

# MAITRI *Anahita*



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

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Please note that the questions  
asked should be for the  
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# Editorial

Dear Loved Ones,

We are honoured that you chose to embark on the journey of moving closer to experience the Highest through wisdom shared in the articles herein by subscribing to Maitri Anahita.

This month our theme is 'Hope'. Hope is a strong force that keeps our mind aligned with The Divine message that 'there is always a better tomorrow, keep walking ahead.' It infuses us with the strength and clarity to work on our 'today', so that we can enjoy the fruits of joy, positivity and love in our tomorrows. As we journey through this human life, we are bound to experience the ebbs and flows yet amidst it all, there is an undercurrent of Hope, the fuel of Faith and the vehicle of Love that leads us towards inner freedom and the Divine Light. A beautiful reminder is seen in the Bible, in Corinthians chapter 13, verse 13 wherein Paul says "And now these three remain: faith, hope and love. But the greatest of these is love." So while hope and faith provide the inner strength, it is the love in our hearts that carries us home. Maitreya Dadashreeji reminds us always through His wisdom filling us with hope that a harmonious 'one world, one family' will be a reality!

In this issue, under 'Pearls of Wisdom' Maitreya Dadashreeji gives clarity on the aspects involving rebirth.

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.

*May the light within shine bright this festive season!*

With Love & Light,  
Team Maitri Anahita

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### Question

Maitreya Dadashreeji, thinking about human life and death, heaven and hell, a thought which keeps reverberating in the human mind is, does rebirth happen? What do you feel about this?

### Maitreya Dadashreeji

Yes, it happens. In the Universe there is no such thing as a 'no'. There is no system where you will be told 'no' or not be allowed to do something. You will always be told 'yes'. If you want to learn something or grow, then the best planet is our Earth, where you can learn many things in the best possible manner, where you can grow quickly. If you think you want to come down you may do so and take birth here. If you say I want to learn everything in this birth itself and not come back ever, then you won't come back. It's possible that someone only has one birth. Or some can take multiple births. So, for one person there is no rebirth because he has declared that whatever he wants to learn he will do so in one single birth. He will accordingly receive the entire experiences in one single birth. If others say I want to take more births and learn more then they keep coming back by taking multiple births and keep learning. In each birth they meet different people - husband, wife, children.... then they separate and more people come. In the third life, another set of people will come.

Sometimes the same set of people come together in a group – a bunch of people. Say five people have come together and one person dies, then you see that the rest four of the group also die within a short period of time. They all depart together say, within one year or maybe within 1 ½ or 2 years because their learning is complete. So, they come together and leave together. If they want to learn more, they come back. In this way, some might have an individual journey and others might have a group journey. They come together, learn and leave together. So, rebirth definitely exists. You come, learn and go.

Some remember all their births; some don't remember them. But Nature wants that you don't remember your past birth. The reason is that you should do full justice to the birth you are in. If you want to inquire why people give me this kind of trouble today, you close your eyes and go into your previous birth and see what had happened, then you will understand that "I took this from this person in that birth and in this birth I must return it", then the pain will not remain within you. It will dissolve. But this also means that you will never be able to learn in your entire life. You will connect every event which occurs in



your current life, with your past life, resulting that your experience will be incomplete, your learning will be incomplete and your growth will be incomplete.

Nature says that you have gone there as a new person. Experience this as a new person. When you experience this as a new person only then will you understand. As an actor also, if you are playing three different roles. Say, in one you are an inspector, in the second a villain and in the third you portray a brother, but if you take the role of the inspector into the role of the villain, and the villain goes to commit a theft and you catch him saying “no I’m a police inspector”, it would not be right. In the morning you were portraying a police inspector. Now you are supposed to portray a villain then you will not be able to do justice to the role you are playing.

Similarly, if in your previous birth you were a king and in the current one, you are living in a small hut. Here you cannot order people around saying, “*in my previous birth I was a big king, now everyone has to serve me, listen to me.*”

Do you think people will listen to you?

No. You have to remain the actual person who you are today.

Because of this concept of rebirth, many people even try to misuse it. They blame current situations on the past lives, saying “this would have been because of your previous birth”. You should not say this. The previous birth happened and now it’s over. Now what is the reality at this time? You have to see that. You have to remain in this moment.

Who am I?

What is my duty?

We lose focus and regress or move ahead, but don’t remain in this moment. So when you experience the truth then you become calm. You remain in the current moment and do full justice to it. So this is the truth that I have shared with you today.

*Just free yourself from the past!!  
Experience today completely!!  
Everything you do today, do it with love!!*

**Maitreya Dadashreeji**  
**Love and Blessings,**

*(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, midday, and just before you go to sleep. Regular repetition will help in its manifestation.

