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MAITRI

Anahita

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Editorial

Dear Loved One,

We hope you are safe and well. Prayer is one of the most powerful tools the Divine has given us. The Divine listens to prayers, answers them and moves in response to prayers. Jesus said, *"I tell you the truth, if you have faith as small as a mustard seed, you can say to this mountain, 'Move from here to there' and it will move. Nothing will be impossible for you."* (Matthew 17:20) Such is the power of prayer and faith! This issue of Maitri Anahita talks about the 'Power of Prayers'. The Power of Prayer should never be underestimated, for a prayer offered with a pure heart and good intent is always rewarded. Prayers tune us with the infinite cosmic energy and benefit both those who pray as well as those we pray for. It strengthens our bond with the Divine, provides emotional relief, mental strength and more.

In this issue, under 'Pearls of Wisdom' Maitreya Dadashreeji shares *three profound spiritual truths inspired by the life of Lord Buddha and urges us to practice them to move ahead on the path of transformation.*

Inside, read more and enrich yourselves reading two more new columns *Modern Heroes* and *My Favourite Places* along with recently introduced columns – *Affirmation for the Month, Practice for the Month, Music for the Soul, Movie of the Month, Sacred Rituals around the World, Pots around the World, Sustainability.*

We also gladly announce the commencement of a WELLNESS RESEARCH with the aim of studying *'The impact of online spiritual practice on a person's emotional wellbeing'*, a collaboration between the Hinduja Hospital and the MaitriBodh Parivār, further details shared inside.

Spread Goodness & Keep Smiling!

With Love & Light,
Team Maitri Anahita

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Dear Friends,

An incident occurred during Lord Buddha's time, when one person got jealous of Him by seeing His name and fame. He felt that if Buddha can talk about transformation, if He can teach people about transformation, he could too. So, he joined Buddha's ashram, His Sangha (His institution), stayed there, understood His teachings and then he started teaching people that he can also do the same, he can also transform people. Slowly he divided Buddha's Sangha. A few people followed him. But then this matter reached Lord Buddha and someone complained that "he is also talking about transformation. You need to stop this". Buddha being in His peaceful compassionate state just said, "let him do what he wants to do." The Buddha knew the fact that a **fake identity will perish when faced with the Truth**. It won't be able to sustain itself for long. And that's what happened afterwards. Slowly people realised the truth and followed what's real.

The reason I'm sharing this story with all of you is that this fake identity and the true identity of Buddha are there within all of us as - real and unreal, good and bad, Truth and untruth. Both are there within us. So, what we have to do by seeing this incident is slowly unmask ourselves. Remove whatever is untrue, remove whatever you don't like within and embrace the Truth. And all that you have to do for that is - be real and be natural. Just be natural. We, as the MaitriBodh family, believe in simplicity and do not practice any spiritual stunts.

If Lord Buddha had been in the physical body now in this current time, He would have shared this First Truth with all of you. The first teaching - **Be Natural. Be Real. Know Yourself**. It's okay the way you are now. Don't struggle. Let it be as it is. Just know the truth - Who are you? How are you? What are you? Just be natural. That's what we can learn from this story.

And the second would be to develop a 'Sense of Friendship'. See everyone as your friend. Do not discriminate between anyone. Do not separate, do not divide. If you are doing it unknowingly, then you are walking on the path of ignorance. That's not the path of transformation. Everyone shares the same Source. There is only one Creator. There is no point in talking about "you're higher or I'm lower or I'm higher and you're lower or your God is more powerful than my God." Everyone, all of us are equal. So be in that Truth and see everyone as your friend.

This world is our family, One Family and all of us together are friends. We need to take care of each other. Wherever we are, take care of your friends all around you. This is how Lord Buddha saw everyone – with **Maitri Bhaav – a sense of friendship** for each one of those He interacted with. If that feeling is not there, then let it get developed within you with time. Transformation will do it for you. But be aware of this sense that - “I am a friend to everyone. All are my friends. We all are equal.” That’s the feeling all of us must have within.

The third point I would like to share which is extremely important for any spiritual seeker is about forgiving. **Forgive others**. It is emotionally a very taxing and difficult topic but very important for your spiritual growth. You are carrying that baggage unnecessarily and it’s high time that you take this seriously. Free yourself from any such pain that you might have within, wherein you are not able to forgive someone who might have caused you pain or hurt. You get stuck in your spiritual growth; at the same time the other person is also not growing, evolving. All of us are connected. If you are trapped in this emotion then the other person is also not growing. Just check yourself if there is any such pain within your body, within your mind which is blocking your growth. So try this, if you feel internally and naturally to do so. **Practice this in front of the Divine Light and free yourself from this pain**. There is so much to experience in life. Very good things are going to happen. Why should you stop yourself because of the past? Move ahead. Free yourself from your past. **Move towards the light**. Don’t stop yourself. Forgive others. If you want our help, we are available and we’ll help you practice this process so that you move a step ahead on this path of transformation.

These three points which you can implement by seeing Buddha’s life are spiritually very vital practices and teachings to follow. If you delay good things like this even for a minute, you won’t be able to notice when in less than a minute your mind may fall into that well of darkness. Why would you wait for something like this? Be wise, be alert. Use your time wisely. If there is anything good that you want to do, do not delay it. Just do it immediately. Help yourself. Help others.

