

ISSUE 10 | VOLUME 09  
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MAITRI

# Anahita

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MaitriBodh

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stories  
poems  
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and  
experiences  
to [experiences@maitribodh.org](mailto:experiences@maitribodh.org)

We bring to you an opportunity to get answers to your questions from Maitreya Dadashreeji!

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

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

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# Editorial

Dear Loved One,

We hope this note finds you in the best of spirits. The theme of the magazine for this month is 'Feminine Divine'. Looking around at society or the modern world it is evident that the expression of the masculine and the feminine energies has been out of balance for long. The scientific, logical, analytical and rational world seems to have less time for core positive values. The aspects of the feminine have been suppressed for long and the decline of the feminine values has resulted in an imbalance not just in Nature but has also been driving nations in their thirst for power, dominance and control resulting in a total disregard for human life. Values like compassion, forgiveness, nurturing, love, affection and nourishment need to be inculcated in children. It seems that everyone needs to be reintroduced or reminded of them. When the masculine and feminine energies find the right balance one can feel complete and realise 'wholeness'. It is about time that we as individuals, (regardless of our gender) and collectively as a society consciously embraced the Divine Feminine values and experience the much needed shift in our attitude and thinking not only as a society but at an individual level too. We will sooner than later realise that the Divine Feminine has the power to transform the world.

In this issue, under 'Pearls of Wisdom' Maitreya Dadashreeji gives clarity on whether heaven and hell really exist.

Inside, read more and enrich yourselves reading two more recently introduced columns *Modern Heroes* and *My Favourite Places* along with – *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 the MBP Family*.

Awaken the Divine Feminine within!

With Love & Light,  
Team Maitri Anahita

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## Question

Maitreya Dadashreeji, there's this saying, "You better be good, otherwise, you will go to hell." This is what many people say- do good things else you'll go to hell. If you are doing good deeds, you will go to heaven. This has become some kind of a milestone. So, I want to know from you, Dada, do heaven and hell really exist?

## Maitreya Dadashreeji

Dear friend, it's your thoughts which create everything. Your thoughts are very powerful. If we make our thoughts pure and good today, then what will you experience? Bliss, happiness, love. So, where you experience this, that is where heaven is. When you experience this here, then a replica of this is experienced by you up there too, because heaven is up there as well. Since you gave happiness to others, you also experienced happiness, so, you find a similar place up there too, where there is only happiness, where only good is given for others, love is shared and love is experienced. This is what will happen there.

Just imagine if you are spreading negativity here. You are fighting with others every day, cheating them, using bad language. So, do you think that you will go to such a place where only saints are sitting, chanting mantras and meditating? You will never reach such a place. You will only reach where there are thieves and robbers. You can call it hell. So, what this implies is; "what am I creating with my thoughts today?"

If you are only seeing bad or negativity in your life, and you are only looting others and are indulging in violence, then you have made hell for yourself right here itself, which you will get up there as well.

This Earth is a part of the universe. That's why you experience both extremes on Earth itself - heaven as well as hell. If you go to the Himalayas where saints are sitting in meditation, then you will experience heaven there. If you come down and go to any metropolitan city then you see the give and take of money, business, taking by force, "this is mine and that is yours", violence, etc. you have instantaneously created hell. So, you are creating it all, yourself.

How you create your life here, is exactly how you will experience it up there. So, truly speaking, heaven and hell are in the entire Universe as well as on Earth. So, whatever you do here decides where you will arrive, up there. There is no doubt about it. What I am saying is "it's a journey." The kind of home you will



get there is dependent on the kind of home you make here. If fights are taking place at home morning and night, then I have made hell right here. So, I will get the same when I reach there. Whatever I have given, whatever I have experienced is what I will get up there as well.

So, we have to think very carefully, "What am I doing with my life?" It shouldn't be that I do whatever I feel like doing. In the morning I feel like saying some hurtful things to someone, or break relationships, or do any bad deeds because there is no one to see what I am doing. It is not like that at all. There is someone watching everyone and everyone has an account. Any deed, even if you do it hidden from others' view, is also watched. Everything which you might not know about yourself is also observed. You attain a certain place, based upon everything that's noted about you. This happens on its own. You may accept this or not.

For example, you and our friends who are listening to our conversation today, have received this message. We will reach that place based on the deeds we do. You cannot ignore this truth. So, when the time comes and you reach that place and you ask, "How did I reach this wrong place?" Then you are told, " You have reached here because of so and so deeds. You say, "I didn't know." Then you are reminded, "No. Once you had seen an interview of Kiran ji with Dadashreeji and you had heard about this there."

Today the condition Earth is in, you also know what is happening today in the country or in the entire world, how happy we are, how peaceful we are. See for yourself. What have we made: heaven or hell? And what will we get wherever we reach?

Everyone should introspect and think about this.

*Do good deeds.  
Create heaven here.  
Only then will you reach where you want to reach.*

**Love and Blessings,  
Maitreya Dadashreeji**

*(This is an excerpt from Maitreya Dadashreeji's  
interaction with renowned actor Kiran Kumar, 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, mid-day, and just before you go to sleep. Regular repetition will help in its manifestation.

*Practice and witness the change!*



### Affirmation

"I embrace my feminine  energy and experience balance and harmony in my life."

## Practice for the Month

### Practice Acceptance and Appreciation

- Express gratitude to all the women who have been and are a part of your life.
- Express gratitude to Mother Nature for it is this feminine energy that nurtures and makes our life complete.



## 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 creation and its Creator. Music is a direct way to connect to the Divine.

