

SOUND OF THE HEART

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articles
stories
poems
spiritual questions
to anahita@maitribodh.org
and
experiences
to 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

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 Ones,

"No matter how hard the past is, you can always begin again" – Gautam The Buddha

Wish you happy new beginnings. The past two years of the pandemic have made us more resilient. Today, the world needs a resolve to be more mindful and conscious of our choices. We need to remind ourselves that our existence on this planet is ephemeral. Let us embrace the eternal by going within and connecting with ourselves; finding our true purpose and making our life meaningful. As we move closer to the Divine Age and establishment of One World, One Truth and One Family it is imperative that we grow collectively as evolved spiritual beings. The coming times will demand the best of humanity and this can only be achieved when we say 'Yes' to Transformation. The need of the hour is to go with the flow without resisting and judging, for we all are interconnected and fellow travellers in this journey of Transformation. As spiritual beings we are powered from the same infinite source, there is nothing that we cannot achieve. So let us remind ourselves of our true nature, connect with the Core to experience and benefit the New Divine Age!

In this issue, under 'Pearls of Wisdom' Maitreya Dadashreeji shares the three R's that will take us ahead on this road of Transformation.

Inside, read more and enrich yourselves as we introduce two more columns My Work & I and Tales of Transformation 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.

We wish you a Happy Divine New Year!!

With Love & Light,
Team Maitri Anahita

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Namaste.

Love and blessings for everyone!

I'm very happy to see that many of you have shown interest towards 'Transformation for Humanity'. People have started thinking about transformation, especially after 2020. I'm not saying that this is just because of the pandemic; but the overall mindset has started to change. People realized the value of human life. Their focus slowly shifted from wealth, power, name - towards emotional and mental wellbeing and their physical health. This is not because of any other situation or challenges that we all faced; rather our planet wants this to happen. Our planet wants you to value your life and move towards this profound transformation. And gradually, all of you are going to move towards it. There might be many reasons for it, but towards the end, all of you are going to experience this transformation. So, I'm personally thanking all of you. Every day keep doing something for your transformation. Wherever you are, at home, in your office or anything that you are doing, transformation is what everyone needs. So, be aware of this and just keep flowing ahead. I'm there with you. The MaitriBodh Parivaar is there with you. The Divine Team is there with you.

We'll witness more peaceful, more happy and blissful days for the planet. The coming time is going to demand a better, stronger character, an evolved being. If you want to be a part of this and contribute towards this shift more efficiently, then you need to think about a few things. The transformation is not only about you. This transformation is for humanity. This transformation is for the planet. So, when you understand the value, the importance of your inner state, you automatically start helping others, guiding others, showing them the path ahead, sharing love, sharing happiness with people. And this will happen automatically with all of you.

Today let me take this opportunity again to share a very important thing with all of you, that very soon we are going to inaugurate New Divine Age. We are very close to it. Things are happening in such a way that you are getting prepared to be a part of that big shift, a part of that New World, New Age. So, we do not want you to resist anything internally. If you are witnessing any change, let it happen. Don't oppose it. Don't struggle with it. Just flow with it. Everything is happening for a good reason and the reason is - your transformation. So, just know this truth and keep flowing ahead. The future is going to demand a lot of things from you. So, today we will share three very important things that you can do from your side as an individual:

a) Right Routine: The future is saying that it will admit only those people who are physically, mentally, emotionally and spiritually fit. Routine means whatever you do every day, if there is anything that you are not happy with, something which is unhealthy, which is unwanted; please change it. Right Routine includes your diet, quality of sleep, regular exercise; all very basic things. Improve your diet, have proper sleep and every day do some exercise or yog. You may add listening to music, meditation or going out for a trip. If you just work on your schedule, you are unknowingly, laying a solid foundation for your spiritual growth, for your spiritual fitness. When you do these small things, you are preparing yourself for the future. Simple things can make a huge difference in your life. You will get to see yourself in a different form. You will see yourself as a very capable, influential person. You will be able to see what you have not seen till today. Those thoughts that exist within you which are very influential, positive thoughts, will all come out if you follow a Right Routine.