As a Maitreya, as a Friend, I’m always there with you. I’ve told you earlier also that the purpose of My life is to help and guide all of you to pass through this difficult time, so that one day we will all witness a happy better world.

Love and Blessings,
Maitreya Dadashreeji

(This is an excerpt from Maitreya Dadashreeji’s
‘Beyond Enlightenment, Towards Transformation’
Buddha Purnima 2021 message - continued from
July 2021)



Affirmation for the Month

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.

*Practice and witness
the change!*



Affirmation

*"May the Grace and
the Love of the
Divine reach all
beings in the world!"*

Practice for the Month

Offer a prayer daily for the goodness that you wish to see in the life of a person you know, in society, the nation at large or in the world around you.

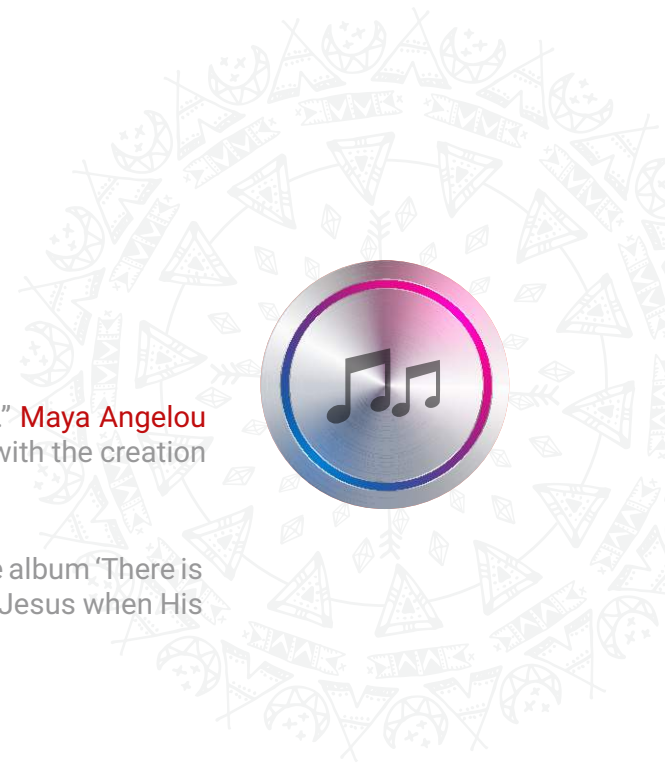
You may expand the circle of offering beyond your near and dear ones; go universal in praying for goodness!

Music for the Soul

“Everything in the universe has a rhythm, everything dances.” **Maya Angelou**
Music is one of the ways to express ourselves and connect with the creation and it’s Creator. Music is a direct way to connect to the Divine.

We share below a powerful track – ‘The Lord’s Prayer’ from the album ‘There is More’ by Hillsong Worship. This prayer was shared by Christ Jesus when His disciples wanted to know the right way to pray.

<https://www.youtube.com/watch?v=nCxqjEz5hJ4>



Movie of the Month : Breakthrough



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

John, adopted son of Joyce Smith - a true believer, is a basketball champion and was playing with his friends over a frozen lake when suddenly the ice gave way, resulting in him getting submerged for nearly fifteen minutes. A member of search and rescue team, about to give up, heard a compelling voice saying “Go back” and found John. When taken to the hospital, he was declared dead but Joyce, his mother started praying for him and asked the doctors to do their best and let God do the rest. Was John saved through Divine intervention? Can we truly comprehend what happens when we pray and surrender to the Divine and not control every single outcome in our lives?

Takeaway

The Divine answers every single heartfelt prayer. Prayers have the power to transform. They give the Divine a reason to intervene and act. Prayers have immense power. Watch the movie ‘Breakthrough’ based on a real life story and witness the power of prayer.

Miracle of the Loaves and Fish

Can thousands be fed on a basketful of food? Jesus prayed on that food with faith gratitude, knowing that the abundance of Divine Grace would translate into abundance of the food, writes **Mitra Philip Zemke**

Five thousand people had gathered to hear the teachings of Jesus Christ. They had been gathering all day in a place far away from villages. During the day they had eaten all the food they had brought with them, and as the evening approached they grew hungry for both food and teaching. The disciples of Jesus Christ lamented that it was getting late and suggested that the hungry people should be sent to the villages to get themselves some food, but Jesus told them to seat the five thousand people comfortably and give them food to eat.

The Miracle

There was a boy standing beside Jesus Christ with a basket of food which contained only five loaves of barley bread and two dried fish. While the disciples were concerned, Jesus was delighted for before him was food, which all hearts desired at that moment. Jesus Christ then prayed. He called

upon the Divine presence and offered His gratitude as a prayer. He then divided the loaves and fish into pieces that could be shared. The disciples put the pieces into the baskets and began offering them to the gathered people. The disciples in an act of prayer did not look into the baskets to see if there was enough, they just distributed the food. Everyone was fed and there was enough left over to feed Jesus Christ and His disciples too.

