.



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:

Being Gratitude!

Maitreyi Sulata shares the gifts that gratitude brings us as she offers a prayer at the Lotus Feet of the Divine to bless us all with 'being in the state of gratitude'

Dear Friends,

I warmly greet you in the Love and Light of the Divine! We at MaitriBodh Parivār, a family of friends across the globe shall be celebrating the auspicious day of 24th July 2021 as Gratitude Day, wherein we offer our heartfelt gratitude to our elders, our teachers, our Masters and most importantly to 'The One', our Spiritual Master-guiding our soul on the Path to experience the Truth- The Highest!. Hence I take this opportunity to share with all our wonderful readers the importance of Gratitude in our lives.

Somewhere along the way, each time we forgot to say "thank you" to the Universe, we lost a very precious moment of life. And each time we are filled with gratitude, we are transported to a higher plane where there is happiness and joy. They are generated from within us and so, also, remain with us over a long period of time.

Experiencing Gratitude!

When I started my first job as a youth, it so happened, that the timing I entered my office coincided with that of a senior colleague from my department who in my observation was being overloaded and suppressed with work. As we were about to enter the office, she made way for me signaling me to enter first. I smiled back and took the stairs to get in the office. As I turned back I just happened to see her remove her footwear and stand with her head bowed with eyes shut for few seconds. I would see her following the same routine each day. Later I made an effort to ask her about the same. The explanation she gave me made me look at life with great respect and gratitude. I asked "Maa'm, why do you bow your head before you enter the office?", to which she replied "thanking the management/office which is supporting my livelihood, thanking the wonderful people who recruited me, thanking the people who work with me each day." I questioned her again "What's that they have done so great for you that you need to bow your head every day? You work- they pay and more over I can see that you work so hard and no one

seems to really notice that or even appreciate your hard work." So she said "Out of many people out there in the world I have been chosen to work here at this office. I thank all the people, my seniors, my colleagues, who made me realize my strengths and made me push my boundaries. Rather than cribbing I thank everyone for all the difficult times they gave me that have made me patient, forgiving and accepting. Gratitude has kept me going!"

That day this conversation struck a chord within me. Since then I sincerely began to thank the so called otherwise challenging experiences my workplace was giving me!

The Miraculous State of Gratitude!

As life passed by, I deeply learnt the importance of being in the state of gratitude when I experienced a challenging situation. I was feeling unwell for many days, and ignored the alarming signs being sent by my body due to an important task at hand. One day as I was going through my daily routine, I experienced a sudden dip in energy and almost fainted. I was rushed to the hospital. The next I was informed was that I had been rushed to the ICU. The doctors declared my condition to be critical as my right kidney had suffered a septic shock and my BP has fallen far below normal levels. As I lay in the ICU bed, reeling under severe pain yet semi-conscious, I knew nothing was certain about my life. Lying down all alone, seeing people suffering around me in different beds was certainly not a pleasant sight. The cries of their hearts were somehow reaching me and I found the pain around me unbearable. There was even someone who passed away and their loved ones mourning their death.

My heart welled up with gratitude to the Divine for blessing me with the life I had led. I started thanking all the people who had been a part of my life's journey. And I was surprised to remember so many forgotten people whom I had connected through all the ups and downs of my life. I started thanking the Divine from the core of my heart for the life I lived and thanking all those people for loving me and challenging me since the day I was born, effortlessly with complete gratitude and love for them. I also found myself thanking my body and every organ of my system for working for me nonstop to keep me alive physically on this planet. The Good, Bad, Ugly, every moment and the associated memory brought with it a state of gratitude within me. I thanked all the patients in the ICU with me, the medical staff, the doctors, the nurses for supporting me in this moment towards Being Gratitude.

Something within shifted; things started changing for me on the fourth night. My condition started improving and after ten days, I was completely fine and was discharged from the hospital. My doctor told me that he couldn't believe that he was discharging me and that too so soon. It was a miracle for my life and the way my body had recovered in a short span of time. But I knew that the Grace of the Divine had bestowed the energy of gratitude that had brought the force of life within me and I thanked my Master Maitreya Dadashreeji for His Grace and Blessings then, now and always. That day on the ICU bed in the hospital, I realised what is Being Gratitude vis-a-vis practicing or experiencing moments of Gratitude. Such is the miraculous state of Gratitude!

True Gratitude is Being Gratitude!

The importance of gratitude has been communicated since time immemorial by our elders, all great Spiritual Masters all over the world, religions and cultures. Innumerable books have given the teaching of Gratitude and emphasized in different ways the importance of living the entire life in the mode of offering Gratitude to the Universe. It is said in the holy text Quran that "If you count God's blessings, you can never encompass them all." Almost all the Hindu scriptures mention gratitude as one of the most important virtues. The Holy Bible also speaks of giving thanks to the Lord in its various Psalms.

Here I urge our readers to close your eyes, go deep within and question yourself, "do I truly experience Gratitude at all times in my life? We need to look within us and make a check, "Good or Bad....am I in the state of Gratitude at all times?"

The commonly understood meaning of the word "gratitude" is the act of being thankful or readiness to show appreciation. However, in a deeper sense, Gratitude is simply a state of being! It is just there, effortlessly. It's not something always to be consciously practiced. It is something that happens naturally within us!