*Practice and witness the change!*

### Affirmation

♥ "All is well in my life and the world"

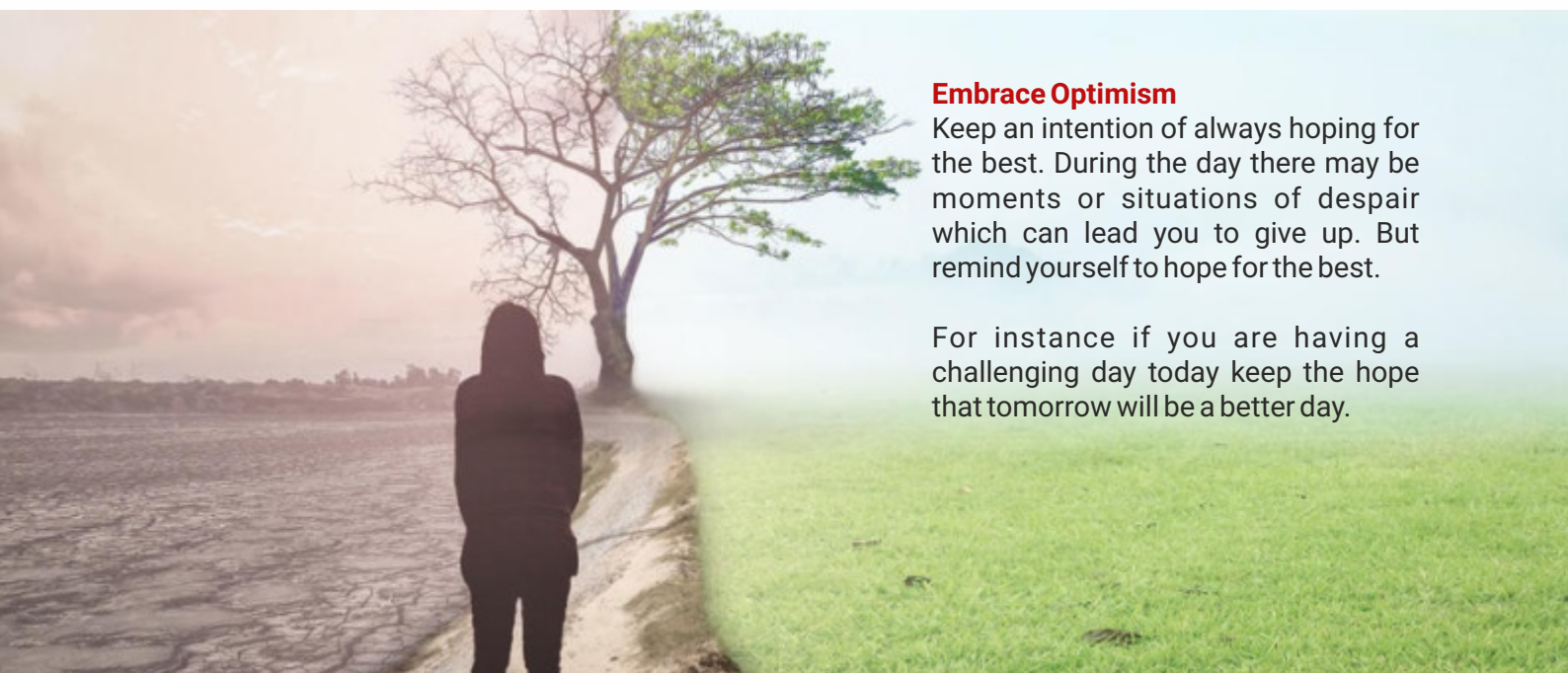


## Practice for the Month

### Embrace Optimism

Keep an intention of always hoping for the best. During the day there may be moments or situations of despair which can lead you to give up. But remind yourself to hope for the best.

For instance if you are having a challenging day today keep the hope that tomorrow will be a better day.



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

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



## Movie of the Month : Pursuit of Happyness



The truth is out there’ – all we need to do is seek! In this space we will be recommending a movie to you each month; we hope it strikes a chord within you, even as you are entertained. Spirituality is fun!

### The Plot

Chris Gardener, a man who makes ends meet by selling bone density scanners, faces hardships when he is unable to sell the scanners to meet his financial needs and consequently, he and his son are evicted from their apartment. Not losing hope in this desperate situation, Chris manages to get an interview at a prestigious brokerage firm but later finds out that it is an unpaid internship. Despite that he accepts the internship offer and works hard competing with his colleagues to get the final job. Battling all the hardships that came his way, he finds his moment of happiness when he finally gets the job.