b) Relationships: Your relationships impact your physical, mental and spiritual body. Many a times people don't realise this. They are not aware that they lack that harmony in their bond with people and it affects all aspects of their life. No matter how many spiritual books you read, earn spiritual titles or practice meditation for hours, at the end, you will still find yourself stuck in life. Like something is not moving forward. You'll feel stagnant somewhere that something is lacking. That energy which will drive you to achieve your dream, the purpose of your life is missing. You have everything ready with you but if you just dig deep into it, delve into it and see what it is that is missing, then you might see that relationships are not that good. It's unhealthy. The nature of relationships is very important. When we have a relationship with someone, there shouldn't be any walls in between, no blocks. All of you need to assess this - is there a wall between you and your person? A block? Is something bothering you? Maybe you're not conscious about it, not fully aware, but see it again and start correcting it. If anything is bothering you internally, if anything is disturbing your peace, then you need to treat it. Do you experience freedom with your person? Internal freedom? When you want to share, when you want to express, are you able to do it fully? So, think on this because the coming time will actually focus on relationships. So, there you need to heal, correct it and move forward. That's what is expected from all of you.

If you are aware, then it's good for you. If you're not aware then you'll have to wait for some situations to go bad or become worse and then you come back to this moment and say, "Oh I think my relationship was not right. I need to correct it." So, whenever you get time, please go within and see, "Is there anything that is missing? How is my relationship with people?" It's not always about yelling at each other. It's about what you are carrying within. Feelings that you have, maybe you're not expressing them but they're there. Go within, talk to yourself and find the answer or ask your Divine Light, ask your Inner Friend, "Are all my relationships okay, perfect, healthy?" And you will get an answer, immediately there and then itself. It is very important that you address this for the coming time. It's very easy. We will support you and it will just melt away. Everything, whatever you see as a block or any obstacle, any hindrance, we will remove it. And best way (if you don't want to wait for it), the best thing which you can immediately do to heal your relationship, is to express. Go and talk to that person - Express your emotions. Let your emotions come out, and let that person hear what you are going through, what you are feeling. Don't complain, but express. People normally get into situations and past stories, "that happened and this happened". Don't get into any such events or situations. Just express your emotions, what you felt. Just do this and at that moment itself you will see the shift. You'll experience a healing, positive shift within you. It will start healing your relationship. We all are there. It's not about that person. It's about your growth. It's about your transformation.

c) **'Realise the Self'**: Are you aware how you perceive yourself? Is it good or bad? Or do you have both within you? Do you know how your mind is? We know everything about people but we don't know about ourselves. And it's very essential that you address this. "What is there within me?" I'm not getting into the questions- "Who am I? Where did I come from? Is there a Creator?" Just knowing yourself. Realising the self. Nothing more is required. And it's not at all difficult but again I would say, the coming time is demanding 'True Self'. And what you have is the false one which is engaged all the time with material stories. "He or she or they... I want this, I want that." But this "I", we don't know. How is this?

Wherever you are, you need to try to know yourself. 'Realise the Self'. You just need to close your eyes and watch what's happening. I'm saying 'watch what's happening'. You don't have to actively change anything. Transformation is about that big change, big shift but when you're doing this exercise here you are not trying to change anything. You are only watching. Only observing. "What's there within me?" Just by closing your eyes and letting things flow. It's like sitting on the banks of a river and watching the water, the way it flows. You are not making that river flow; it's flowing naturally, automatically. Just sitting and watching whatever is happening. You're not judging good or bad, but letting it be as it is. You just have to close your eyes and sit. Staying neutral you have to observe, the water is flowing, thoughts are flowing, some images are flowing. Some stories are there, they are flowing as well.

You need to do this every day for 5, 10 or 15 minutes and then forget about it. Just do this every day but without any guilt. With no pain, no struggle, no resistance. Freely, happily, peacefully watching everything. Just being there and observing it. And we will help you for that. With regular practice, you will see your fake identity disintegrating and True Self emerging powerfully and you become again what you were truly, where you feel connected with everything, all around you. There is no separation between you, people, God, friends, nature. Everything is a part of you. That's where you don't take or harm but you give, love and protect. That's how your state would be.