Transformation through Gratitude!

Gratitude is the sweetest virtue we can ingrain our lives with. Not only does it pave the way for tremendous happiness and further abundance, it also positively transforms our lives!

When we are grateful for all the wonderful people around us, whether family, friends, neighbours or colleagues, we develop a deep emotional bond with each one of them as positive and loving energy flows from our hearts to all connected with us. This lays the

foundation for some life-long meaningful and strong relationships wherein love is the binding force.

The feverishness for material accumulation, makes one prone to negative tendencies like envy, jealousy and comparison with others. Those of us who inculcate gratitude experience peace and contentment in life as they experience Divine Grace in one and all. They remain equally peaceful and calm in good and bad times and their faith does not get stifled under adversities.

Gratitude is that potent force which strengthens us to take all challenges in life with the firm belief that the Divine keeps us protected in His Grace.

A step towards Gratitude!

It is an illusionary and false thought that we can achieve the state of Gratitude through our own efforts alone. Yes! we can and must take actions by consciously being grateful for all that we have received from the Universe for our growth in life but the state of Gratitude is bestowed upon us through Divine Grace because the Divine loves us unconditionally and wants us to grow.

So every morning let's wake up with a smile on our face!

Let's meet and greet everything the day offers with gratitude!

Let's look with a smile of admiration at every creation of Divine, people, things, situation, environment with a heart full of gratitude!

Let's always live for that one day with Gratitude, as though it was the only day of our life!

This month's 'Moment in Prayer' is an offering at the Lotus Feet of the Divine to bless us all with 'Being in the state of Gratitude'!



Beloved Maitreya,

May the Love and Grace of the Divine,
Open the treasure of Gratitude,
That silently resides in the depth of our Being,
Waiting to explode!
O beloved Divine, blesses us all with a heart immersed in
the sweetness of Gratitude for the Creator!



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.



Stories & Sagas:

Being in Gratitude

Gratitude is not a measure; it is an attitude. The attitude of gratitude lies in an awareness and acknowledgement of the infinite blessings showered on each of us by the Divine, writes **Mitra Philip Zemke**

This is a story told by Christ Jesus to his devotees. "The people came to the Temple in Jerusalem to make offerings. It was the Day of Atonement, when offerings were made to align human consciousness with the Divine. A rich man gifted a large sum of money, but he had so much money that it did not affect his wealth at all. Another man of moderate means gave a moderate sum of money, but he was looking around while he made his offering to see if the people had noticed how much he had given. Then a poor widow came forward and gave two pennies. The two pennies were all the money she had. While making her offering she was talking with the Divine. Her words were of gratitude for all the simple yet appreciated gifts of life that the Divine had given her. She was completely grateful for the gift of her life."

Attunement with the Divine

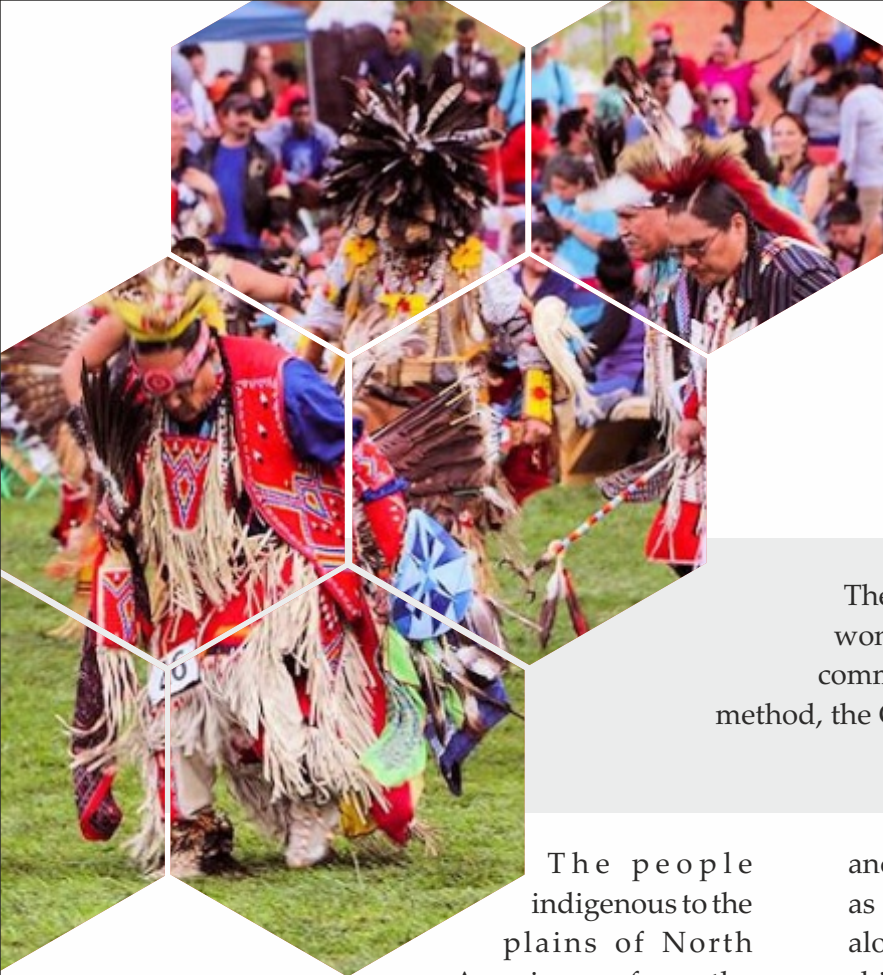
The widow was grateful for what was present in her life. She was not asking for things in the future. Being grateful for what was truly before