### Takeaway

Without giving up, Chris continued to fight through his troubles. Even in the darkest of hours, hope was not lost. Defeat is only in losing hope. We draw strength from hope, strong enough to shake off negativity. The hope that Chris had in his mind for a better future gave him the strength to navigate the deep waters and resurface every time the water went over his head. Hope is like a light at the end of a dark tunnel. If you believe in yourself and in the light at the end, you will traverse the dark tunnel with confidence. Cultivate and nurture hope to bring fulfillment in every moment.

## Power of Hope

The below story shares how hope and belief are powerful fuels which propel us forward in the journey of life



As a battle raged between two armies in the middle of a vast forest, one of the armies were outnumbered in terms of numerical strength. However, having conviction in his men, the General of the smaller army decided to launch an attack as he was confident of success in the battle. He called upon his lieutenant to get the soldiers ready for battle. The Lieutenant addressed the soldiers informing them about the plan of attacking the enemy. Though ready for battle, the soldiers were apprehensive about being outnumbered by the enemy. Being aware of this lack of faith on their way to battle, the General told his soldiers to stop at a religious shrine for prayer. After the prayer, the General stood in front of his soldiers with a coin in his hand and said, "With faith in destiny, I will now toss the coin, if its heads, we will win and if its tails we will lose."

Then the General tossed the coin and it landed heads up. This emboldened the soldiers and they went with confidence into the battle. Battling fiercely and executing their plan

**Getting inspired by all the goodness around (which is buried sometimes) and surrounding oneself with positive people, environments which are encouraging evoke joyful experiences thus creating a positive influence on one's being.**

perfectly, the soldiers defeated the larger, opposing army. After the battle, the Lieutenant said to the General "As reflected by the toss of the coin, we were destined to win the battle; no one can change destiny". The

General smiled and showed the Lieutenant the coin, which had heads on both sides.

*Hope acts as an antidote to feelings of desolation. Having belief and hope is bound to lead to positive outcomes in your life. Hope is a magic ingredient that we all need in our lives. Getting inspired by all the goodness around (which is buried sometimes) and surrounding oneself with positive people, environments which are encouraging evoke joyful experiences thus creating a positive influence on one's being. It also helps one understand that there is something greater than oneself which we are dependent upon. You honour the Higher energy/power and realize that in the grand scheme of things you cannot control situations yet hope creates a positive perspective!*



# Hope says, "I last forever!"

Maitreyi Sulata writes of the many-splendored attribute of hope; it forms the basis of existence, the striving for a better tomorrow!

Dear Friends,

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

It so happened that there were four candles conversing with each other; the first one said, "I am peace, but no one seems to experience me" and it went off. The second one said, "I am faith, but nobody today seems to believe in me" and it went off. The third candle said, "I am love, but no nobody seems to feel me" and it went off. The fourth candle heard them all and said, "Let me light all of you again as I am hope and I last forever!"

Each of us has a distinct perspective on hope. Some see it as faith or assurance, for others it is the only chance of survival, the only salvation to the conundrum in life. Hope drives us to live life to the fullest for this magical feeling conveys a sense of reassurance to all. Some may postulate that hope gives false assurance to the self, ignoring the reality of life's many challenges. But while failure is a part of life and the learnings therein, life falls apart for some not because of hope but because of its absence. When one stops being optimistic, hoping for a better future, it is then that the moment of actual failure occurs. *We can thus agree upon the fact that hope is a vital factor of human existence.*

Life is unpredictable, can be hard and quite challenging at times. Things often go beyond our control. Yet hope gives us the courage and the faith of tackling life's challenges and making a better life for ourselves.

**Hope is optimism.** Hope reminds that tomorrow will be better than today. When we are hopeful about anything, we are thinking positively that the sorrow and difficulty of the current moment will end soon. Hope helps us stay positive. Our state of mind affects our actions; if our mind feels the conviction to stay strong on a path, the positivity therein will result in the most optimal action for our well-being.

**Hope gives power.** It generates an energy around us which protects us from the negative at all times. Thereby; hope will always be the essence of life.

**Hope ignites faith.** Hope and faith are best friends. We start to truly believe good will happen. The intensity of this feeling can change our present and the future. Faith in the positive and goodness of life, once established in our consciousness can lead to great outcomes. Faith does not make us sit idle with the thought that we will be taken care of but it provides strength to give our best in whatever situation we are in, thus resulting into positive outcomes.

Remaining connected with Divinity opens us up to receiving guidance at critical times showing us a way out, renewing faith and hope that not only make the mountains move but also bring one out of the darkest of situations.

**Hope bestows courage.** When situations in life are not as per what one wants or hopes for, and when one goes through rough patches in life, then one feels handicapped internally and we suffer. At such times it is hope that keeps one going and gives us the courage to face the challenging situation.