The Purport

It certainly was a miracle, and makes one reflect on the significance of the power of prayers. Jesus Christ took the bread and the fish, prayed and blessed the food. Prayer is our communication with the Divine brought to an intimate and immediate reality. When the need for food came about, the five loaves of bread and two fish appeared as the presence of the Divine. Saying yes to the Divine,

Jesus was grateful first and foremost. In the presence of the Divine He blessed the possibility that the loaves and fish were born of endless abundance. What was just a bit of food to the eye was abundance to the heart, a quality of Divine Grace! In terms of measurement in quantity the loaves and fish would not have been enough, but in the Divine Presence and by Divine Grace there would always be enough.

We must pray like Jesus Christ with an assurance that the Divine is present, generous and continually guiding us, for a heartfelt prayer will always be answered. A prayer that fulfills all our true needs and for those we love is fulfilled in a way that brings about the greatest good for all.



Power of Prayer

The power of prayer lies in the connection it establishes with the Divine; its effectiveness determined not by adherence to structure or method but rather in its expression – when expressed from the heart, be sure that your prayer has reached the Divine, explains **Maitreyi Sulata**

Dear Friends,

I warmly greet you in the love and light of the Divine.

“Oh, my God help me!” sounds familiar, right? We all have prayed consciously or unconsciously at different moments in life. Mostly, in sheer desperation for a solution, a need to be fulfilled, an unfulfilled desire, or may be just a simple selfish greed, we have often turned towards the Divine seeking His intervention in our lives.

At a certain time in my life, I felt dry and directionless; the Universe kept sending me a message constantly to “Pray to the Divine.” I kept ignoring it, yet the intensity and frequency of the message just kept increasing with time, until one day, a heartfelt prayer for guidance came from my heart. Ever since my experience with prayers only deepened with the Divine blessings of Maitreya Dadashreeji, I truly understood and experienced the power of honest and heartfelt prayers. His Grace and Guidance helps

me value and acknowledge the invaluable gift of prayer that every human being is blessed with, no matter what religion, faith, understanding, education, family, country, and language he is born into. This universal gift is for one and all.

Prayers, written, spoken, sung and experienced by many- a-soul, are certainly the most precious and powerful privilege of human life!

The essence of ‘The Source’ is Divine love which is infinite. Praying is His gift of an all-access, ever-open gateway to His magnanimous Presence of Grace, love, blessings and peace. Prayers give us an opportunity to express our needs, confess our deepest secrets and communicate our heartfelt requests to Him with the faith and hope of their fulfilment. A Prayer is also a time for listening to the Divine. As we pray, He guides us in our decisions and our struggles, and incessantly lavishes His love upon us. Just as our relationships with friends and

family grow and deepen as we spend time together, likewise the time we spend in interacting with the Divine in prayer helps us grow closer to Him.

We often wonder if there is a certain formula we have to follow - a right way of offering a prayer. If we do it correctly, God will answer immediately. But when our prayers aren’t answered, we believe we’re somehow at fault. We may have prayed the wrong way or may be God is not listening to us. If you also think like that, let’s take this opportunity to gain an insight (as experienced with the Grace of Maitreya Dadashreeji) into some commonly faced questions around prayers and its impact on all of us.

What is a Prayer?

A prayer is a simple heartfelt expression of our genuine feelings/need to the Divine. A prayer isn’t planned or rehearsed from the mind; it just bursts forth as a response to the situation or our need.



Is there a specific language for a Prayer?

The only language of a Prayer is Love. It can be as thought, words, action, feelings, anything. But remember it reaches the Divine only when it is carried by the energy of Love.

Is there a specific technique of prayer?

When it comes to prayer, we'd rather say the right words, follow the correct method, and assume the designated posture. But alas, this is not how it works. A prayer has no specific technique. Anyone can pray in whichever way that comes naturally to their heart, as long as it's truly from our hearts and directed towards a specific form of the Divine or to the formless. It is our genuine feelings that carry the energy of love to the Divine and its fulfillment too comes from the Divine through Grace.

Do I need to be religious to pray?

A prayer is not limited to any religion. It's a blessing bestowed upon every human being.

Why do my prayers go unanswered?

We're so caught up in our own expectations of the result of our prayers that we often feel our appeal is going unanswered. Regardless of our endless prayers, we may experience situations where we feel out of control. Hence it's important not to feel stuck in the same

prayer or seek desperate solutions. Rather, we should pray for acceptance, strength and wisdom in such challenging times with the faith that this too shall pass and nothing is permanent. So every moment of a prayer not being answered is an opportunity for us to learn and move on positively, waiting for the right time for the unfolding of events in our life which will help us grow spiritually.

How do I know my prayer has reached the Divine?

Peace. Our heart will be at peace no matter what the outcome is, we will not feel like praying for the same aspect in our life again and again. The most important thing for us is to offer our heartfelt gratitude to the Divine! Maitreya Dadashreeji once shared that when we are in pain, we pray with so much intensity for being released from it, but when we are granted our prayers, we often forget to offer gratitude and even if we do the passion in the gratitude is missing. Heartfelt gratitude is a vital component of a true prayer.

What are the benefits of a heartfelt prayer?