her, including her challenges, she was embracing her life in all its conditions, and embracing her Divine. In expressing gratitude for the life we are given, we open a conversation with our Divine. Every moment of true gratitude carries the Divine presence with it. The widow could give everything that she had because she was in the presence of her Divine, the Source of everything she would ever truly need.

Gratitude is Awareness

Maitreya Dadashreeji has spoken of an attitude of gratitude as essential to our transformation. Gratitude for every moment, for the bed we slept in last night, for the clothes we are putting on today, for the breath we are breathing right now, and even the challenges we may be experiencing; bring to our intimate awareness the truth that everything in our lives is a gift from the Divine for our transformation. We can be grateful for that truth.

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 Give-Away Ritual

The indigenous people of North America have wonderful ways of fostering and strengthening community bonds. **Mitra Philip** shares one such method, the Give-Away ritual, a heart-warming exercise in expression of gratitude

The people indigenous to the plains of North America perform the ritual of the Give-Away.

This ritual is an acknowledgment of individuals who serve and support the success of others. The ritual is most often performed at community gatherings called Powwows, a public expression of gratitude and generosity which serves to strengthen bonds among the members of the community.

The Purpose

The gratitude give-away is enacted when a member of the community has achieved a milestone in life. Graduation from High School or college, returning from service in the armed forces, recovery from illness, and receiving of a sacred name are all considered rites of passage to be acknowledged. The gifting of a child with a sacred name, inherited from an honored ancestor, is a beautiful way of marking the beginning of the child's spiritual journey.

The Naming Give-Away Ceremony

It begins with the family of the child gathering at the entrance to the powwow dancing ground, fronted by the child and its parents. An honoring song, a mantra belonging to the

ancestor whose name is being passed on is sung, as the family dances slowly in a procession along the circle of the dancing ground with the child and parents at the head of the procession. People come forth and press money into the child's hand to assure a prosperous life. The person gifting the money then goes to the tail of the procession and 'joins the family of friends.'

Expressing Gratitude

When the dancing of the circle has been completed, the family makes a gift to the drummers and singers for the honor song. Then the speaking of gratitude begins in earnest. A family spokesperson speaks of the gratitude that the child and his family have for those in the community who have cared for and taught the child the respectful way to live. Those who are recognized for their support to the child are then called up one at a time, some to receive Eagle Feather headdresses, and most to receive valuable blankets and hand sewn quilts. The gift-giving goes on until all the recognized members of the community have been gratefully honored.

At the close of the gratitude give-away, visitors and non-community members are called forth to receive gifts. Everyone who witnesses the ceremony is considered an important part of the

ceremony. Even visitors are recognized, for they have put forth a good heart for the child and the community. They have participated in the process bearing wishes and prayers for the well-being of all involved, and they are held in gratitude for their presence. Witnessing and participating in the ceremony, they have for those moments 'joined the family' in the gift of gratitude.

Gratitude is Universal

Around the world many cultures practice offering gratitude for it is a powerful universal force that transcends all religions. Many cultures have gratitude prayers for the gift of food at mealtime. It does seem that gratitude is a natural form of human expression, and that it is essential for the well-being of the human communities as well.



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.





Shine with the Pādūkās

Maitreyi Varsha shares her journey of discovering the glory of the Guru's Pādūkās

For most of my life I had never connected with rituals. While most Parivār members had Dadashreeji's Pādūkās (sandals) in their homes I had not been able to accept them since I felt it was ritualistic. I was quite convinced that I did not need an object (pādūkās / sandals) to pay my obeisance to the Divine since I was more than happy connecting with my Divine (Maitreya Dadashreeji) internally. Firmly rooted in this belief (ignorance at its best), time passed by and long before I knew it I suddenly developed an internal urge to get a pair of pādūkās. All that I wanted was the 'Pādūkās'. My entire belief system was shaken and challenged; I was restless. It was a tussle between the heart and the mind that took a toll on my internal state. The restlessness increased by the day and I couldn't spend a single moment in peace. No sooner than I accepted and made up my mind to get the pādūkās they were suddenly arranged for, that very day itself.

The Gateway to Truth, Divine Grace and Protection

I was overjoyed and overwhelmed to bring them home and began worshipping them as if it was an integral part of my routine. This brought me immense peace as the internal turbulence and turmoil instantly settled. While doing so I also learnt that performing the process or ritual of Pādūkā Abhishekam (washing of sandals) cleanses and releases one from past negative karmas and purifies the mind. I also learnt that the pādūkās carry the Divine consciousness; hence worshipping the pādūkās is akin to worshipping the Supreme Truth. The Guru Pādūkā Stotram (hymn) <https://www.youtube.com/watch?v=pxuhFeKm5l0> honors the presence of a Guru/Master in one's life and describes the glory of the lotus feet of the Master and how a seeker's life transforms in the presence of the Master.