**Hope breeds hope.** Our hope helps keep another's hope alive. When we remain hopeful, we see that we are constantly motivating others to stay hopeful as well. Being a positive influence on the world around us inspires and motivates people to stay hopeful of their goals. They realize that things may not be as bad as they might appear. It helps others to keep up their actions and stay constant to their dreams. Each one of us has the capacity to influence the other and stay hopeful.

Maitreya Dadashreeji says that one needs to boldly go through whatever the situation we find ourselves in. One day it will pass. When one faces difficult times, one learns and grows, to become a better person. So, one must not lose hope. Hope is like a light, at the end of a dark tunnel lighting a

path for us to follow. One must remember that the Divine is always with us in our journey of life. Remaining connected with Divinity opens us up to receiving guidance at critical times showing us a way out, renewing for faith and hope for a better tomorrow. It is hope that makes the mountains move and will bring one out of the darkest of situations.

*"No matter what situation you go through; Hope is the mobilizing factor for the internally handicapped ones. Hope keeps you driving through the critical path of life. It is Hope that keeps you alive."*

*-Maitreya Dadashreeji*

The capacity to hope is an indispensable human quality, even in times of crisis, when confidence and trust seem to have broken, hope sustains us through the toughest of times,

Let us pray today that Humanity is always helpful and hopeful towards one another. We never know how our one hopeful thought; word or action may change someone else's life!

*May our everlasting candle of hope, illuminate all our other candles of life forever!*

Beloved Maitreya,  
May your compassionate, loving Grace,  
Bless the Human race,  
Awakening, strengthening and nurturing the virtue of  
everlasting hope and faith!



## Hanukkah

Hanukkah, the 'Festival of Lights', has more to it than just latkes and menorahs, it is maintaining and celebrating the eternal flame of Hope — say co-authors **Sharon** and **Maitreyi Meredith**



**H**anukkah is an eight-day festival in the Jewish tradition that focuses on the importance of maintaining belief even during the most difficult of times. Hanukkah is symbolized with lit candles or oil in a menorah (a sacred vessel made of gold described in detail in the Old Testament). The steady flames represent the Divine Light, as well as the eternal Light in the human heart.

### The Story and Miracle of Light

Around 200 B.C., when the Seleucid (Syrian and Greek) army took control of the land of Judea/Israel, they enforced Greek culture under penalty of death. This was the strongest army in existence at the time, and the Jewish people, traditionally scholars rather than men of war, had no chance of standing up for themselves. With their holy temple desecrated, the Jews were not allowed to practice their traditions and were forced to assimilate into the Hellenic culture. Although many Jews gave in to the demands of the conquerors, believing they had no chance of fighting back, one man declared that he would not give in: a priest named Mattathias declared, after killing a Greek soldier in public with his sword, "If you are for the Lord, follow me!" Along with his five sons he then fled to the hills of Judea and began the Maccabean Revolt, which ended miraculously with the defeat and departure of the huge invading army. The defeat of the Hellenic army by a tiny band of Jews is the first miracle of Hanukkah.

The second miracle of Hanukkah is perhaps better known. The word Hanukkah means

'dedication'. Judah the Maccabee, one of the sons of Mattathias, instructed his followers to re-dedicate the Second temple and light the Menorah after they recovered it from the Greek army. There was only enough sanctified olive oil to keep the flame burning for one day; however, the flame continued to burn for eight nights, until more oil could be brought to the temple. Therefore, Hanukkah is a holiday celebrating two miracles, viz., a handful of Jewish rebels defeating the mightiest army of the time, and, the flame of the menorah burning for eight nights despite having oil sufficient for only a single night's burning.

### Observance and Customs

Hanukkah it is celebrated in the darkest part of the year from late November through late December, in the month of Kislev based on the lunar calendar. It is fitting to have a festival of hope and celebration during the darkest and coldest point of the year, to inspire and bring hope to the devotees. Hanukkah reminds us to see hope even in the most difficult of times. Menorahs are lit accompanied by prayers and singing afterward. The Menorah has nine candles, eight to represent the days the oil lasted, and the ninth or shamash (attendant) to light the other candles. A candle is lit every night over the period of eight nights. Olive oil is used to cook food to as a reminder of the miracle of the oil. Depending on the region, the food may consist of potato latkes (pancakes, in Eastern Europe) or jelly filled doughnuts called sufgaynya (in Israel). There is a tradition of giving 'gelt', which is Yiddish for money. This custom consisted of a gift of



gold/ silver coins to children who were studying the Torah; nowadays, children receive foil-wrapped chocolate coins. Children also play with Dreidels, four sided spinning tops with a pointed base.