The purpose of our work, MaitriBodh Parivaar's work is only and only transformation and nothing else. You have a role to play in it. So, get ready for your contribution towards the transformation of humanity, to change the course of human life. Open your eyes, I'm referring to the inner eye; just open your inner eye. Be aware, experience transformation and help others experience the same. Your transformation is not limited to you but is for everyone. And for that, all of us at the MaitriBodh Parivaar, continue to work relentlessly. All our programmes and events are aimed only and only towards transformation. In our free Worldwide Transformation Program, that's going on, you are taught how to meditate. The basics of meditation will help you meditate more efficiently. Hence, keep utilising it. And if you do this (above) practice every day, gradually you will see that awakening within, that transformation within. So, I would say again to all of you - get ready as one family, as one team, as members of this planet.

*Be love and share love.
Become love and share love with everyone.
Very soon we all will experience that golden day for which we have been waiting.
The Divine Light will guide you further.*

**Love and Blessings,
Maitreya Dadashreeji**

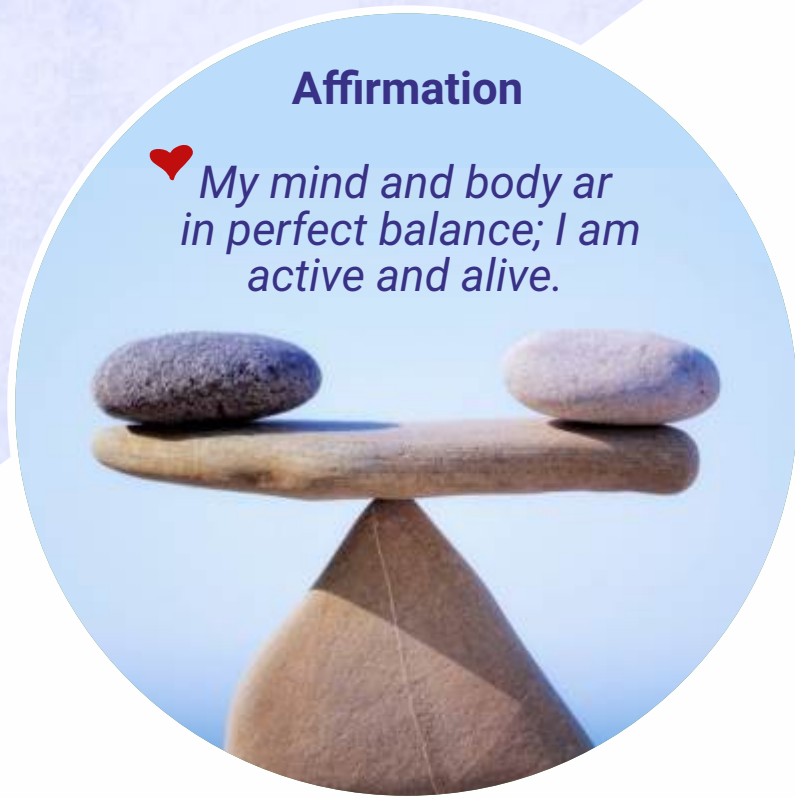
Affirmation for the Month

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

♥ *My mind and body are in perfect balance; I am active and alive.*



Practice for the Month

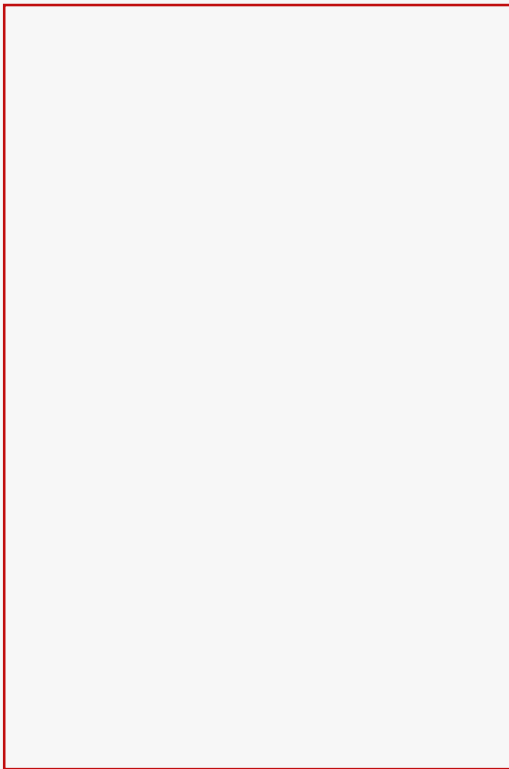
Music for the Soul

“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.