Prayers have the power to completely transform a being and elevate the mind, filling it with purity. Through prayers, we get in tune with the 'Infinite' and connect ourselves with the inexhaustible cosmic powerhouse of energy. Prayer is the way to develop an

intimate bond with our Creator, to communicate with Him as our own, and learn and grow in the process of co-creation with Him!

"Heartfelt prayers give Divinity the reason to act and intervene.

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."

Maitreya
Dadashreeji



A Moment in Prayer is your personal time with the Divine. Love Him, Adore Him, Scold Him, Ask Him, Seek to be with Him....He is yours, He always was!

Beloved Maitreya,
A moment of my time in Prayer,
May it create a world that truly cares,
The joy I feel, this bliss I share,
Through a moment of peaceful prayer!
With Love and Gratitude at His Lotus Feet,



Sacred Rituals around the World

The Pipe Ceremony

Prayer has no defined form, each culture propagating its unique approach to connecting with the Divine. The native Americans use symbolism in their prayer as is evidenced by the Sacred Pipe ceremony, writes **Mitra Philip Zemke**



Dear friends,

I share with you a Sacred Ritual of the North American indigenous people. This ritual of fire in which the holy smoke carries the prayers to the Divine deities is called the Sacred Pipe Ceremony.

Symbolism of the Pipe

The Sacred Pipe has two parts. The stem of wood is called the male. The bowl of the pipe that is mostly made of stone is called the female. The Pipe is asleep when the two parts are separate, and then awakens when the two parts, the stem and the bowl are put together. Joining them symbolizes a union and a balance between the male and female aspects of the world.

The Preparation

Once awakened, the pipe is bathed in the smoke of an herb to cleanse and prepare it. Songs are sung for the pipe. Then, the Pipe-keeper (conductor of the ceremony), fills the pipe with herbal tobacco, one offering, at a time. The first four pinches are for the four directions; first the East for new Creation, then the South for

Love, the West for Transformation, and finally the North for Wisdom. An offering is also made to the Sky, the Earth, and for the centre of creation where the person will pray. Pinches of sacred herbal tobacco are then offered to the plants, animals, humans, elements and spiritual beings that keep the cosmos in balanced motion.

A pinch of the herb, Sweet-grass, which draws Divine Power into the pipe is the last to be put into the pipe. It is then ready to send prayers, and a fire coal is used to light the pipe. The Pipe-keeper draws the smoke into his being and then saying a prayer of gratitude breathes out the holy smoke into the air. While doing so the stem of the pipe is pointed in the four directions, the Sky, and then the Earth. The pipe is passed clockwise around the circle of people present, and each one repeats the offering of the pipe to the four directions, the Sky and the Earth, before making prayers for personal needs.

The Sacred Power of the Pipe

The Pipe connects the physical world and the spiritual world, and hence everything that is said as a prayer must be honest and truthful as to its need. Everything that occurs in the presence of the Pipe is marked by absolute truth. The Pipe was considered so divinely powerful that when two tribes were fighting each other, should a Pipe be brought forth on the field of battle, it commanded that the fighting be stopped immediately and this was always obeyed.

The similarities between the Sacred Pipe ritual and the Havan ritual from India are striking. Both use fire and smoke to send their prayers to the Divine. Pinches of offerings are made to the fire which carries the prayers to the Divine.

Almost all faiths and religions share many similar ways to connect with the Divine. The universal truth is that we are one and the world is one big family.

Pots around the World

Rishi Chi Bhaji (Sage's Vegetable)

Traditionally festivals are a time for families, near and dear ones to get together, celebrate and an opportunity to share values with the children, spread joy and cheer. **Maitreyi Leena** shares one such memory and a recipe associated with the festivity

Cooking is my passion and being a person of Indian origin living in the United Kingdom, I enjoy preparing traditional Indian dishes. Indian cooking not only serves up flavourful food but also refreshes memories of people and places back home in India, of precious moments spent with loved ones. I miss my loved ones back home especially during the time of festivals. I have fond memories of Ganesh Chaturthi, a festival when our entire family would come together to worship Lord Ganesha (The Elephant God). The younger generation would be excited bringing the idol of Lord Ganesha at home, singing devotional songs in the traditional way accompanied with clapping and ringing of bells. While the older male members would perform various rituals, the female members of the house would cook food on a large scale for the entire family.

India has a rich food culture, exquisite and varied in its regional cuisines. I would like to share a traditional recipe from my home state of Maharashtra. The dish is called 'Rishi chi bhaji' (sage's vegetables). We prepare this dish on the day of Rishi Panchami (day of sages), a day after Ganesh Chaturthi, and it signifies the purity of body and soul. This day is devoted to the 'Saptarshis'- the seven sages viz., Kashyapa, Atri, Bharadwaja, Vishvamitra, Gautama Maharishi, Jamadagni and Vashishtha who bestowed divine knowledge on the human race. The meal provides a glimpse of the sages' food and their lifestyle in ancient times. The food is simple and healthy, made with very little butter and light on spices. It is also a celebration of the monsoon when Mother Earth is bedecked in a lush green blanket, signifying abundance and prosperity.