### Deeper Significance of the Celebrations

The idea of Light as a manifestation of faith and hope is seen in many spiritual traditions, from the Star of Bethlehem in Christianity to the lamp in a mosque, a symbol of Divine Light within Islam. In Hinduism, the diya (lamp) signifies purity, goodness, good luck and power. During this time of the year, the Celts celebrate 'Samhein' wherein the Druid priests light bonfires and offer prayers in the hope that the needs of everyone will be fulfilled by the Divine. Blessing prayers for a safe winter and continued fruitful life are chanted over each

member of every household. Thanksgiving is celebrated each year as the acknowledgement and the gratitude for the Divine blessings as the farmers reap the blessed harvest; for it is with immense hope that the farmers sow the seeds for a bountiful harvest. The festival of Diwali is also celebrated in India by lighting lamps to commemorate the victory of light (good) over darkness (evil).

**Darkness and evil are unable to exist in the presence of Light.**

Darkness and evil are unable to exist in the presence of Light. Often in difficult times the mind tells us to give up. The story of Hanukkah shows us that reality is more than what you see for the Divine can intervene even in the darkest of situations. May

the celebration of Hanukkah remind us that when we keep the light of faith and hope in our hearts alive, the Divine light surrounds and protect us.



## Puffed Rice Balls or Nutribars

The humble rice can be turned into a yummy snack, with minimal effort!



### Ingredients

3 cups rice puffs (murmura)

1 cup jaggery, grated

4 tbsps water

1 tsp cardamom powder

1/3 cup chopped almonds (optional)

1/3 cup chopped pistachio (optional)

### Method

- Dry roast the puffed rice in a pan till crisp
- In a pan, add jaggery and water, mix till dissolved. Let simmer; cook till it reaches a two-thread consistency
- Add cardamom powder into the melted jaggery and mix well
- Now add almonds, pistachios and the puffed rice and mix well
- Turn off the flame. Allow it to cool for a minute but not more than that
- Wet your hands, take a handful of the mixture and shape into a ball or into a bar. Repeat with the rest of the mixture
- Make balls of desired size and allow them to cool so that they harden
- Store the prepared balls in an air tight container

*Enjoy these healthy and nutritious snack bars!*



## Foot Massage (Padabhyanga)

Feet may be the furthest from our eyes and mind but they are a vital support system in more ways than one. **Sreelatha** suggests turning to Ayurveda to pamper our feet and maintain them in good working order



**A**yurveda holds great potential in treating disease and promoting health through daily regimens, seasonal regimens and special detoxification techniques. Foot massage (known as Padabhyanga in Sanskrit) is one such therapy which promotes health and treats disease. 'Pada' means foot and 'abhyanga' means massage. So 'padabhyanga' means massaging the foot.

Feet are a vital part of our body. They carry our body weight and help in locomotion. It is best administered by another though it can be self-administered too, though with limited effect.

### When can it be done?

It can be done daily, at any time of the day, preferably before sleep.

### Oils/ghee used for Padabhyanga

- Sesame oil
- Castor oil
- Cow ghee
- Coconut oil
- Medicated oils are used according to the condition

### Quantity

Varies between 30-50 ml, depending on the preference of each individual.

### Technique

- Apply lukewarm oil/ghee to feet, ankle joint and legs

- Massage in circular motion around the joints and in vertical motion on other parts
- Duration should be about fifteen minutes
- If it is done just before retiring to bed, you need not wash off the oil but in case of an uncomfortable feeling (stickiness) you can wash your feet with warm water

### Benefits of Foot Massage

- It reduces roughness, stiffness, dryness, tiredness, numbness and tingling sensation of the foot
- Helps in improving and maintaining good eyesight
- Relieves physical and mental tension. Calms the mind and acts as stress reliever
- Cures and prevents cracked heel
- Improves blood circulation
- Relieves foot pain
- Promotes sleep and cures insomnia
- Removes anxiety, depression
- Cures headache

A foot massage should be avoided if the recipient has a fever, cold, trauma to foot, or any skin disease in the foot.

After a tiring and hectic day, a foot massage will surely relieve stress and rejuvenate your system.



## Grooming sans Chemicals!

Eyes, they say, are a window to the soul! It follows that we should take the best possible care of this precious gift. **Renuka Vijairaghavan** suggests staying away from commercially available eye-liners and instead suggests a natural, homemade eye-kohl to brighten the eyes!

With the festival season upon us, we would be paying special attention to our grooming. Whilst there are a wide range of cosmetics available, we have to choose with great care as most products are laden with chemicals. It is important to check the labels for composition because 'green-washing' is common. Masking chemicals are used to give the garb of "natural" to cosmetic products. It would be ideal if we could make cosmetic products ourselves with pure ingredients. Kohl is one such product and is easy to make and use. The item sold commercially may contain antifreeze and brake fluid for a long shelf life! The shelf life of this product is long, but as abundant precaution, small quantities may be taken out for use, as it can get contaminated through the brush/finger used to apply it.