We share below the link to a soulful track and divine chant:
https://www.youtube.com/watch?v=3fT9k-bS_C0
Enjoy!!



Movie of the Month : Swades: We the people



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!

Takeaway



The Silence of Love

Once a saint went to a river with his disciples to take a bath. They found a group of family members on the bank, shouting in anger at each other. He turned to his disciples, smiled, and asked, 'Why do people shout in anger at each other?'

The disciples thought about the question. One of them said, "We do that when we lose our calm." "But, why would you shout when the other person is just next to you? You may as well speak to the person in a soft manner," said the saint.

Again, the disciples attempted to provide the best possible answers but none satisfied the saint.

Finally, the saint explained, 'When two people are angry at each other, their hearts drift apart, creating distance between them. To cover that distance, they must shout to be able to hear each other'.

"The angrier they are, the greater the distance and the louder they will have to shout to hear each other".

The angrier they are, the greater the distance and the louder they will have to shout to hear each other

"What happens when two people fall in love? They talk softly, because their hearts are very close. The distance between them is either non-existent or very small."

The saint continued, "What happens when their love grows. They do not speak, only whisper. And eventually, they don't even need to whisper. They only look at each other and understand each other. That is how close

two people are when they love each other."

"So when you argue, do not let your hearts get distant. Disagree, if you must, however, choose your words and tone that express your opinion with respect for the other person. Else, there will come a day when the distance is so great that you will not find the path to return."

A relationship that lacks harmony harbours blocks, and that affect one's spiritual growth. Differences should be expressed and resolved with due respect to the other. Expressing one's emotions helps one heal and bring about a positive shift within. It also helps heal the relationship. Dadashreeji says, "Your relationships impact your physical, mental, and spiritual body." Let's resolve to become aware and unburden ourselves of the unwanted feelings that we are carrying and move ahead on the path to Transformation!

Kissed by 'Love' and hugged by 'Grace'!

Witnessing a miracle of Creation at her home, **Maitreyi Sulata** shares the joyous experience of life being born amidst the chaos of the current existence.

Dear Friends,

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

The month of February has love in the air as we celebrate Valentine's Day, an ode to romantic love, friendship and admiration. Every year people celebrate this day by expressing their love and affection to partners, spouses, family, and friends.

She loves us!

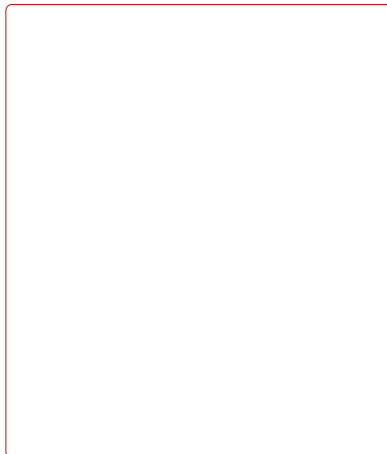
Engrossed in the worldly love, we often forget the Love of the Divine or Mother Nature – the infinite and unconditional love with which Mother Nature embraces us in her womb! She does not wait for a special day, every day and every moment is her expression of love offering, giving and flowing through the warmth and light of the Sun, the beauty of the trees, plants and flowers, the nutritious food we consume, the warm protection of our clothes, shelter of our homes, the delightful company of our loved ones. The Mother as the Divine continues to nurture and nourish us in myriad ways. I take this opportunity to share with our readers the love of Mother Nature as experienced by me recently.