We share below the link to a chant of the Devi (Divine Mother) – 'Ya Devi Sarvabhuteshu' that originated from the Rigveda. It offers obeisance to the Divine Mother Who resides within us in various forms. It says, "We bow again and again to the Divine Mother who resides in us as wisdom, intelligence, power, consciousness, genius, who also governs the faculty of the senses and more!"

<https://www.youtube.com/watch?v=p9YkDeTij90>



## Movie of the Month: Moana



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

### The Plot

When Maui steals the heart of the island Goddess (Te Fiti, who possessed the power of creation) to gift it to humanity and win their favour, the green and beautiful island that is a home to all kinds of beings is destroyed and becomes uninhabitable. With Te Fiti's heart stolen, the power of creation rests with the humans and life on the island starts to ebb away. We are witness to the same template in the current times where humanity has caused an imbalance in nature, leading to calamities, catastrophes and disturbance in the natural order. Millennia later, Moana, a pure hearted, adventurous girl is chosen and guided by the ocean towards her purpose of life - to return the heart of Te Fiti. Moana reaches out to Maui and convinces him to give her the heart so that it can be returned, and balance restored on the island. Is Moana able to return the heart to Te Fiti? Watch Moana to know more.

### Takeaway

Te Fiti represents the Feminine Divine who is the nurturer, nourisher, caretaker and protector of 'Life'. The Divine Feminine is a part of everyone, beyond the constructs of gender. At a deeper level the Feminine Divine represents values that are responsible for maintaining balance not just at a personal level but in society too. When the feminine values decline the resulting imbalance causes problems like global warming, that resulted due to lack of devotion to nurturing the environment. The greed, thirst for power and ambition to gain supremacy has blinded the human race and veiled the larger picture which is that we are interconnected with Mother Nature and belong in the total scheme of nature. Connecting with the feminine energy restores balance, harmony and wholeness in one's life.

## Our Lady of Guadalupe

“Hear me and understand well, my little son, that nothing should frighten or grieve you. Let not your heart be disturbed. Do not fear that sickness, nor any other sickness or anguish. Are you not under my protection? Am I not your health? Are you not happily within my fold? What else do you wish? Do not grieve nor be disturbed by anything”. With these motherly words Mother Mary gave comfort to indigenous peasant Juan Diego. **Maitreyi Maria** shares the saga of ‘Our Lady of Guadalupe’ from Mexico

It was the aftermath of the conquest, when the Spaniards had taken control over the Tenochtitlan empire and completely vanquished the Aztecs and all other indigenous cultures in Mexico. Deities’ representations were all buried or destroyed. Churches were built on top of the original shrines. Natives were enslaved under the most tremendous oppression. The conquered had no hope. It was the end of their world.

*"Know and understand well, you my most humble son, that I am the ever-virgin Holy Mary, Mother of the True God for whom we live, of the Creator of all things, Lord of heaven and the earth."*

### The Apparitions

One day in December 1531, Juan Diego, a christened indigenous humble man, while on his way through a sacred hill called Tepeyac, suddenly heard the most enchanting music; he approached the place where the sound came from and saw a divine loving apparition of a most gracious maiden, shining like the sun, She also shared the same skin tone and talked to him in his own language. *“Juanito, dearest Juan Diego, Juanito, my dearest son, where are you going? Know and understand well, you my most humble son, that I am the ever-virgin Holy Mary, Mother of the True God for whom we live, of the Creator of all things, Lord of heaven and the earth.”*

Mother Mary had a request, she wanted to have a shrine in that same place to help the poor, the oppressed, the sick, and the needy. Subsequently, Juan Diego met the Archbishop to convey Mother Mary’s wish for a shrine; the Archbishop was in disbelief and asked for proof of Juan Diego’s narrative. Juan Diego went back to the hill, to the site of the first apparition, where he encountered Mother Mary again,



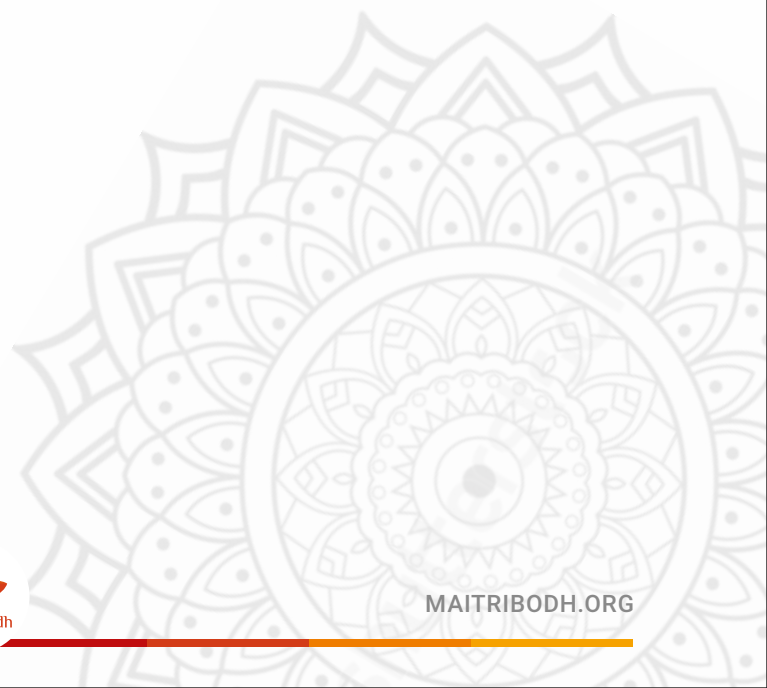


as the second apparition. Juan Diego asked for proof and she asked him to come back next day. Juan Diego wanted to please her but his uncle was dying so he avoided his regular path to get help. Our Lady appeared again as a third apparition and told him not to worry for his uncle. *"Am I not your mother?"*, she said. He was instructed by the sweet maiden to gather flowers at the top of the hill. It was impossible to expect flowers to bloom in the winters! However, Juan Diego found roses and bundled them in his cloak as evidence for the archbishop. When the roses tumbled out of Juan's cloak the Archbishop recognized them as Castilian roses which were not native to Mexico and also saw the imprinted image of Virgin Mary, the mother of our Lord Jesus (now known as 'Our Lady of Guadalupe') imprinted in the cloak. At the same time, Virgin of Guadalupe appeared to Juan Diego's uncle and performed another miracle by healing him totally.