### Ingredients (by volume at room temperature)

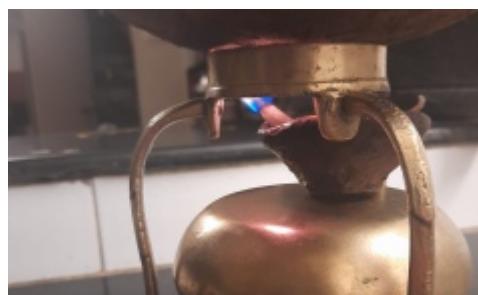
- Beeswax ¼ part
- Kokum butter {garcinia indica}, or cocoa butter or shea butter ¾ part
- Almond oil 4 parts
- Vitamin E, 1 capsule for every half tsp. of product
- Lavender essential oil (if we wish to increase shelf life). One drop for every ¼ tsp product
- Sesame oil
- Eclipta prostrata (Bhringraj) powder, a pinch
- Cotton wool for wick

### Procedure

Form a thick wick after spreading Eclipta prostrata (bhringraj) powder on the cotton wool.



Light an earthen lamp, placing an earthen container strategically to receive the soot.



Scrape the container to collect the soot in a zip lock pouch and smoothen with fingers so that the soot does not form lumps.

Heat beeswax in a double boiler, add butter and oil. Add the soot in small measures and mix, add essential oil and Vitamin E. When the mixture reaches room temperature, check consistency and add a small amount of kaolin clay to give it consistency.

Spirulina can be used instead of soot for a green eyeliner.

#### **How to apply**

Check consistency with a brush. Take a very small quantity and apply with a brush. With

some experimenting arrive at the right consistency for your requirement. It can also be applied on the waterline using fingers. This preparation is like a spa for our eyes. Beeswax locks moisture and firms up the skin giving it body. The other ingredients soothe our skin while eclipta prostata cools the eyes and wards off eye conditions.

This can be a fun family activity. Enjoy getting ready for the upcoming festival season!

## Modern Heroes

*Jojo Fernandez*

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 the journey of one such hero with you

A passionate and committed wildlife enthusiast, Jojo is actively involved in wildlife rehabilitation. In this exclusive interview with Maitri Anahita, she provides insights into the rehabilitation drive through her voluntary service to man's furry friends! She runs a free NGO called Jojo's Nut House Wildlife Rehabilitation Center in the Iowa, US. Jojo rescues all sorts of animals from hawks to raccoons; saves baby animals, rehabilitates them and then safely releases them into the wild when they are strong and healthy enough to survive in the wild on their own. Many a times if an animal is very sick or injured she helps make them comfortable in their last days. It is a labour of love. She also educates people on how to care for wildlife and avoid harming it.

### Could you tell us about how Jojo's Nut House began?

I have been rescuing wildlife since I was three years old, the first rescue being an injured crow. I have been drawn to animals since I was a little girl, they have been my saving grace. My heart would break as I saw them struggle to adapt to a shrinking habitat. So, deciding that enough was enough I obtained a license to rehabilitate wildlife and started my own nonprofit organization to rehabilitate wildlife. I pay for everything out of my own pocket, and with whatever donations we happen to receive.

**You mention that you are against trapping and relocating of wildlife that might have strayed into urban areas. Could you explain to our readers why trapping and relocating have a negative impact on animal life?**

*There are reasons why we don't trap and relocate wildlife.*

- Trapping creates orphans by taking a mother animal away from her dependent offspring
- Wild animals will do anything to escape the

confinement of a trap, often causing serious self-injury and sometimes death

- Relocating wildlife away from their known food sources and shelter causes stress and starvation
- Studies have shown that trapped animals can die of stress related causes even days after being released
- Dumping wildlife into the territory of another animal can lead to vicious territorial fights over food and shelter
- Transferring a sick animal into a population of healthy animals spreads infectious diseases
- Exposure to adverse weather conditions and inconsistent monitoring of the traps while confined can have serious consequences for the trapped animal

**How is rehabilitation different from trapping and relocating wildlife?**

Rehabilitating wildlife is different from trapping and relocating in that the animals that come in for rehabilitation usually have some type of illness or injury and need help to survive. Trapping and relocating is just an easy way to get rid of a



## Modern Heroes

problem and make it somebody else's. Those animals don't need rehabilitation, they need a natural deterrent to get them to move on peacefully.

### Do you think wildlife can coexist with man's ever expanding drive towards urbanisation?

I do believe that man and wildlife can coexist but it's going to take serious effort on man's part. You can't take away animals' habitat and expect them to figure out their habitat wherever they're at eventually. There are ways that we can peacefully coexist but it takes money and it takes a lot of planning, patience, and understanding. Unfortunately, most wildlife is considered a nuisance to people, so it's easier just to get rid of the problem than to solve it.