The gift

On the auspicious day of 25th December, as we celebrated Christmas and Grace Day, Mother

Nature-The Divine blessed us with a special, surprise gift! My daughter and I had decorated our X-Mas tree, planted at home with a little prayer in our hearts that "may we all be blessed with love and joy as we enter the New Year"! Little did we know that it would be granted so soon. The next morning, right under the tree, we had a very precious gift waiting for us - a bird's nest. My little one was ecstatic, "Santa got me a Christmas gift!" Indeed yes, the Divine had blessed us with a precious gift of Mother Nature- Mumma and Daddy bird had made a cute little nest. Wow! we were overjoyed to have our new friends honour us by making our home their home! A day later, as I was about to water the plants, I saw the Mumma bird had laid two tiny eggs in the nest and was apparently scared that I may harm her little ones while watering the tree. I thought to myself, the tree as well as the eggs have life. What do I do? If I don't water the little tree, it may dry up and if I water it, the chicks will die while still in the eggs. What do I do? I wanted both to thrive and live! Nature is all about harmonious co-existence and it has its own rhythm of existence. So, every day I would sprinkle a little water in one corner of the Christmas tree, away from the eggs with the trust that His Grace will keep both alive!

The following days were so amazing as we rejoiced in learning of the expression of love from our new friends.



A Moment In Prayer

Blessed witnesses

Witnessing the birds finding a place to nest safely, hatch their eggs, and raise their young to the point of independence, we felt blessed to have shared in the real life miracle of creation that left us in awe of Mother Nature. It was inspiring to have witnessed Daddy bird's artistry, intricate design and complex engineering skill in building the nest; it was clear to us that the birds' nest had a natural aesthetic sense.

Every day he would get these little sticks, grass and twigs and handover to Mumma bird in her beak, as she nourished the eggs with her warmth, and often they would pull strips of material with their beaks over and under, just like weaving a rug. It was interesting to watch the couple come and go with twigs, leaves and feathers in their beaks and how they took turns to take care of the eggs.

Life begins!

About two weeks later, we were thrilled to hear the shrill cries of the chicks - two of them. We know how miraculous and intense the experience of the birth of a child is, the first cry from a new-

born pierces the air, and happy tears are shed all around. The experience of having the two little chicks at our home was quite similar, like *the birth of twins and we decided to name them 'Love' and 'Grace'!*

It was a treat to see the chicks, Love and Grace, cuddled up in the cold winter, their eyes closed, being fed by the mother, huddled in the snug warmth of her feathery love.

I thanked the Universe for this amazing experience. This is Life! The love of the Divine, the warmth of Mother Nature, all beings in harmonious co-existence with it! While the external environment was stressed with the ongoing fight with the corona virus, weekend curfew, social distancing and masked faces, somewhere in a corner, of our home was *the joyful and loving presence of the precious Divine twins- Love and Grace!*

I spent a moment in prayer, may the Twins representing *Divine Love and Grace* reach one and all, our hearts, our families, the entire neighbourhood, our communities, our cities, and countries.

May every Being on our planet be kissed by Divine Love and hugged by Divine Grace!

Beloved Maitreya,
*Thank you for the twin blessings of Love and Grace,
Filling our Planet and the entire space,
With gratitude we embrace,
The ignorance you efface,
With Divine blessings for the Human race!*

Grow by Asking

In this column **Mitra Sut** brings to you answers based on ancient Vedic knowledge and it's application in the modern times

Q- How can I connect with or understand the messages of my loved one who has left the physical body? The absence of that person is potentially hindering my spiritual growth.

Mitra Sut: The departure of a loved one creates a vacuum in our life, leaving us in pain; a vacuum which feels unfillable. This is a natural reaction and it is best to flow with it, at that time.

At the time, others' words of consolation feel incapable of filling that emptiness. Having said this please bring this understanding that every soul has its journey. We cannot be permanent residents of Earth, it is our temporary home. Everyone, including all Divine incarnations come for a certain period and have to leave the earth plane when their journey is over. The soul has a larger purpose. We take birth on Earth to complete certain karmic lessons, fulfil our experiences / desires and move ahead, ideally to grow to the next level. In this journey, our family members and loved ones help us complete these lessons.

The soul itself is immortal, and while the body dies, the soul lives on. We leave this physical body, but our learnings and life experiences are embedded in our astral body which moves on and may take another physical body, depending on its own decisions, learnings to be completed and/or attachments it may have formed while on the earth plane.