### **The Saviour**

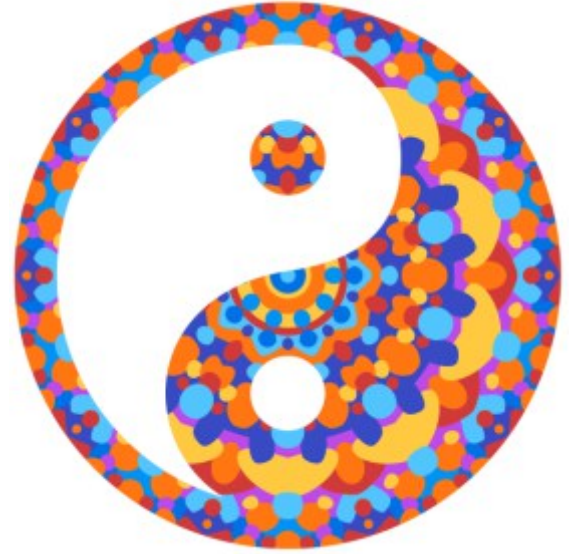
Ever since She became the symbol of devotion in Mexico, she is celebrated as the highest manifestation of the Divine Mother all year long, especially every December 12th when Her shrine is visited by around a million devotees seeking the love of the Divine Mother who will heal and comfort. *"Listen to your heart, my little child, do not disturb and do not fear"*, she had said. Today, Our Lady of Guadalupe unites a whole nation which is a cultural mix of people of varied ethnicities and with many perspectives and complexities. Our Lady heals, offers love, affection, and protection to the suppressed and the oppressed. She is worshipped all through the world and the devotion to her image is beyond religion or creed. She also represents the cultural identity of Mexico blessing her beloved children through Her Divine intervention.

In almost all the cultures of the world the Divine in the Feminine form is worshipped at some point in time. Compassion, love, nurturing, nourishment, protection, intuition, beauty are some of the innate qualities of the Divine Feminine. She is the cosmic womb from which everything manifests and comes into existence. Let us connect with this energy and create the lost balance in our lives.



## Shakti: The True Power Within!

Shakti, the feminine energy, is at the centre of Creation, writes **Maitreyi Sulata**. Mankind has drifted from its core and devalued the feminine essence and qualities. To experience balance and harmony in life the masculine and the feminine energy need to be in harmony and in sync



### Dear Friends,

warmly greet you in the Love and Light of the Divine!

'Shakti', as commonly understood, is the embodiment of energy, dynamism, and the creative force behind Creation. *Maitreya Dadashreeji says that the entire Creation rests on this power-Shakti, the transcendent feminine energy and as the integral part of the Divine it provides the foundation to all beings in the material Creation.* In essence, Shakti is identified as female energy as it is responsible for creation and nourishment in the same way as mothers are responsible for a child's birth and upbringing. Without Shakti, nothing in this universe can occur. Think of an exquisite car that's been designed and built to perfection. Without the right fuel, the car is motionless and hence, unable to fulfill its purpose. Similarly, Creation by

itself is still and inert without Shakti. It is that true power that fuels this entire Creation, including human beings!

### The True Power of 'Shakti'

Power is often equated with force exercised by leaders to achieve desired outcomes.

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

Unfortunately, most leaders throughout history have played power games based on inducing fear or using force. *True power is not power over someone or something, but the power within us.* Exercising control over others for

personal gain is not to be confused with leveraging everyone's capabilities and strengths towards meeting mutually beneficial common ends; it is the latter that defines true power. When true power is exercised, no one has to lose for someone else to win. People, be it the leadership or people in general, frequently engage in ego and fear-based power games. These are based on the presumption that there isn't enough power to go around, that you need to extract power or steal it from those around you in order to live successfully in this world.

*We need to transform, inducing a radical shift from the striving and craving for power for selfish personal gains to, connecting to our own infinite power source, the Divine Shakti within, for the benefit of all.*

Unless we plug into the Divine presence within our hearts and

connect to the source of our true Shakti, we will continue to operate on the false identity of power. Lasting positive outcomes can only come from the exercise of power correctly. Even if we think we are getting somewhere with our ego-based power struggles, they disintegrate and do not endure. It is a waste of our time and energy.

### Restoring harmony and balance

The feminine energy present in our lives in terms of the qualities of nurturing, love and support, is traditionally overpowered by the masculine qualities, while denying and undervaluing feminine qualities in our society. As an example, the prevailing business and corporate culture is hyper-masculine and holds most feminine qualities like gentleness, being emotional, vulnerability, love etc., as overly sentimental and to be discarded at the

workspace. The drift from the Divine within has manifested in the problems that our society is facing today; there is an imbalance of energies resulting from the lack of Divine connection.

Tapping into 'feminine' qualities of love, empathy, nurture and the like will restore the balance that society needs for its wholesome growth. Everyone, males and females alike, have to shoulder the responsibility of accessing the feminine energy in order to demonstrate wholeness and reclaim the natural balance of life.