The Blissful Journey

I continued to practice the pādukā rituals (Pādukā Abhishekam and Nārāyan Ashtottram – 108 names of Lord Vishnu) every Thursday for months together and before I could know it was already more than a year. Each time, my inner being felt soaked in bliss and nourished at the end of the process. I had got attached to the ritual and never missed it even for a single day. My Thursday's were planned in a manner that even if I had stepped out I would return home before 7 pm, well in time to perform the ritual. One Thursday I had to travel out of town (Mumbai) for some work and was scheduled to return by 5pm that day itself. I left early so that I could finish my work soon, but the Divine willed differently. Due to some reason the work was unfinished and required me to stay back in Mumbai. I was perturbed and extremely distressed at the thought of being unable to perform the ritual that I was practicing for more than a year. I had begun to identify my being with the ritual.

The Divine Lesson

Distraught, I internally asked my Divine (Maitreya Dadashreeji) what it was that I needed to learn. I soon received the following profound insight. A true Guru/Master will always ensure that you are not attached to anything, not even Him! He will challenge your beliefs, shatter your ego, destroys delusion and take you to the 'Truth'. There is a popular saying:

Verse

*Satguru mera suramaa, kare shabd ki chot;
Maare gola prem kaa, hare bharam ki khot!*

Meaning

My Satguru/Master is an expert in hitting (the ego) with words; He does so with love and destroys delusion!

A Guru/Master will deliver the message with love and understanding, but will also hit hard so that it crushes the ego and destroys the illusion. The cord that binds you with anything will be cut so that you are free to flow. Initially I was rigid and unaccepting of the pādukās and the rituals; soon I got attached and could not do away with it. When on a journey with the Divine you do not choose nor reject, approve nor disapprove, like nor dislike; all that you need to do is to 'flow'. Simply embrace and surrender to the Divine!

*The Pādukās taught me humility, surrender, gratitude, devotion and the learning continues.
With a heart full of gratitude, I bow at the lotus feet of my beloved Maitreya!*

Maitreyi Varsha is a student of life and takes joy in simple things.



Guru Purnimā / Gratitude Day Vidhis (Practice)

Pādukā Abhishek (reverence Of Divine Sandals)

Date: 24th July 2021 at
at any suitable time as per convenience

Dear Seekers,

Namaste, we are sure you all are experiencing Divine Grace and Love in your life. The MaitriBodh Parivār celebrates 'Guru Purnimā' on 24th July 2021, as 'Gratitude Day' to offer our heartfelt gratitude and obeisance to our Divine. Since ages past, Divinity has always guided humanity from darkness to light and from ignorance to wisdom. Our Divine keeps guiding us constantly from within and around us. Like the 'Best Friend', that He is, He is always with us, listens to us, accepts us as we are, show us the right path and also unconditionally love us continuously. We pray and He gives. He gives and keeps on giving selflessly, without a break. We take the day of Guru Purnimā, as that one special day when we offer our gratitude to Him for all that He does for us so selflessly; without us even acknowledging nor knowing how much He takes care of us.

Maitreya Dadashreeji had once shared that Guru Purnimā *"is the day to express your gratitude to all those who guided you or blessed you to attain growth and happiness. Gratitude towards your teachers and your Guide will further shower blessings in your life. You can smile and shed tears of joy and happiness in connecting with your own Higher Divine. This day is yours and this day is of your Guide. Experience this blissful Divine connection!"*



The best way to express gratitude to our Guide, our Divine is by revering His Pādukās. Pādukās (sacred footwear of the Divine) are a representation of the Divine Consciousness. When we revere the Pādukās, it is equivalent to worshipping His Divine Form. Therefore, on the auspicious day of Guru Purnimā we offer, with utmost love and bhaav (emotion), our gratitude and surrender at His Divine Lotus Feet for all that He does for us at every moment. Divine Grace flows through the Pādukās.

We suggest you practice the following vidhi (process) with complete bhaav (emotion) and Love with the following sankalp / prayer:

“Dear Maitreya Dadashreeji, I express my heartfelt gratitude for your Divine presence in my life. I offer gratitude for all that YOU do for me. I surrender myself at your Divine Lotus Feet.”

Important Note:

- The process needs to be done with physical Pādukās. You may obtain them locally, if available.
- In case obtaining the Pādukās is not an option, then the entire process needs to be done internally (mentally or manas pooja).
- Place the physical Pādukās along with your Divine Light.