In the holy Bhagwad Gita, Lord Krishna explains about the journey of the soul in Chapter 2,

वासांसि जीर्णानि यथा विहाय
नवानि गृह्णाति नरोऽपराणि ।
तथा शरीराणि विहाय जीर्णा
न्यन्यानि संयाति नवानि देही ॥ 22॥

Meaning:

Gita -2.22 As a person sheds worn-out tattered garments and wears new ones, likewise, at the time of death, the soul casts off its jaded body and enters a new one.

नैनं छिन्दन्ति शस्त्राणि नैनं दहति पावकः।
न चैनं क्लेदयन्त्यापो न शोषयति मारुतः॥2.23॥
अच्छेद्योऽयमदाह्योऽयमक्लेद्योऽशोष्य एव च।
नित्यः सर्वगतः स्थाणुरचलोऽयं सनातनः॥2.24॥

Meaning:

Gita -2.23 & 2.24 Weapons, fire, water and air are incapable of cleaving, burning, wetting or drying the Soul/ Atman; for the nature of the soul is to pervade all elements.

It is present everywhere; for it is subtler than all the elements; Atman is beyond the grasp of the intellect as It is the power that enables the intellect to function. The Soul is Nitya – Eternal; Sarvagata – all-pervading; Sthanu and acala –

steady and immovable; Sanatana – permanent, ancient, eternal.

अव्यक्तोऽयमचिन्त्योऽयमविकार्योऽयमुच्यते।
तस्मादेवं विदित्वैनं नानुशोचितुमर्हसि॥2.25॥

Meaning:

Gita -2.25 Atman is Avyakta -unmanifest; Acintya- inconceivable and Avikarya- changeless. Knowing this, it is not proper to mourn.

Having understood the above, it is clear that what dies is the physical body, the Atman/ Soul lives on, to move to a better place in its journey towards the truth and therefore as Krishna is clearly pointing out that it is not wise to be constantly mourning, grieving, sorrowful.

We have deep-rooted attachment to our loved ones and the pain of their departure is very natural, but holding on to that pain does not help either us or the departed soul. That pain will become a suffering and hinders our growth- will the departed loved one like us to be in this endless suffering?

In fact, these are the times we need to understand the truth of life, the question “who am I”? Maitreya Dadashreeji has outlined our path for the New Year 2022 in the 3 R's, of which the 3rd R is to 'Realise the Self', to know our True Self (please refer to the detailed article in the January 2022 issue of Maitri Anahita). These are the times to bond and connect with our Source / Divine Light.

One can pray for the departed soul to move ahead smoothly and towards liberation; the prayer may be offered to the Divine Light for the same as well as for dissolution of your grief and attachment. Maitreya Dadashreeji advises us to express what we are going through, so one may connect with one's near and dear ones to share the thoughts/emotions. Equally, involvement in acts of selfless service and helping others, keeps one occupied while extending help to another, healing not only us but bringing Grace in the lives of others too through these acts. Find solace in prayer, find strength in connecting with your Divine Light, help others and spread love.

Sacred Rituals around the World



Whirling Dervishes

There are many roads which lead to God”, said the great Sufi mystic and poet, Jalaluddin Rumi as he initiated the physically active meditation practice of the Whirling Dervish. Involving complete surrender to the Divine and the death of the ego, the ceremony mimics the planetary orbiting around the Sun, symbolic of the Source (of Creation) says **Mitra Philip**

Whirling Dervish ceremonies were started as a form of physically active meditation by Jalaluddin Rumi, the famous Sufi mystic and poet, in the 13th century. Sufism is the mystical branch of the Islamic faith and the Mevlevi order (from Mevlana or ‘our Master’, as Rumi was called by his followers) of the Whirling Dervishes, the ‘Darwish’, is a branch of Sufism.

Rumi said, “There are many roads which lead to God”. The Darwish road is one of complete surrender to the Divine. Anyone joining the Darwish enters a monastic community where personal identity is surrendered to the Divine, with the Mullah (the Sufi master guide) acting to assist the Dervish in connecting with the Divine.