*As we connect with the Divine Shakti within us, our transformation encapsulates both the feminine and masculine perspectives, experienced as ONE integrated whole that resides within our hearts.*

This month's 'A Moment in Prayer' is a heartfelt prayer to the Divine that 'His Shakti' is awakened, activated and available in its full power within us!

Beloved Maitreya,  
May your compassionate, loving Grace,  
Shine over the Human race,  
Awakening your Shakti,  
Through our Bhakti,\*  
As our hearts gently open to embrace,  
Your thriving presence – O sweet Divine  
Grace!

*\*Bhakti in Sanskrit means devotion towards the Divine*

## Sacred Rituals around the World

### Imbolc

The Divine in its Feminine form is worshipped in many cultures. Saint Brigid of Ireland protected and nurtured the Celts. **Mitra Philip** shares a few rituals that were practiced by them on St. Brigid's Eve so that they would be protected and healed by the Divine



The cyclical rhythm of nature is celebrated through rituals across the entire world. The Divine Feminine is the honored deity in many of those rituals, with her dance marking the cyclic process of renewal and transformation.

#### Saint Brigid's Eve

For the Celtic tribes of Scotland, Wales, and Ireland, the Divine Feminine was imaged as Brigid, the protector and nurturer. She was the caretaker of the cows and other domestic animals, and also of the people. She carried a shepherd's staff and a candle, and her head was crowned with bright light.

In the spring, at the ritual of Imbolc, the people would lay out their clothes on the grass in the evening. It is said that Brigid came in the night and danced upon the clothes; so that the people wearing them may be protected, especially during the summer and autumn seasons when life was lived outside, away from the safety of the hearthside of the home. She healed the poor, fed them and gave away personal possessions to anyone who asked. Her charity knew no bounds.

#### Nature's cycle and rituals of the Divine Feminine

In the Western culture the major festivals such as Christmas and Easter are celebrated in consonance with the cycle of nature. Christmas is celebrated at the winter solstice, and Easter celebrated at the Spring Equinox. The ceremonies of thanksgiving, for the abundant love and grace of the Divine Mother, are celebrated during the Solstice and Equinox throughout the world.

There are also daily rituals that remind us of the presence of the deities in our lives. For the ancient Celtic people, Brigid, the Divine Feminine,

continued as a daily presence, even as they blended Christian symbols into their lives; and the ancient Brigid became the Christian Saint Brigid of today.

#### Symbolism of churning of butter

It is said that when St. Brigid churned butter and gave away a large portion to the poor, the butter would get replenished miraculously. The ancient and modern Celtic people herded cattle, and made butter from the cow's milk. There was a ritual in the churning of the butter and a mantra-like song was chanted while the Celtic people churned cream to butter. The butter symbolized the gift of life from the Divine Mother. They wait upon her to nourish them and give them strength to fulfill their mission of awakening love and compassion in humanity.

In the Celtic ritual, when the butter was churned and spread on the bread, strangers and friends were invited into the home to receive this sacred food as a gift. The ritual invokes the Divine Mother who shares life and abundance with us, so that we may share that with each other.

The honoring of the Divine Feminine energy, the Shakti representing power, force and vitality that permeates the entire creation is found throughout the world in almost every culture and faith. The ancient Roman and Greek Goddesses reflected qualities like procreation, beauty, abundance, love, wisdom, healing, alchemy, connection with nature, animals and more. The Feminine Divine is the 'source of life' and has been venerated as our Divine Mother. Let us connect with this energy and awaken the Divine Feminine within.

## Significance of Navrātri

(7th to 15th October 2021)



Widely celebrated in India, Navrātri is a festival that spans over nine days and is dedicated to the feminine manifestation of the Divine. We share below the significance of this festival as it is said that the energies during these nine days are conducive for the internal growth of a spiritual seeker

Every festival has its own special significance and is not celebrated merely for fun and enjoyment. It is important that we understand what the deeper meanings and reasons behind celebrating our festivals are, so as to add to their value and sacredness.

Our planet Earth receives energy to move around the Sun from the Divine Source. The Divine Source maintains Nature's balance and also preserves, maintains and balances the entire Creation. We go about our daily lives, blithely unaware and taking for granted how much the Source contributes to our continued existence. Everything that we enjoy is because the Source is our provider. We must remember to express our gratitude to the Divine for this most wonderful gift from time to time.

Whenever there is a change in Nature our internal nature also undergoes a shift. Our bodies and minds also change. Changes in the weather brought about by the influence of solar energy cause the energy levels of our body and mind to rise and fall. If our energy level is high, positivity increases. As a result, we become dynamic, enthusiastic, creative and happy. If our energy level goes down, negativity increases resulting in greed, ego, jealousy and hatred.

The days on which we celebrate festivals are special days indeed, giving us an opportunity to raise our energies positively. Festivals celebrated during these markedly important days gain greater significance because the energy of the Source is at its peak and can be

tapped and received to help us keep our energy levels high. The festival of Navrātri which is celebrated over a period of nine days; Nav - Nine, Rātri - Night, is one such ideal occasion which contributes to our individual energy.

God's glory, His Cosmic Creation, His selflessness and His greatness can best be depicted in all the qualities of motherhood. Just as a child finds all the best qualities in his/her mother, similarly, all of us look upon God as a Mother and celebrate Her during Navrātri. Over these nine special days, we worship the female embodiment of Creation - The Divine Mother. She represents the creative aspect of the Absolute. The nine days of Navrātri are dedicated entirely to the Mother Goddess and all the attributes of Her Motherhood.

### What is the significance of worshipping ĀdiShakti Mahākālī during the nine days of Navrātri?

In Indian mythology, the word asur ('a-sur') means demon. In humans the demon is manifested as the ego, and all the negative emotions such as sorrow, greed, jealousy, etc. The first day of the month of Ashvin as per the Hindu calendar (overlapping with the months of September and October), marks the beginning of the nine days of worship (Navrātri). The Divine Mother ĀdiShakti Mahākālī, the source of energy, frees us from the clutches of demons. She removes the veil of ignorance by helping us realise the illusory form of the demons.