Ingredients and preparation required for the sadhana (process):

- Haldi (turmeric powder), kumkum (vermilion powder), chandan (sandalwood powder), akshat (rice grains coated with turmeric powder).
- 5 kalash / glasses to be filled respectively with plain water, haldi water, kumkum water, chandan water - (for haldi, kumkum and chandan water dissolve adequate amounts of the powder for the water to change colour), rose water (add a few drops of rose water to plain water) or Ganga jal (holy water from the Ganges).
- Panchamrit preparation: Either one can offer the 5 elements of panchamrit (known as: divine nectar of the Gods) separately OR mix the following 5 elements - milk, curd, honey, ghee (clarified butter), coconut water (if not available then use sugar water). Please prepare sufficient quantity to ensure that the Pādukās are completely covered with the panchamrit.
- A conch, if available to offer the liquid preparations on the Pādukās or a regular clean vessel will suffice.
- Dry fruits and fresh fruits finely cut, if available.
- Flower petals, if available.
- 1 vessel / plate for the process (for making offerings to the Pādukās).
- 1 vessel to collect haldi water, kumkum water and chandan water.
- 1 vessel to collect panchamrit.
- 1 vessel to collect the dry fruits / fresh fruits.
- 1 plate (covered with a nice clean cloth) to keep the Pādukās on completion of the process.
- Clean freshly laundered cloth to dry the Pādukās after every step.
- Napkins to wipe your hands during the process.
- Aarti stand, camphor, incense stick, matchbox.
- Diya (oil lamp) or candle for the Divine Light.



Significance of the Offerings

- The source of the ingredients is Mother Nature. Vermilion is considered to be auspicious, while turmeric cleanses, sandalwood and rose water have cooling and fragrant properties.
- The five elements used in the panchamrit denote purity and piety.
- The dry fruits and fruits represent prosperity and nourishment.
- Offering the above ingredients with gratitude to the Lotus Feet of the Divine enhances the nourishment and energizes them with Divine Grace, which later, when consumed by us as prasad (blessed food) not only nurtures, nourishes and purifies our physical body but our inner being too.

Preparation of your Being for the process:

- Sit in front of the Divine Light of Maitreya Dadashreeji
- Light a lamp / candle and an incense stick
- Place the Pādukās on a plate
- You may offer water, naivaidhyam (sweet meats) to the Divine Light
- Relax yourself completely, close your eyes and observe your breath for some time
- Open your eyes and look at the Divine Light with Love
- Pray and invite Maitreya Dadashreeji to be with you as you offer the process to Him by chanting the Dadashreeji Mantra for 3 counts
- Say the sankalp with bhaav (emotion)
- Experience His presence on the Pādukās throughout the process – Visualize that everything you offer you are actually offered on the actual feet of Maitreya Dadashreeji



Steps:

- Please carry out each action with complete awareness.
- Cleanse or wash the Pādukās with plain water through the conch or by pouring directly from a utensil.
- Cleanse or wash the Pādukās with turmeric water, followed by kumkum water and chandan water. After each offering offer your gratitude with folded hands. You may collect this water in a vessel.
- Cleanse the Pādukās with plain water. You may also rinse the plate below the Pādukās with plain water.
- The collected water may be offered to plants.

- Gently pour the panchamrit / or each element individually in the following order - milk, curd, ghee, honey, coconut water or pour the mixture. You may gently and lovingly apply it preferably with your right hand to the Pādukās. Once the Pādukās are sufficiently covered with panchamrit, offer your gratitude and collect the panchamrit in a separate vessel. Offer it as prasād (blessed food) to everyone at home.
- Offer the finely cut dry fruits or fresh fruits to the Pādukās. Once the Pādukās are sufficiently covered with fruits, offer your gratitude and collect the fruits in a separate vessel. These fruits are also to be shared as prasād (blessed food).
- Cleanse the Pādukās with plain water, make sure there's no residue.
- Cleanse the Pādukās with rose water or Ganga jal and place each Pādukā on a fresh cloth to be wiped dry. Place the dried Pādukās on a fresh plate covered with a clean cloth.
- Individually offer a small portion of each of the following: Dry haldi powder, dry kumkum powder, chandan powder and akshat.
- Being in the state of surrender, now offer either flower petals or akshat to the Pādukās while chanting Dadashreeji Mantra for 108 counts. Each mantra be offered with flower petals or akshat onto the Pādukās.
- After the process, you may offer aarti to the Pādukās and Divine Light.
- Offer gratitude with sashtang pranam (prostrating on the floor with arms stretched out towards the Divine Light). Take blessings by touching your forehead to the nodes of the Pādukās.

Note:

- You may offer Pādukā abhishekam by visualising the entire process within in the absence of the physical Pādukās.
- If you are unable to arrange for all the prescribed materials for the process, one can internally visualise offering that ingredient at the feet of Maitreya Dadashreeji.

**With Love and Gratitude,
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

Surabhi Sundram expresses her gratitude to the the presence of the Divine in our lives and all that is a blessing in life through this song that has been written, composed and sung by her.



[Click here for the audio](#)

Lyrics

I'm grateful for the care
All the warmth we share
And the time you spend on me

I'm grateful for the love
And the skies above
And everything that I could ever be

I'm grateful for the seas
And the birds and the bees
All the mountains standing high

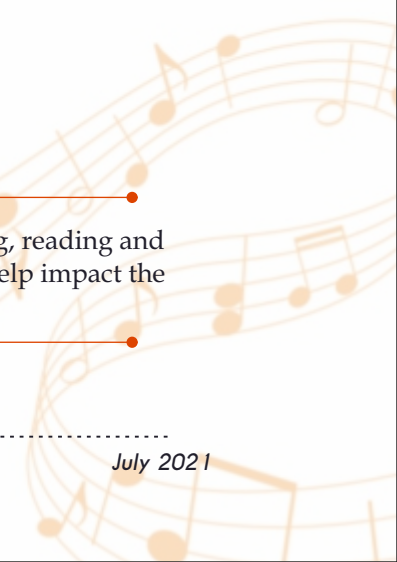
I'm grateful for the Lord
Beauty we can't ignore
As I watch the time go by

Sometimes it makes me wonder
How we take our gifts for granted
and then I remember that it's
His gifts that've been planted

I'm grateful for the joy and the tears
All the long lived years
I know He's right next to me

I'm grateful I can soar
Over lands unexplored
For I know I'm where I'm meant to be

Surabhi Sundram is an 18 year old singer, guitarist and writer. She enjoys cooking, reading and listening to new music. She recently started making her own music and aims to help impact the world in whatever little way at the same time.