The sacred ritual of the Whirling Dervishes is a physically active form of meditation, known in Persian as ‘Sema’. It is performed in a specific ritual manner with the Dervish, the semazen, and everyone attending the Sema experiencing a harmonious and ecstatic unity with the Divine.

The Ritual

The Whirling Dervishes wear tall conical hats with flowing and billowing white skirts that blossom out from their bodies as they whirl. As the Dervish has surrendered personal identity to the Divine, the conical hats are called ‘tombstones’, referring to the death of the ego. Likewise the gowns that billow out during whirling are called ‘death shrouds’.

This sacred ritual begins with the Dervishes forming a circle facing inward. At the center of the circle are the musicians with their drums, flutes, and stringed instruments. The Dervish Master stands at the center with the musicians. The Dervishes come to the circle wearing a dark cloak. With ceremonial reverence the cloak is removed to reveal the inner gown. The outer person is set aside that the inner Divine remains as the only presence.

The music begins accompanied by a chanted song, and the Dervishes begin to slowly move

Sacred Rituals around the World

clockwise in a circle while facing inward. At the nod from the Master the tempo of the music is increased and the Dervishes slowly begin to turn.

Unity in Surrender

The Master watches each Dervish as they enter the deepened state of consciousness. One by one the Dervishes surrender to the Divine connection. When the Master sees that all the Dervishes have entered the surrendered state of being, he signals the musicians, and the chanting merges into rendition of a celestial, sacred song. The highest state of surrender is attained by each Semazen and the whirling circle becomes one with the Divine.

The whirling is symbolic of the planets orbiting the Sun. The music is the song of the Source, the Sun, and ultimately the Divine. At a certain point in the whirling the Semazen leans from a vertical posture to one that mirrors the inclination of our Earth to our Sun. The Semazen whirling is

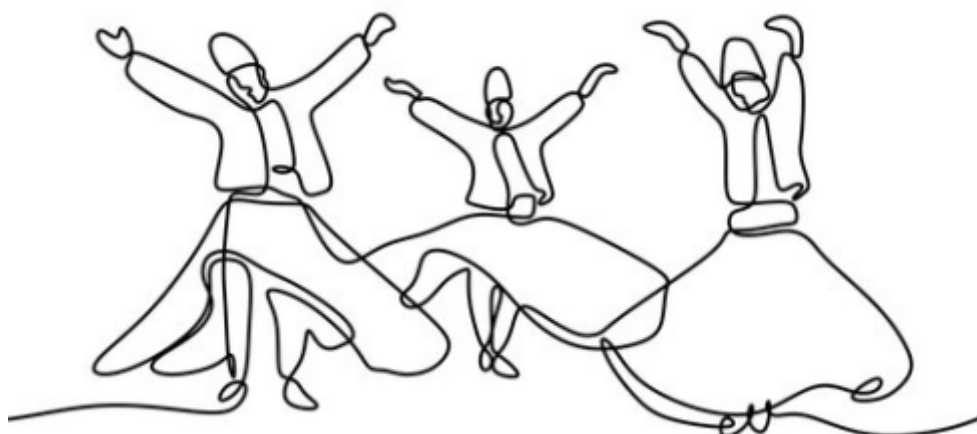
The Semazen whirling is intended to bring the celestial presence and power of the Divine to the earthly realm. Whirling is considered an act of selfless service.

intended to bring the celestial presence and power of the Divine to the earthly realm. Whirling is considered an act of selfless service.

The entranced physical movement of whirling continues until the sacred song is brought to completion. The sacred Sema ritual completes with the Dervishes facing the center of the circle once again, and as they come to a standstill and together bow in gratitude to the Divine. Their cloaks are then put

back over their gowns.

The road of the Semazen Whirling Dervishes is one that is elegant, beautiful, and transformative. Maitreya Dadashreeji has spoken of the spiritual practices as a method of strengthening the connection with one's Divine. It is the Divine that is our true destination and the spiritual practice of the Whirling Dervishes serves to strengthen the bond with our Divine.