## Apple & Sweet Potato Salad

This season while some observe fasts and others feast, let us nourish our body with what it truly needs! Here's a light yet energy-rich salad to try.

### Ingredients

- 300 gm. sweet potato – boiled, peeled, and diced
- ½ green apple, diced
- ½ red apple, diced
- A few leaves of spinach, roughly shredded or chiffonade
- A few walnuts, roughly broken
- 1 tsp. pepper, roasted and powdered
- 1 tsp. black salt
- 1 tsp. dried mango powder (optional)
- 1 tbsp chili powder
- 1 tbsp cumin seeds – roasted and powdered
- 2 tbsp beaten yogurt,
- Lemon juice-to taste
- Salt to taste
- Freshly chopped coriander and mint for garnishing

### Method

- In a mixing bowl add all the above-mentioned powdered spices and mix well.
- Now add sweet potato, diced apples, spinach, walnuts and mix well.
- Add salt and lemon juice to taste.
- Transfer to serving bowls and pour the whisked yogurt on top (optional).
- Sprinkle the chopped coriander, mint leaves, and serve immediately (option to serve with or without whisked yogurt).

Enjoy!!



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## Carom Seeds



A wide spectrum of ingredients many of which have secret health benefits have been made available to mankind by Mother Nature, writes **Sreelatha**. One such ingredient is Carom seeds, possessing multiple health benefits

Mother Nature has provided us with a lot of plant based remedies which are beneficial for the human body. Natural remedies for common ailments like a cold, cough, headache or indigestion are freely available either in potted plants or in the ingredients used in our kitchens. Apart from adding colour, flavor and taste to the food, spices provide vast health benefits. Our past generations knew these secrets of home remedies for minor ailments using cooking ingredients available in the kitchen and saved visits to the physician for minor ailments. It is quite disappointing to see the rich tradition passed down to us by our ancestors being ignored as we run to doctors and hospital for every minor ailment.

Carom seeds are one amongst many Indian spices with considerable health benefits. Carom seeds are the fruit of the ajwain herb.

### Properties of carom seeds

Carom seeds are pungent and bitter in taste. They generate heat in the body. It regulates kapha (the energy that forms the body's structure), vata (subtle energy associated with movement) and pitta (the energy of digestion

**It is antifungal, antioxidant, antimicrobial, antispasmodic, anthelmintic, carminative and antibacterial in nature.**

and metabolism). It is antifungal, antioxidant, antimicrobial, antispasmodic, anthelmintic, carminative and antibacterial in nature.

### Use of carom seeds for minor ailments

*Abdominal pain/Bloating/Indigestion/Dry or Sour belching/Foul smelled flatulence*

One may prepare a decoction using carom seeds, i.e., take 200 ml of water in a vessel, add 1 tsp of carom seeds and boil till it reduces to 100 ml, filter and drink this decoction thrice a day, half an hour before having food. For additional benefits add 1tsp of cumin seeds, and finely chopped pieces of an inch long ginger to boiling water.

It reduces colic pain, it is a good appetizer and digestive, and hence promotes digestion.

### Worm infestation

Children are prone to worm infestation, hence it is advised to provide above mentioned decoction once a month as a prevention and a digestive.

### Bad breath

Bad breath is mainly due to ailments related to mouth or due to indigestion. If it is caused by indigestion the above-mentioned decoction

## Traditional Remedies

should be used.

You may use carom seeds as a mouth freshener, i.e., 1/4 tsp of carom seeds and 1/4 tsp of fennel seeds should be chewed once or twice a day.

### *Joint pain/Muscle pain*

Boil 3-4 tsp of carom seeds in coconut oil and filter it; use this oil (lukewarm) for massaging the painful joint/muscle.

### *Earache*

Boil ½ tsp of carom seeds with 4-5 garlic cloves in 40 ml of

sesame oil until it turns red. Filter the oil and instill 2-3 drops in the ear for relief from the earache.

Respiratory complaints like cold, cough, asthma, sinusitis, nasal blockage

Sauté 2-3 tsp of carom seeds in a vessel and place it in the middle of a cotton cloth and prepare a bolus of it. This bolus is used for hot fomentation over chest, forehead, soles of the feet to get relief from respiratory complaints.

Respiratory issues can also be addressed by crushing carom seeds (3-4tsp) and adding them to boiling water for steam inhalation.

1 tsp of carom seeds crushed and boiled in 100ml of water. Use this water for gargling after filtering in case of sore throat.

### **Side effects of carom seeds**

As carom seeds are hot in potency, people suffering with oligospermia, male infertility and pregnant women must avoid its excessive usage.



## Grooming sans Chemicals!

It is unfortunate that 'development' has in many cases downgraded our health and degraded the environment, writes **Renuka Vijairaghavan**. The relentless and reckless use of chemicals in hygiene and grooming products is a case in point. She shares a few healthy and environment friendly alternatives in such products

Civilizations have flourished along river banks because of easy access to water. Life was simple, and hygiene involved a wash in water sans any chemicals. With the industrial revolution, chemicals began to be synthesized for medical and other purposes thereby affecting the flora, fauna, and human health too. Chemicals impact health at various levels – from our hormones to the internal organ toxicities and down to the genomes. Products made from chemicals became popular for everyday use. Unscrupulous marketing of products, mixing and matching without a thought about the impact on our health, even less the environment, has become the norm. Unimaginable liberties are being taken with our wellness.