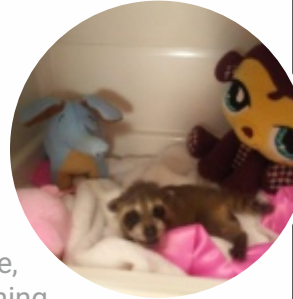
### How critical is support from the local community in preserving wildlife?

We need to involve our communities with preserving wildlife, and educating them in ways that we can live peacefully alongside wildlife. We need their support financially as well because

there is no compensation from the state for wildlife rehabilitation. The state doesn't pay wildlife rehabilitators one dime. I pay in full for vet bills, food, caging, medicine, enrichment toys, and a lot of cleaning supplies.

### How can local initiative be made sustainable over the long run?

Sustainable forest management must include a way to meet societal needs for forest resources without compromising the availability of these for future generations. In addition to protecting natural resources, wildlife conservation requires social and economic resources. Wildlife conservation requires concerted and coordinated effort across these parameters. Animals need a voice, we must be that voice.



# Carter Road



**Maitreyi Sanaya Kant** writes of her abiding love for Carter's Road in Mumbai; for her, the life of Carter's is the endless stream of visitors thronging this beautiful promenade with hopes and dreams of a better tomorrow

Among the many interesting places in Mumbai, my favorite would be Carter Road, a popular promenade in the suburbs of Mumbai city, India. Fondly called Carter's by the locals, this place holds a special place in my heart because it has been an integral part of my journey of growth as an individual.

From evening strolls with my mother when I was a curious

kid, to carefree and fun group studies with my college besties, to the beginning and ending of personal partnerships, this promenade has grown, evolved and is constantly transforming with me. This is my sanctuary, a place of hope. I've been frequenting Carter's for over two decades now and despite the facelifts it welcomes me just like a timeless bookstore where I get to read people instead of books.

### Storyline

This promenade has its picturesque sunsets and well-maintained stretch of greenery but Carter's is one such lovely place that comes alive because of its vibrant visitors. I have spent many sunny afternoons and breezy evenings observing people and their interesting activities. This place is an embodiment of hope not just for me but for everyone. Fishermen disentangling their

fishing nets in the hope of getting a good catch, fitness conscious individuals running several laps in the hope of staying healthy and fit. An old man playing a lazy tune with his harmonica, kids wading their way through the crowd, ice creams in hand. Every individual unknowingly contributes to the essence and sheer beauty of this place.

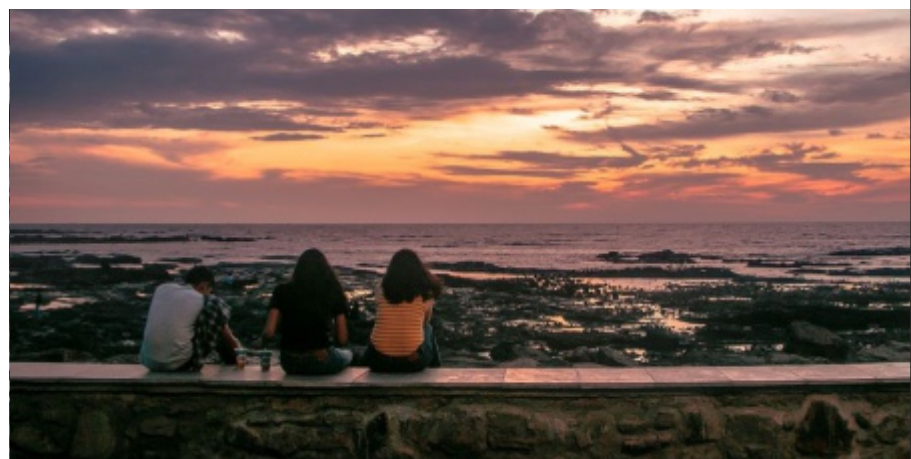
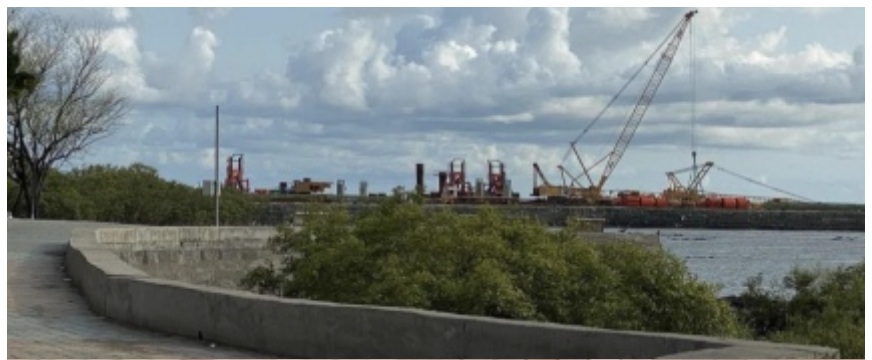
### The Insight

Carter's continues to give me the experience of hope and

moments of calm to contemplate on those very experiences. It is said that a writer finds inspiration for a story in the stillness and calmness of their surroundings, however for me, the next protagonist of my story is somewhere amidst the crowd of interestingly unique people on that busy promenade.