Movie of the Month:

It's a Wonderful Life!

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! This month's review has been contributed by **Charvi Somani**

The Plot

George Bailey, an ambitious person with his shares of childhood traumas, yearns to leave his hometown to go to big cities and fulfil his dreams but finds himself stuck in a business very dear to his father for the happiness of his closed ones. Struggling his way through life, he feels unworthy of living and feeling ungrateful for his life, he contemplates suicide. It's at this precise moment that he meets his Guardian Angel and his world turns upside down.

Takeaway

Will George learn to be in gratitude for the smallest of things he has in life? Or will he go back to ignoring the truly rich person he is? Do we express our heartfelt gratitude to our Divine for this beautiful life and our basic needs or are we constantly asking for more and increasing our struggles? Watch this movie and find out for yourself and understand the reason for being in gratitude.

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

health & wellness

“ Gratitude is a powerful catalyst for happiness. It’s the spark that lights a fire of joy in your soul.

- Amy Collette

”





Pots around the World

*Heidelbeerdatscherln (hydel-ber-dach-kl)
– Flatenned Dumplings*

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

I was born in 1941 in the middle of the Second World War in Salzburg, Austria. Shortly after my birth, my father was called up and posted to the front. My mother was alone with us children for the next few years and she did her best to keep us alive and give us enough food. Fortunately, we lived in the countryside where the farmers had all the basic foodstuffs and my mother traded her jewelry for food as and when required. In the later years of my childhood, we enjoyed the fruits of the fruit trees and the vegetables from our garden. We would often cycle into the nearby woods to pick blueberries and then have the wonderful 'Heidelbeerdatscherln' (hydel-ber-dach-kl) - a simple Salzburg speciality.

Sharing below the recipe of the same.

Ingredients

- ½ kg. fresh blueberries (or other edible berries)
- 3-4 tablespoons flour
- A pinch of salt
- Sugar as needed
- Hot milk
- Clarified butter or vegetable oil

Preparation

- Place blueberries in a bowl, salt very lightly and sprinkle lightly with sugar, if desired.

- Sprinkle the flour over the blueberries so that they are all dusted.
- Carefully, add little hot milk to the mixture so that the flour is bound with the berries and dumplings can be formed easily.
- Using a tablespoon, place the mixture in portions in a pan with melted butter, press them a little flat and shallow fry them slowly on both sides.
- Serve sprinkled with icing sugar.

My whole family loves this food and everyone is always happy when it is time to harvest blueberries. Mother Earth provides us with her wonderful fruits and nourishes us on many levels. I am happy that this simple yet very healthy recipe has been passed down from generation to generation - from my mother to me, to my daughter Andrea and now to her daughters. Thank you Mother Earth for your wonderful gifts! Hope you enjoy making this quick and easy recipe bursting with flavor!



Maitreyi Rosa has been walking with Maitreya Dadashreeji since the MaitriBodh Parivār was set up in Europe in 2014. She is our oldest and most cherished family member. She inspires many with her tireless commitment to helping others and her continued desire to grow, learn and give even in old age. For a long time, she led and organised old people's home visits, bringing much joy into people's hearts.



Vyayama (Exercise)

Ayurveda lists the benefits of exercise. At the same time it advises us to exercise with caution and in awareness says

Dr. Sreelatha



What is vyayama (exercise)?

Any activity involving physical exertion, bringing about stability and increase in strength is known as vyayama.

Vyayama has been a vital module of the ayurvedic practice for several years. It has numerous health benefits for the body. Ayurveda's main aim is maintaining health and treating disease. Vyayama is one such daily healthy routine which maintains health as well as helps in tackling the disease.

Vyayama can include numerous forms like walking, jogging, playing outdoor games, aerobics, dancing, etc. All are categorized under vyayama. One should select the most suitable form of physical activity according to age, physical condition, available time, season, etc. For example, in the summer season one should not choose to practice vigorous exercise as it drains energy while in the rainy season it may not be feasible to go for a walk. So choose the type of physical activity wisely.

When to do vyayama?

There may be a question on everyone's mind whether to exercise in the morning or in the evening. Morning is the best time for any physical activity as the energy gained by exercising makes you feel energetic throughout the day. Some might have time for exercise only in the evening. In such a situation it's better to exercise in the evening rather than not doing any physical activity throughout the day.

What is the duration of vyayama?