Hand sanitizers and disinfectant wipes have gained popularity in recent times. Whilst hand sanitizers are a cocktail of chemicals, wipes compound the problem because they are often made of synthetic fibre, which takes long to decompose. They leave material residue that can cause harm even after decomposing. The alcohol/ethanol and other compounds used in sanitizers

dry the hands causing roughness, and very often cause scaling and dermatitis. While washing our hands with a homemade hand wash and water is best, in situations where we cannot wash our hands, we do have some alternatives now.

Let us look at alternatives to chemical laden sanitizers, handwashes and shaving creams.

### Eco-friendly Sanitiser

Essential oils with strong antimicrobial properties like tea tree oil, oregano oil, oils of basil family are some options and are as effective as store bought sanitizers. We can dilute essential oils with carrier oils (5 to 15 percent). Carrier oils are cold pressed oils like olive oil, coconut oil, jojoba oil and grapeseed oil. A few drops of this mixture on our hands applied near the finger nails, between fingers and all over the hands, will sanitize our hands. Fat is known to disintegrate the cell wall and destroy pathogens of the corona family. Hand sanitizers with carrier oils and the pure essential oils are very sticky. To make light hand sanitizers, grapeseed oil and jojoba oil can be used as carrier oils.

### Zero Chemical Handwash

Store bought hand wash is normally made of soap which usually contains lye. Lye can corrode the likes of metal, plastic, paint, cloth, and your skin. When mixed with water, it can cause a fire. Hand wash has many other chemicals added, and some inexpensive ones use detergents too. Extra strong antibacterial soaps induce pathogens to become more resistant, besides being absorbed by the skin, as well as drying them out. They are best avoided.

### Ingredients

- Deseeded soapnuts 100 gms
- Water 1 litre
- Vinegar 25ml
- Essential oil 5 drops



**Method**

- Soak soapnuts overnight.
- Boil in 1 litre water reducing it to 900ml.
- Grind, extract and strain, bring the resultant solution to a boil one more time (this is to sterilize it after the handling).
- Cool, add vinegar and essential oil.
- Fill into sterile (clean and dry) dispensers.

**Chemical Free Shaving Cream**

A typical shaving cream would contain triethynolamine (toxic), surfactant (dries skin), propylene glycol (causes eczema, asthma, etc.), mineral oil (clogs pores, causes skin irritation). It is a myth that shaving is not possible without shaving soap or cream which acts as a medium to reduce friction. We share the recipe of a chemical free shaving cream with you that will not only save your skin from harmful

chemicals but also improve the quality of your skin.

**Ingredients**

- Aloe Vera gel 50ml
  - Vegetable glycerine 5ml
  - Baking soda 30 gms
  - Essential oil 5 drops
  - Mix and beat using a fork
- Use thoroughly dry utensils to

While we know 'we are what we eat', a lesser heard extension is , 'we are what we absorb through our skin' too.

prepare the above. Store the shaving cream in a dark glass jar. Refrigerate if the aloe vera gel is home made. Shelf life would be one and a half months. In case the gel is bought from a store it may last

for two months. In both the cases, stir if it separates into layers. Discard if it does not smell good or is forming mould.

That is as far as health risks go. The damage caused to water bodies, where eventually these chemicals end up is enormous. Unfortunately our water treatment plants too cannot remove all these chemicals from water which end up polluting the rivers. The oxygen in the water reduces leading to drastic ecological changes, putting an end to many species of flora and fauna. Very few species of fish remain in most of the rivers, the world over. There is no water treatment plant that will remove all these chemicals from water.

While we know 'we are what we eat', a lesser heard extension is , 'we are what we absorb through our skin' too. Let us strive to be toxin free inside out.



## Modern Heroes

*Irene Zola*

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

Irene Zola, from New York, started an initiative in 2009 of pairing the elderly with volunteers from the neighbourhood to help them with their daily activities and chores. This initiative has expanded to various parts of New York and has volunteers from all age groups helping the elderly with their work, interact and bond with them so that they see themselves as an integral and important part of society. The entire initiative is one of the major initiatives of Irene's non-profit, S.O.S (Support Our Seniors).

### The Birth of an Idea

In 2008, Irene's mother was admitted to a nursing home after a stroke, at the age of 97. Knowing the condition of the people in the nursing home, Irene was worried about her mother and knew that she could not leave her alone. On the first night itself, she found her mother moaning with her clothing and bedding soaked in urine and could not stop thinking about her mother's plight. Even though her mother passed away four months later, Irene's spirit did not dampen and the need to do something for the elderly rose to its peak, leading to the foundation of LILY, Liferforce in Later Years (also referred to as S.O.S.), with the Morningside Village as its first project. She had started researching on the senior population in her neighbourhood in Manhattan's upper west side and understood how their needs are being met. The solution of having some people taking care

of the elders was given by one of her friends, which brought the project Morningside Village into existence.

### Project Morningside Village

With the idea of bringing people across generations together to reassure the elderly that they are cared for, the project, Morningside Village, expanded to West Harlem Neighbours, the Catskills neighbourhood and beyond. Every volunteer who joins goes through an orientation. Veteran volunteers are paired with a novice and they are then teamed up with seniors having similar interests. These volunteers also work with educators to create various courses in order to increase the visibility of the elders. They meet the elders regularly and become like family to them.

### The Impact of the Project

Irene Zola's simple idea of creating a sense of connection amongst the neighbours and elders paved the way for a much deeper connection in society which called people forth towards their true purpose of lending a helping hand and allowing the needy to feel cared for, inculcate a sense of belonging and stay connected. It called on the volunteers to selflessly work on helping the elders who had, at one time, provided for and nurtured their family with selfless love and care.