Method

Peel, chop and wash all the vegetables. Heat three tablespoons oil or butter in a large pot or pan. Add green chilies, saute them. Add the chopped amaranth and colocasia leaves along with the stems, saute for a minute. Add the remaining chopped veggies and tuber cubes, mix very well and saute for 1 to 2 minutes. Add ½ cup peanuts, followed by two cups water. Season with salt as per taste. Cover and simmer the veggies on a low to medium flame until the vegetables are cooked and tender

Ingredients

- Sweet potatoes one or two
- Elephant foot or yam ½,
- Pumpkin ½ chopped
- Amaranth leaves one bunch
- Colocasia (Arbi roots) – 8-10,
- Colocasia leaves (Arbi leaves) one bunch
- Raw bananas 2
- Tender peanuts hand full
- Corn - 2
- Tamarind pulp 1 table spoon
- Oil - 3 table spoons
- Salt to taste
- 2-3 green chillies
- Fresh grated coconut

Note: If some of the leafy vegetables are not available you can replace them with spinach or kale

Now add tamarind paste. Followed by 1 cup grated fresh coconut. You can keep the grounded coconut coarse if you want and then mix thoroughly.

This is a wholesome potpourri of vegetables, with a good balance of carbohydrates, greens and proteins; it can be served on its own, with rice or with Indian bread.





The Mullein

A plant with medicinal value as well as striking beauty, **Maitreyi Sonja** describes her relationship with the mullein plant, rooted deeply in her soul as indeed it is in the soil

Standing Tall

When I see a mullein, my heart soars as I admire the proud grace of this medicinal plant. I look at it as one of the most beautiful medicinal plants, especially because it towers so straight and strong in the sky. You can often see the glow of its yellow flowers from afar. It is strong in appearance and in fact as anyone who has ever tried to dig up a fully grown mullein will attest! There are about three hundred species of this plant endemic to Europe, some of the large-flowered (*Verbascum densiflorum*) and others of the small-flowered (*Verbascum thapsus*) variety that can be seen in many places on the continent in mid-summer. Mullein is also found in Asia, in the Himalayas, and from Afghanistan to South West China. It grows in poor soils and I am often surprised to spot it flourishing in the most unusual of places.

Mullein is deep-rooted! I have seen specimens that were over two meters tall, the root of which can then extend up to 80 cm deep into the ground. Digging up a fully flowered large-leaved mullein is very difficult. In the first year the plant forms a rosette and then does not flower until the second year.

Picking these flowers, be it for

tea or otherwise, requires immense care, because they have to be picked very carefully from the calyxes and dried immediately to preserve them for making a good concoction.

To avoid destroying the mucilage in the blossoms, mullein tea is prepared as a cold infusion. To do this, mix one teaspoon of mullein blossoms with 250 ml of cold water and leave to infuse for a few hours. Strain and warm slightly or drink cold, as desired.

The Soulful Process

Since the flowers are especially important for the bees, one should be careful with their picking. If you observe the mullein, you can see that each day there are new flowers sprouting and the previous day's flowers have started wilting. When you connect with these plants on the soul level, you get a good sense of how many flowers you can take.

Picking the flowers is a sacred act for me and I thank Mother Earth with a prayer for the gift. Sometimes I chant while picking and processing; it strengthens the feeling of gratitude within for receiving this bounty. The chanting sets the tone for infusing a joyful energy and sharing love in the processing of the plant and its

blossoms, which I then prepare for drying.

Healing Powers

The healing power of mullein lies in its mucilage (flavonoids and saponins), which cover the mucous membranes like a protective film. I use the dried flowers in treating respiratory complaints.

The plant mucilage contained in the tea relieves any irritation in the throat area; the famous opera singer Luciano Pavarotti is said to have regularly drunk mullein tea.

The essence from the mullein plant according to the Bach Flower Remedies method is used to treat emotional problems and pain. The purpose and user benefits of this essence fit beautifully with the lofty appearance of the mullein as it seems to state, "I am sincere and true." And when I look at this flowering mullein, I sense this vibration of sincerity and uprightness in its proud reach to the sky.

Mother Nature provides us with abundant natural remedies, let us become more conscious and aware of the life-saving goodies that this natural medicine cabinet offers!



Natural Cleaning Agent

Soapnuts are a great substitute for synthetic cleansing agents. Organic and environment-friendly, they are completely non-polluting and a great way of saying, 'I love you' to Mother Nature!

It is our duty to be environmentally conscious and save Mother Nature. A step in that direction would be to adopt a toxin-free lifestyle that does not pollute our planet. To facilitate the same, we are sharing a recipe to prepare a chemical-free homemade liquid soap using 'Soapnuts' which can be the basis for many cleaning recipes.

What are Soapnuts?

Native to the Himalayas, the tree Sapindus Mukorossi, grows in the mountainous region between India and Nepal. The fruit of this tree is called Soapnut or the Indian soap berry. The shell of the fruit contains a natural cleaning agent called saponin which works as soap.

How are they used?

The soap berries are deseeded and their shells are sun dried without any chemical or synthetic agents. The shells contain saponin which is a natural cleansing agent and is a 100% organic substitute to chemically made cleansing products, especially SLS (Sodium Laureth Sulphate).