According to Ayurveda one should stop vyayama when there is sweating on the forehead and thighs, when respiration rate increases, i.e., breathing becomes rigorous, when there is dryness of mouth or when an individual feels he has to stop. Listen to your body and ensure you perform only as much exercise as you can comfortably.

The exact time of physical activity varies from one person to another. The duration of exercise also depends on which type of physical activity is done like walking, jogging, playing, aerobics, dancing, etc. In general, we can say that 45 minutes to an hour is ideal.

Benefits of Vyayama

- It enhances firmness, and improves stamina in the body
- Helps in relieving many lifestyle disorders like obesity, diabetes, high cholesterol, stress, etc.
- Brings a feeling of lightness in the body
- Improves work capacity
- It increases digestion power and burns fat
- Aging is delayed
- Improves the complexion as blood circulation is increased
- Prevents laziness
- Maintains health
- Keeps one fresh

Harmful effects of over exercise

There is a saying that nectar also if taken in excess, can be poisonous. Similarly anything in excess can be dangerous and exercise is no exception. According to Ayurveda, over-exercise leads to vata (subtle energy associated with movement) imbalance leading to many complications. Vyayama should not be practiced in excess even if one is comfortable doing such activities because the harmful effect of over exercise is more apparent in the long run.

Excess vyayama leads to exhaustion, fatigue, wasting, excess thirst, bleeding from different parts of the body (in the long run), cough, fever, vomiting, feeling of debility without doing any work. Also, according to Ayurveda, excessive or insufficient physical activity may lead to development of numerous types of disease, so one has to exercise in moderate amounts.

Exercise do's and don'ts –

- Don't exercise when you are in anger, grief, fear.
- Children and aged people should avoid rigorous exercise.
- Those involved in excessive physical exertion like weight-bearing work, etc., in their daily routine need not exercise.
- Don't exercise if you are hungry or thirsty or suffering from indigestion.
- Don't exercise immediately after intake of food – minimum 2 hours of gap is required.

- Don't have food immediately after exercise – minimum 1 hour gap to be maintained.
- Don't exercise if you are feeling weak or suffering from acute health issues
- If possible, lightly massage your body with oil or without oil after exercise.

Are you exercising daily?

If not, today is the day. Start exercising. Don't be over-ambitious when starting out with your exercise routine. Start with 10 mins-15 mins and then gradually increase the duration as per your capacity.

If you are already exercising, please make note of the above suggestions and make a change accordingly.



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.

Nature & Us

“ If the only prayer you said was thank
you, that would be enough. ”
- Meister Eckhart

A bouquet of five vibrant red tulips with green stems and leaves, nestled in a textured red paper bag. A white tag with a scalloped edge is tucked into the bag, featuring the words "Thank you" written in a cursive, brown ink font.

Thank you



Cultivating the Attitude of Sustainability

Developing love and an attitude of gratitude in one's heart for all of nature's gifts can help us live our life sustainably says **Maitreyi Sandra**

When I open my eyes and look at nature all around me, the diversity of the flora and fauna, I feel immense gratitude filling my heart for being able to see and experience it all. Gratitude for the water I drink, the air I breathe, the sun's rays that I feel on my skin, and the rain that nourishes nature and ensures that everything around is green and in full bloom.

Looking through the Eyes of Gratitude

Out of this gratitude arises the desire to protect our wonderful Mother Earth, to be mindful and careful with her so that the beauty of nature is preserved for a long time. By nurturing this awareness within me, I automatically begin to ask myself: "What can I do for Mother Earth?"

The one thing I feel is gratitude; gratitude for the food and drink that Mother Earth provides for me every day, unconditionally. A prayer before eating - blessing the people who grew the food and provided us with it; expressing gratitude for the wonderful variety of food, drink and so much more. *Gratitude is free of charge and can be practiced by anyone at any moment.*

Gratitude: A Way of Life

When I integrate the feeling of gratitude into my life, I automatically started to develop greater awareness of the things around me. I started to think about what I really need. I started becoming more mindful of the waste created by me personally. I started buying food in a way that I didn't need to throw anything away. My thoughts became more sustainable. I started appreciating the things I use in everyday life - the air I breathe, the water, the food, the clothes and the shoes I use, the chair I sit on and the room I live in. We take so much for granted that we often don't think about the fact that everything we need in our life is provided to us unconditionally by Mother Earth.

Let us start practicing this attitude of gratitude. Every day, every moment! Let us begin by integrating this into our daily lives. In this way, our lives will automatically become much better and actually sustainable for Mother Earth, step by step.



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.





Eco-friendly Cleaning Agents

Cleaning like our grandmothers did with simple home remedies such as vinegar, citric acid, soda and baking soda is not only good for the environment and Mother Earth, but also for our health says **Maitreyi Carolin**

One can easily make cleaning products for any purpose at home using basic eco-friendly ingredients. Shared below are a few tips to make the cleaners.

- Vinegar and citric acid diluted with water can be used as an all-purpose cleaner in almost the entire household, as it cleans gently despite its high acid content. Do not use on stone floors or joints, as the acid can cause damage.
- A capful of household vinegar in every wash serves as a natural fabric softener.
- Curd soap or hard soap, soft soap (semi-fluid soap made with potassium instead of sodium) are wonderful and simple cleaning agents. They are ideal for cleaning wooden floors or furniture – remember to clean wooden surfaces with only a moist cloth. Do not leave them wet.
- Soda & baking soda is an effective base for cleaning, dishwashing and laundry detergents. You can use a paste of baking soda and water as an oven cleaner and grout cleaner. Soda removes stains and cleans blocked drains. Below is the process for cleaning a drain with baking soda or baking powder and vinegar.