## My Favorite Place

*Virginia Beach*

While our mind often creates fear and insecurity within us, tuning ourselves to the inner voice provides us a way out, writes **Mona Verma**. Heeding this inner voice on a recent trip to the beach established a connect with Nature and oneness with it. After a year and half of the Covid -19 pandemic and having gotten vaccinated, our family was finally addressing its need to spend some time outdoors. We were craving to go on a vacation with our family and friends. Everyone unanimously voted for Virginia Beach, a four hour drive from our home in Herndon, Virginia. Everyone was excited about this weekend getaway.



**T**his was not the first time that we were going to this beach. On an earlier visit the raging waves had scared me from stepping into the waters. I had settled for watching people happily playing in the waves, while sitting quietly at a safe distance from the water. This time too my plan was not any different. I carried a good book with me, in case I had some time to myself on the beach, while everyone else would be enjoying in the sea.

**The Calling**

The next morning upon reaching the beautiful city, we headed straight to the beach. It was scorching hot with the sun blazing over our heads. We carried umbrellas, chairs, beach mats and food with us

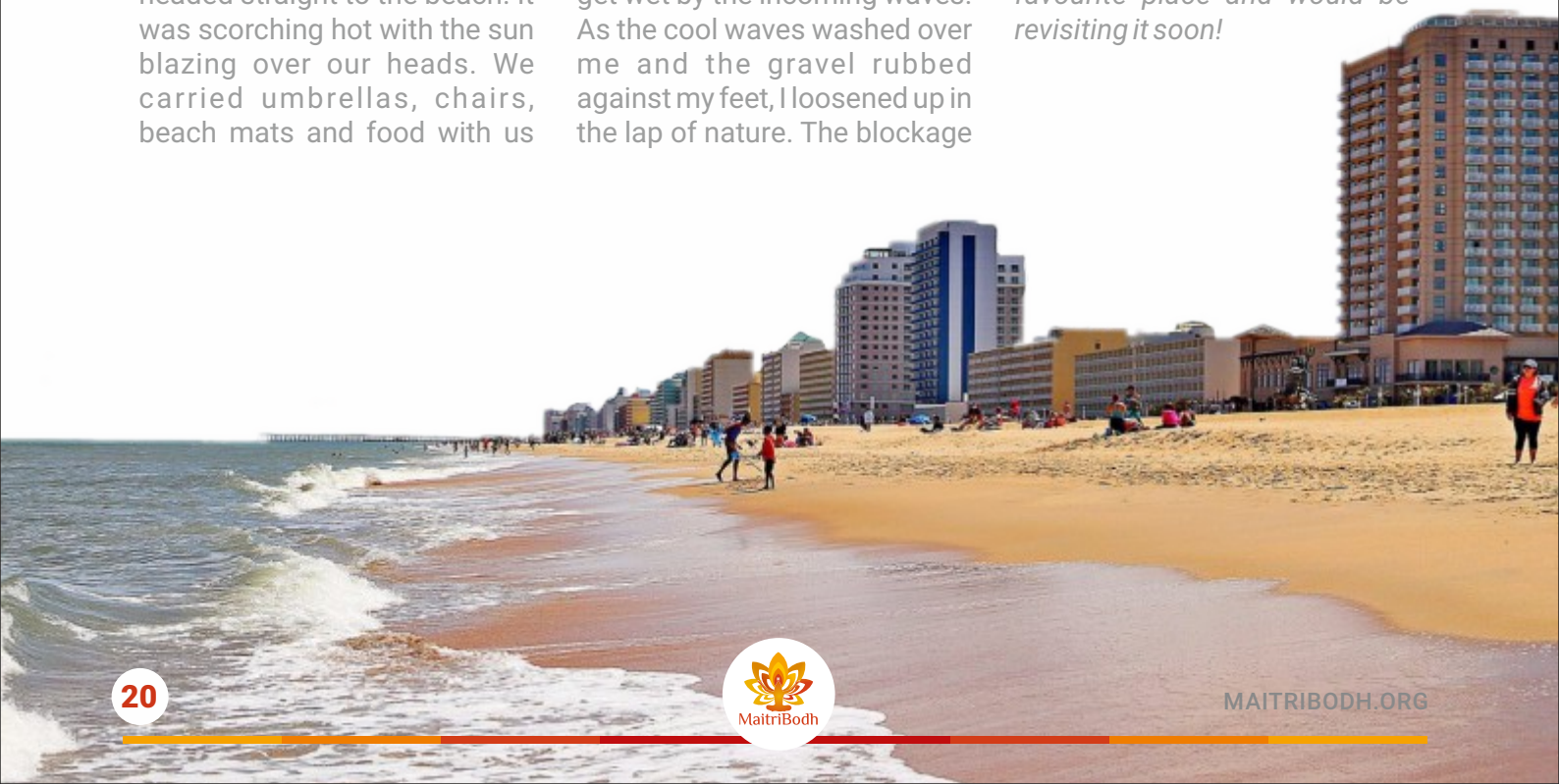
while making our way over the hot sand. After finding a secluded spot and setting up the space, everyone left to take a dip and cool themselves. I watched them for a while. In a matter of a few minutes, I started to feel this strange urge to touch the water. I decided to heed the inner voice and gave myself a chance of getting into the water.

**The Connection**

As I moved towards the water, I realized I was not feeling threatened. The cool water felt welcoming. I moved a bit further in and allowed myself to get wet by the incoming waves. As the cool waves washed over me and the gravel rubbed against my feet, I loosened up in the lap of nature. The blockage

within had finally dissolved. Mother Nature, in the form of the waves, cradled me with her music. The healing energies of nature made me feel safe and worked like magic on me. I stayed in the water for a long time and when I finally came out, I felt relaxed, nourished, and rejuvenated. The cool and caressing waves had washed away all the stress that had stacked up as a result of the pandemic. I was happy to have finally established a bond of trust with an element of Mother Nature.