What are the other uses?

Besides saponin, soapnuts are also rich in fatty acids and are effective in treating skin conditions. They are also used in making

laundry detergent, dish and hand soap, shampoo, body wash, as mosquito repellents and more.

We share below the recipe of how to use soapnuts for laundry.

Soapnut Liquid Concentrate

Ingredients

5-6 deseeded soapnuts
2 cups water

Method

- Soak the deseeded soapnuts overnight in two cups of water.
- In a pot, bring to boil and let it simmer for 20-30 minutes.
- Strain the liquid, and once cold pour the soapnut concentrate in a glass bottle.
- Refrigerate for up to a week.

How to use liquid soapnut solution for laundry?

- Dilute the above soapnut liquid concentrate with water.
- Add a few tablespoons of this solution (depending on the load size) to the washing machine detergent drawer.



The remains of the strained soap nuts can be dried and reused to make more soap liquid.

How to use loose soapberry shells for laundry?

- Take about 4-8 deseeded soapnut shells.
- Put them into a muslin bag, a sock or a washing net and secure the shells inside.
- Place the soapnut bag into the washing machine along with the wash load.

- When the washing cycle is over, remove the soapnuts out of the bag and leave them in a suitable place to dry before reusing them.
- You can reuse the same soapnuts 3-4 times before composting them.

How to make soapnut laundry powder?

Another way to wash your laundry naturally is to grind the soapnuts into a powder and use them as you would with a regular washing powder!

- Grab a handful of soapnuts and grind them in a blender (keep the quantity small to retain freshness and efficacy).
- Grind the soapnuts at high speed until they are crushed into a fine powder.
- Add 2-3 tablespoons to the detergent drawer depending on the size of the wash load. The leftover powder can be stored in a sealed glass jar and refrigerated.

Note: Hot water helps in the quick release of saponin. You may either put the soapnut bag along with your clothes in hot water or soak the shells in hot water for some time and then use the water and the shells.

Reference: www.earthbits.com



Rajani Paranjpe

A life well lived is one that leaves a positive impact. We may leave an impression of our presence on the souls and the lives of those nearest and dearest to us, but there are a few individuals who leave their mark on humanity. These are individuals who have brought about a change in the lives of many with their vision, their dreams and their hopes for a better tomorrow for mankind. This column features inspiring and motivating acts of such personalities that truly made a difference in the world. Today, we share with you the journey of one such hero – *Rajani Paranjpe*

Rajani Paranjpe worked as a professor of Research Methodology and taught subjects like Indian Social Problems and International Social Welfare at the Mumbai University, India. She also held a post at the Shikoku Christian University, Japan, and has a master's degree in Social Welfare with more than 20 years of teaching experience.

Her on ground work experience made her realize that education was the single most important factor that could transform the lives of the underprivileged and economically weaker sections of the society. Despite the passage of the Right to Education Act (2010) which made education for Indian children between 6-14 years of age free and compulsory the enrollment and attendance rates of these children were abysmally low.

Mrs. Paranjpe realised that children of the marginalized or those living in urban slum communities were often unable to commit to regular schooling. Children were forced to perform – household duties in the absence of their parents. Lack of support or knowledge of their rights on the part of parents and limited resources often resulted in less than optimal learning for these underprivileged children.

Motivated by these observations, the Door Step School was founded in 1987 by Prof.

Paranjpe and her student Bina Lashkari to provide primary education as close to the children's living environments as possible. To address the three vices of India's public education system i.e. non-enrolment, wastage and stagnation as stated by her, innovative methods of teaching were spearheaded to improve the quality and standard of education.

Starting out small, today the school has a thousand volunteers and teachers help prepare children for formal education by holding classes wherever feasible, including on pavements, streets and railway stations.

The Door Step School has also expanded its services by providing crèche facilities, school transport services as well as a 'School on Wheels' initiative which is a bus that goes from place to place to conduct classes for underprivileged children. Their initiatives have impacted the lives of almost 2,50,000 impoverished children.

Fueled by passion Prof. Paranjpe's life and work is an illuminating example of the fact that it is never too late to make a difference and transform numerous lives as long as one believes in oneself and in the virtues of their convictions.

My Favorite Place

Valley of Shepherds: Pahalgam

Pahalgam is a treat for the senses, writes **Charvi**. The blanket of white and green that it adorns itself with in the winter and summer season respectively, teaches us patience in allowing for life to unfold the way it is meant to

**Paradise on Earth**

When someone asks me about my favourite place to rejuvenate and connect with myself, the first place that comes to my mind is Pahalgam, the 'Valley of Shepherds'. A small town located in Kashmir in India, this place explains why Kashmir is rightly known as 'Heaven on Earth'. The beauty of this place is enhanced not only due to the river Lidder flowing through it but also by the tall fir-covered Himalaya mountains and the snow clad peaks. This spectacular picturesque place is a perfect choice for all those who want to connect with Nature.