Carter's has something for everyone. It's charm goes beyond the crashing waves or

purple painted sky, or the tempting aromas emanating from the food stalls lined along the promenade. What makes Carter's stand out are its visitors, who are a constant reminder that you aren't the only main character that exists here. Every individual is a main character, living their own story, with chapters of hope, challenges and achievements waiting to unfold for them in this beautiful book called, life.





## Divine Guidance

One of my friends, a working single mother, had been going through a prolonged challenging time. She called me one day and expressed that she was overwhelmed and completely confused on how to handle the challenges she was facing. There were multiple questions in her mind with no ready answers. I had earlier shared information with her on the Bodh series of programs and encouraged her to attend Bodh 1; while she did attend that she chose not to take it further by practicing any meditation or teachings of the Parivaar.

During that call, when she expressed her devastation and the helplessness of her struggle, I suggested sitting in front of the Divine Light, lighting a candle and chanting Dadashreeji Mantra three times to express her concerns to the Divine Light, asking for help and guidance. She responded incredulously suggesting that I must be crazy to suggest speaking with a 'photo'. Knowing that her religious background precluded belief in idols or photos of deities, I urged her not to apply logic here and suggested communicating with the Divine Light just once and then assess if she wished to do it regularly.

She responded, "I don't have time to memorize the mantra."

I said, "I will email the mantra with a YouTube link, you may play the mantra instead of chanting it. Just have an open heart while doing this process. I will also send you the Divine Light image." The phone call ended with this and I sent her the link and the image of the Divine Light immediately.

Two days later she called me and said, "Dada spoke to me and answered all my questions. Thank you so much for recommending this." I checked on her a few days later and she said she was communicating with Dada (Divine Light) regularly.

*Thank you Dadashreeji!  
Kisma*

## Blessing of Grace!

Dadashreeji sharanam.

I would like to share my experience regarding my grandson Niloy who is 2.5 years old. A few weeks back Niloy was unwell. He was having seizures and high fever and had to be rushed to the hospital. Both his parents were worried sick. I had my faith in Maitreya Dadashreeji and thought of giving Maitri Light to Niloy. I took Niloy's parents' consent and requested a Mitra to give Maitri Light to Niloy. After the Maitri Light was given and I was lying down in bed, I had a vision. I saw Maitreya Dadashreeji in a white doctor's coat, standing by Niloy's side, blessing him with his Grace. He then blessed both the parents assuring them of Niloy's good health. He then took Niloy in his arms and treated him like a saintly doctor. This whole vision was an amazing experience. My belief in Dadashreeji's Divine Grace has strengthened more than ever and I now know for sure that He comes to our rescue when we remember and seek His help in complete faith, He always protects us and blesses us.

My little grandson is once again hale & hearty and we all truly and sincerely express our gratitude to Maitreya Dadashreeji for His Grace.

Anita Mehra

## 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](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.

*No hope is no life. Hope gives  
you a direction, a reason to  
live, a foundation to build,  
fuel for success and a purpose  
to fulfill.*

*Maitreya Dadashreeji*



## Contributors

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.

**Sharon Eisner** was raised in the Jewish faith. After achieving a Masters in Interpersonal Communication University of North Carolina at Chapel Hill, she taught in the Middle East for six years. She currently teaches Communication courses in Durham. Sharon is also an Interpersonal and Presentation Coach and believes in living a life of compassion, and in shining our unique lights brightly in this world.

Growing up **Maitreyi Meredith** loved seeing the unity and connection in all religious traditions to one truth: Love and has longed to help others. Meredith has experienced Maitreya Dadashreeji as 'Love' and felt her life complete in that moment. She is a student and seeker of truth, simplicity, love and is passionate to help Mother Earth. She has a degree in Dramatic Arts and was professionally trained as an actress, director, and in some dramaturgy. She has a doctorate in physical therapy and currently works as a physical therapist and teaches yoga.

**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.

**Maitreyi Sanaya Kant**, a script writer, author and nature enthusiast is always out trying new things in life when she isn't occupied in pampering her adorable pets and binge watching Anime. Striving to live by Maitreya Dadashreeji's teachings, she believes in giving back to society and fulfilling her life's purpose.

Heartfelt Gratitude to **Charvi Somani, Bikram Singh Boparai, Mitra Philip Zemke** and **Maitreyi Cecilia** for their invaluable contribution to the magazine.

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