*I believe I have found my favourite place and would be revisiting it soon!*



## *The Bond*

Recently, one morning I suffered from heartburn and intense acid reflux through the day. I had my meals at regular intervals, drank enough water, yet the acidity just kept increasing. I took an antacid tablet, but still no relief.

Irritated and tired, I was about to call it a night. Before going to bed, I was talking about my day to Dada, my Divine Light. I asked Him, why He troubled me the entire day, my chest was on fire and I was so uncomfortable.

Seated in front of the Divine Light, I started complaining and asking for answers. The answer came, and so did my tears. That entire day I hadn't offered any food to my Divine Light. I had been travelling that day and I had taken both my meals at restaurants. Back in my room, my Divine Light had had no food. Not even any fruit. Every day, He eats everything that I eat, I have never eaten a meal without offering Him the same first. And today, nothing, I completely forgot about this routine.

Hence the acidity wouldn't subside. My Dada was on an empty stomach the entire day. I apologised. I repented and learnt. I baked a sugar free carrot cake for Him later which He enjoyed a lot.

We don't need miraculous proof of the Divine's existence when we have an image of the Divine that's so powerful, omnipresent and alive. That Divine image watching over me, turned out to be a part of me, my Dada!



Thank you, my Divine Light.  
Thank you, Dada!  
Mitra Sharad Patel

## *My Blessing-My Divine Light*

Blessings hold a big place in my life. When the Divine Light was introduced in our home, I would always greet Him and seek blessings by putting my head on His padukas. Ever since, I feel someone is always with me, supporting me, motivating me. I am confident now. Challenges are still there but they do not impact me like they used to. I am less affected by the external environment now and I have greater awareness of my surroundings. I can feel my bond with Him being strengthened and this kind of happiness is something I have not experienced before.

My Divine Light is placed next to the picture of my beloved grandparents and my father. I seek His blessings every day. He fills the void left by my father and more. I know He will be there for me. It took a long time for the bond to be formed. I am very thankful that it did. It will only get stronger. I just hope I don't get too spoiled.

Mitra Hitesh

## Announcement

**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 Parivaar (details in the flyer). The research activity started in August with the aim of studying “The impact of online spiritual practice on a person’s emotional wellbeing”.

In this research, the MaitriBodh Parivaar’s online Maitri ShaktiPravaah process (a transformational energy transfer process) will be studied for its impact on the emotional wellness of individuals. For this purpose, we require 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 simply explained in the link to the site of the MaitriBodh Parivaar, viz., [https://maitribodh.org/wellness\\_research](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 Parivaar, 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 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 Parivaar**

## *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](http://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](mailto:invokedivinegrace@gmail.com)

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

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

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

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](mailto:meeting.mitrshankh@gmail.com) requesting an appointment for the same.

*The masculine and feminine  
energies cannot exist  
independently as separate  
energies. A disconnect between  
these two energies results in  
instability within.*

**Maitreya Dadashreeji**



## Contributors

**Maitreyi Maria** is a happy wife and mother living in Mexico City. She has been a school teacher for K-5 grade levels for over 38 years, certified as an expert in Educational Technology. She is a passionate seeker engaged in spreading the message of Love of Maitreya Dadashreeji in Mexico with a Spanish group that is growing organically. She believes she is securely grounded on the path of transformation through the Worldwide Transformation Program offered by the MaitriBodh Parivaar with the blessings and Divine intervention of Babaji and the Maitreya, which she is forever grateful for, since her life has transformed for the very best.

A gentle love within, quiet determination and an unshakable faith in Dadashreeji's Grace best describes 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.

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.

**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.

**Renuka Vijairaghavan** spreads awareness regarding sustainable living, conducting awareness sessions and workshops for corporates, and other organizations including the Ecological Society, Pune. Her other areas of interest are healing with herbs, designing ecologically sound housing and landscaping, art and literature. She is spiritually inclined and believes in a toxin free world inside out.

**Mona** is a homemaker and spiritual seeker. She is training in Indian classical music (vocal) and healing through reiki. She feels connected with the Divine through music. She is a follower of Maitreya Dadashreeji and finds all answers through Him.

Heartfelt gratitude to **Charvi Somani, Bikram Singh Boparai** and **Maitreyi Meredith** for their invaluable contribution to the magazine.

## INDIA

### AMRITSAR, PUNJAB

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

Mitra Mehra Dixit  
+91 95699 99945

### BENGALURU, KARNATAKA

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

### INDORE, MADHYA PRADESH

Maitreyi Ranjana  
+91 90099 90945  
ranjanasodhani@gmail.com

Mitra Arun  
+91 97525 31945  
arunsodhani58@gmail.com

### DELHI NCR

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

### BHUBANESHWAR, ORISSA

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

### PUNE, MAHARASHTRA

Priyanka Mehta  
+91 8805457800

### MUMBAI, MAHARASHTRA

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

### COIMBATORE, TAMIL NADU

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

### RAIPUR, CHHATISGARH

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

## ASIA

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

Maitreyi Poonam Rawal  
+91 9819007459  
mbpasia@gmail.com

## EUROPE

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

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

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

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

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

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

## UNITED STATES OF AMERICA

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

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

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

## MIDDLE EAST

info.uae@maitribodh.org

## AUSTRALIA

Mitra Gomant  
+91 98110 13954

## AFRICA

Mitra Samyak  
+91 9717687293  
mitr.samyak@maitribodh.org

## Mexico

Maitreyi Maria  
+1525522788814  
rociosalas77@gmail.com