A Blanket of Snow

In winters, the only colour one can see in Pahalgam is white - the colour of wholeness and completion, of spiritual enlightenment, love and wisdom. It was during one such winter visit to Pahalgam, in the month of December that I got a chance to be with myself. Sitting on the rocks by the frozen river in the calming

winds and surrounded by snow clad mountains and trees, I had a golden opportunity to reflect back on my life till now and to process the emotions raging through me. It gave me a chance to connect with my deeper self. Closing my eyes and enjoying the wind caress my cheeks, I could feel peace flowing through me naturally. Walking on snow across the Betaab Valley or trekking through the forests to mini Switzerland, I witnessed Mother Nature's beauty.

Nature in full Bloom

The summer season shows an altogether different side of Pahalgam. This season finds Pahalgam prospering in the color Green - the spirit of Nature. My second visit to Pahalgam was during the summer season in the month of May. Only this time, the white was replaced by green, the frozen river was now flowing mightily, the snow-capped mountains now had lush green grass, the white trees blossomed into bright green fir

trees and a plethora of colourful little flowers, with deer coming out of the forest to take a small peek at you. This visit to Pahalgam, taught me the essence of being in harmony with Nature and the peace that comes with it. The clean unpolluted air was Mother Nature, taking care of my health with love. The mountain treks under the vast canopy of trees felt like Mother Nature engulfing me in Her love, making me feel calm and free. It taught me to be patient and hopeful. Just like nature waited patiently for the cold winter to end and transform to the soft green, I too would learn to be hopeful and patiently wait for things to happen at the right time.

This is the beauty of Pahalgam, a place in Mother Nature's lap that would cocoon you in her love, care and serenity.

Uniting through Prayer

"Before me, many had delivered teachings and techniques for your salvation and liberation. I am not here to repeat them but to deliver that experience in your heart so it becomes your own personal truth."

Maitreya Dadashreeji

In each time of need in human history the Divine incarnates Itself to serve humanity. Jesus Christ is an epitome of Highest Love and compassion Who served humanity selflessly. Each incarnation has one message: Unconditional Love! Jesus said, "Love one another as I have loved you." Through my experience of Love from my Maitreya Dadashreeji I am experiencing the same message and Truth of Love through the Bible and Christian prayers in a way that was not possible for me before.

One of the most powerful prayers that Maitreya Dadashreeji has given us is the Universal Prayer, in which a seeker prays for Grace, forgiveness, and for surrender to the Divine will. It is charged with Dadashreeji's powerful Unconditional Love. I have found the energy of the Catholic version of the prayer 'Our Father' and the 'Universal Prayer' similar and both of them connected me to my Inner Divine.

There are many versions of the prayer 'Our Father' in Christianity. The last three lines in this prayer are sung in Catholic mass as a response to the prayer, based on the New Testament in the Christian Bible shared by Jesus with His disciples (Matthew 6:9–13 and Luke 11:2-4)

Jesus, only spoke of Love. Maitreya Dadashreeji shared in a special video release (https://www.youtube.com/watch?v=_0z1VG_eWvc) on Christmas discussing how Jesus is Love and about His dream to bring the Kingdom of Heaven to Earth. Both the prayers touch on forgiveness and surrender. To surrender doership to the Father form of the Divine is to present your ego to that form and ask for surrender, to be a channel of Love. I realized internally that even when I offered the Universal Prayer with the same intent my Divine would accept it. This experience helped me feel the Divine as One and that all paths do lead to that Unconditional Love.

Maitreya Dadashreeji is here to help bring the Kingdom to Earth through complete transformation of human consciousness. He is here to fulfill that dream of Jesus and his work of Love and Compassion through Transformation. Transforming humanity, so that we operate from Love instead of fear, from a Divine mind rather than a human mind and with a true sense of unity instead of separation. In unity we become One World, One Family, truly united in friendship. We can feel that unity in our prayers, our devotion especially when our hearts are awakened to the truth that we all are One and connected with the same Source/Inner Divine!

Maitreyi Meredith, USA



MBP Programs & Offerings

Dear Friends,

It is a great privilege to announce the commencement of a WELLNESS RESEARCH with application of scientific methods, collaboration between the Hinduja Hospital and the MaitriBodh Parivār (details in the attached flyer). The research activity starts in the month of August with the aim of studying *“The impact of online spiritual practice on a person’s emotional wellbeing”*.