Process for cleaning drains

- Put 4 tablespoons of baking soda or baking powder down the drain.
- Add 1/2 cup of vinegar - Let the mixture work for a short while indicated by a soft bubbling sound.
- As soon as the bubbling sound stops, pour adequate hot water to flush out the drain.

Source: www.utopia.de/

Enjoy guilt-free cleaning with natural agents!

Maitreyi Carolin has been working as a coach and process facilitator in the field of self-awareness, systemics and consciousness development for almost 20 years. Her focus is on spiritual transformation and reconnection with the heart under the guidance of Maitreya Dadashreeji.

young impressions

“Wear gratitude like a cloak, and it will
feed every corner of your life.”
- Rumi



Gratitude



The MaitriBodh Parivār has introduced 21-day Maitri Sambodh Dhyān 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:

Totally new feeling and new approach.

Shrikant Yarnal

I had a very good experience with 21 days Sambodh Dhyān session. My mind has become more calm after attending this wonderful session.

Kanwalpreet Nanda

This 21 day journey was very blissful and I could find a deep connection with my Inner Divine and a very strong bond with Dadashreeji.

I feel His strong presence and being enveloped in the Divine Love and Grace. It was beautiful, no words are enough to describe the magic that was created in this divine journey. Thank you so much dear Dadashreeji for Your Love and Grace.

Nandita Rao

The effects Maitri Sambodh Dhyān on me:

- 1) My family says that I am becoming CALM
- 2) I am getting sound and deep SLEEP
- 3) I feel FRESH throughout the day

Ramesh Akkela

Looks like it has become a must do part of our routine activities. It removes all fears and gives us required direction wherever we feel stuck. We feel energetic, positive and protected throughout the day. Thank you.

Sanchit Arora

It was amazing, words cannot express it. One must do this meditation and experience it themselves. Connecting with our Divine is an amazing feeling, it is bliss! Thank you.

Sampan Patil

It's been a blissful and enriching experience. I am calmer and more at peace with myself.

Sangeeta Manchanda

Last 21 days, I was very eager to attend the meditation sessions every day. I am very relaxed and I felt some energy flow during meditation. I felt it is a very easy and effortless process and I enjoy it every day and looking forward to do it again in the next batch same time.

Jyothi Pillai

I had a very good experience with 21 days Sambodh Dhyān session. My mind has become more calm after attending this wonderful session.

Kanwalpreet Nanda

Blessing in Disguise

I would like to narrate my experience of receiving Maitri Light.

While receiving the Maitri Light I felt enveloped by wings of angels and I experienced a lot of love flow into me. There was a lot of peace and warmth, making me emotional.

That same night I had a dream. In the dream I saw Dadashreeji talking to me and showering me with lots of love. Then he told me that this love was the universal consciousness. When I woke up it was 6:00 in the morning. I felt very loving and sympathetic towards people who I always felt angry with before receiving the Maitri Light.

I believe receiving Maitri Light removed blocks within me. I am willing to forgive people from the past. I now understand that it was karmic.

**Thanks for everything!
Sushi**

Divine Embrace

Since my first contact with Maitreya Dadashreeji I feel I have been gifted a new life. I suffered from major depression and severe anxiety practically all my life. I was finding it hard to function in my daily life, everything seemed a herculean task for me. I had tried everything from healing practices to medication, my life did not seem worth living, I was truly down and out, even entertaining suicidal thoughts.

I first heard of Dadashreeji from a maitri who was visiting my workplace, a beauty parlour. I was inquisitive so I asked her about Dada. She was full of beans and caught hold of my hand and excitedly told me about her experience with Dadashreeji! I was completely taken in by her enthusiasm and embraced Dada there and then! That was the real beginning of my life. I completed the Bodh series of programs (until Bodh- IV) and I was reborn into a Divine life. I am so happy now, I enjoy every bit of life and am energetic all the time. Receiving ShaktiPravaah has worked miracles for me. I am cured! Dada has given me a new life! For me, Dadashreeji is my Divine Friend I love him with all my heart! I suggest everyone to have the Divine Light and experience miracles in their life! I love you, Dadashreeji you are my reason for existence on this planet..!!

Anjali



The current time has been challenging for many, but more so for the people from marginalised societies!

Project Tejaswini - an initiative by MaitriBodh Parivār to uplift and empower women is working on the pilot project to manufacture masks for the village locals around ShantiKshetra Premgiri Ashram in Karjat, India. This project shall not only benefit the people with health safety but will also provide employment opportunity for the women in Karjat, India.

Let's make a difference!

To volunteer or donate for such social initiatives in India please reach out to us on -
mbp.peaceprojects@gmail.com

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.

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

GERMANY
info.de@maitribodh.eu

ITALY
info.it@maitribodh.eu

HUNGARY
info.hu@maitribodh.eu

SWITZERLAND
info.ch@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