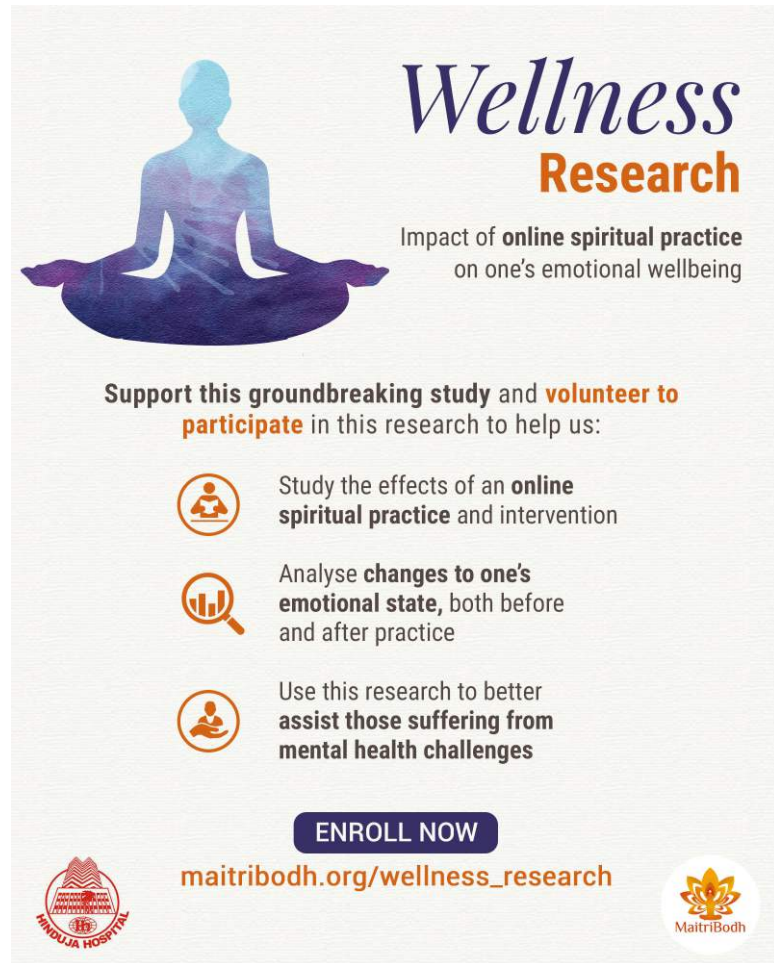
In this research, the MaitriBodh Parivār’s online Maitri ShaktiPravāh process (a transformational energy transfer process) will be studied for its impact on the emotional wellness of individuals. For this purpose, we need the participation of four hundred open-minded volunteers in the study from anywhere in INDIA, who fit the eligibility criteria (shared on the website link below).

Registration and the steps involved in participation are explained in the link to the site of the MaitriBodh Parivār, viz., https://maitribodh.org/wellness_research

The link contains a schedule of events, with each event not exceeding an hour-and-a-half in duration.

Please note that sevaks of the MaitriBodh Parivār, regularly practicing active sadhanas (spiritual practices) cannot be a part of this study (please look for eligibility criteria on the website).

The study opens the gates to people from varying backgrounds to be a part of this research, people who may otherwise be hesitant in participating in spiritual sessions; it will give them a window to evaluate their own emotional wellbeing.



The flyer features a central image of a person in a meditative pose with a glowing blue and purple aura. To the right, the title 'Wellness Research' is written in a large, elegant font, with 'Wellness' in blue and 'Research' in orange. Below the title, the subtitle reads 'Impact of online spiritual practice on one's emotional wellbeing'. The main text encourages participation in a groundbreaking study and lists three key points: studying the effects of online spiritual practice, analyzing changes in emotional state, and using the research to assist those with mental health challenges. A prominent 'ENROLL NOW' button is displayed, along with the website URL 'maitribodh.org/wellness_research'. Logos for Hinduja Hospital and MaitriBodh are visible at the bottom.

**Wellness
Research**

Impact of **online spiritual practice** on one's emotional wellbeing

Support this groundbreaking study and **volunteer to participate** in this research to help us:

- Study the effects of an **online spiritual practice** and intervention
- Analyse **changes to one's emotional state**, both before and after practice
- Use this research to better **assist those suffering from mental health challenges**

ENROLL NOW

maitribodh.org/wellness_research

The results of this study offer a unique opportunity to aid further research and help humanity deal with mental illnesses. This is an opportunity to work for a noble cause, hence request you to share this with your family, friends and other contacts.

Looking forward to your support.

With Love & Gratitude,
MaitriBodh Parivār

MBP Programs & Offerings

Worldwide Transformation Program

A new life awaits!

We all want a content, happy, blissful life where each day we learn more and more about our true self, isn't it?

MaitriBodh Parivār is back with the Batch 2 of,
Worldwide Transformation Program

a free of cost, reflective, experiential and a mediative journey comprising of 20 life-changing sessions for step by step progression to become the best version of yourself.

Let's Transform!

Register on: www.maitribodh.org/transform

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" – Maitreya 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.

In wake of the current pandemic all live events have been postponed and replaced with upcoming events like Bodh, Spiritual Triangle, Maitri Prayer, 21 days Maitri Sambodh Dhyān, Maitri Yoga and follow-up sessions which are taking place online on Zoom and through live Facebook sessions.

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

*When you pray for
others, it brings a smile
on the face of the Divine.*

*This is where you earn
merit and His blessings
without asking for them.*

Maitreya Dadashreeji

Contributors

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.

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. She 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.

Maitreyi Leena worked as a teaching professional for mainstream and special needs children (hearing impediment) for several years. She is a passionate cook as well and a student of life who is willing to learn and grow. Her journey with the MaitriBodh Parivār began in 2019 and she lives by the words of her Divine Friend and offers her service at HIS Lotus Feet.

Maitreyi Sonja has worked as a medical assistant for many years. Awareness of body, mind and growth on a spiritual level has been an important part of her training. She has completed many training sessions in bodywork, has been a Bach flower consultant for over 30 years and has been a wild herbalist since 2016.

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.

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