Through the Looking-Glass

My Work and I

In this space we share with you insights on transforming the workplace environment and achieving your dreams at work. International Academy of Transformative Leadership (IATL) is a global leadership development organisation created with the aim of transforming the workplace culture by developing Core Consciousness in leaders. The idea of developing Core Consciousness at work is with the aim of creating transformed leaders who are able to steer best-in-class, value-driven and agile organisations. Founded in 2019 under the Grace and Guidance of Founder-Visionary Maitreya Dadashreeji, IATL has presence in India and Europe.

Work is integral to human existence, writes **Sebanti Basu** as she elaborates on the need for congruence or synchronicity between the Core and the mind of the Self for a harmonious and fulfilling relationship with one's work in the below article.

Each new year brings in new hopes and resolutions relating to various aspects of our life. This is a good time to highlight an important aspect of life – our work and its impact on our life.

Work is integral to human existence. We work to earn a living, fulfil dreams or deep desires. Almost inevitably, work consumes most of our waking hours. When we are not working, our mind space is often occupied with thoughts about work. Consequently, it deeply influences our emotional, mental and physical state at any point of time.

The question that begs to be answered therefore, is, 'What is my relationship with my work?'

In examining the nature of this relationship, it would be worth pondering the following issues:

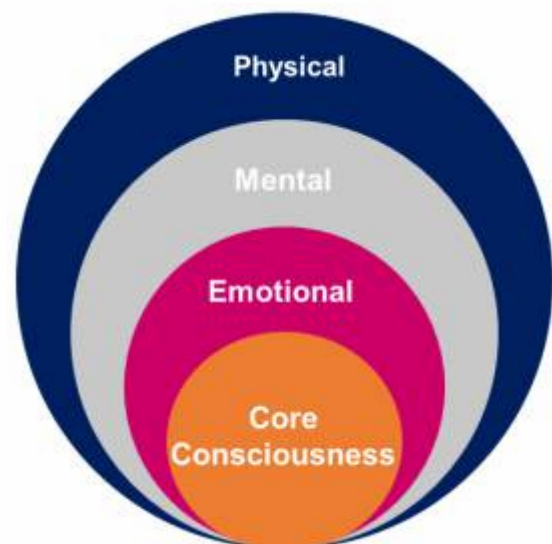
- Do I have the required physical fitness to carry out my tasks and duties?
- Is my mind able to deal with work pressure? How often do I feel agitated or disturbed? Am I able to consistently focus on my goals and objectives?
- How passionate am I about the work that I do? How connected am I with my colleagues? Do I feel a sense of pride and belonging to the organisation that I am associated with?

- Am I learning and growing through my work? Whatever be the challenges at work, do I derive fulfilment from my work?

It would be in our interest to reflect on these questions. An authentic response from the heart gives us awareness of our state in the present moment and is therefore, the first step on the journey of transformation towards a healthy relationship with work and the self.

You may ask, why do I need to transform and how will I benefit from it?

To answer this, let us take a moment to look at ourselves in more detail. There are four dimensions to the Self as illustrated below.



Through the Looking-Glass

- The outermost dimension is the Physical Dimension – our body – the vehicle through which we can execute our thoughts and take actions.
- Next, we have the Mental Dimension – our thoughts and ideas, our intellectual and cognitive abilities that help us function.
- Deeper still, we have the Emotional Dimension – our feelings and emotions that drive our thoughts and actions
- The deepest aspect of our being is the Core. This is the inner most part of our being, our spiritual self. The Core is the seat of our Higher Self or our Inner Divine.

While we are readily able to experience our physical dimension and to a limited extent, our mental and emotional dimensions, we have every little experience of our Core. For the most part, we are unable to access our Core and experience its power. As a result, we may feel emotionally unsettled which leads to mental disturbance and in extreme cases, emotional and mental breakdown, or depression. This, in turn, impacts our physical health leading to lifestyle diseases like high blood pressure, diabetes, and cardiac diseases. A recent study by ASSOCHAM (The Associated Chamber of Commerce and Industry in India) has shown that 42.5% employees in the corporate sector suffer from mental health related issues followed closely by lifestyle diseases.

Often times, we are not aware of our Core. We only access our Core intermittently. All of us have surely been in situations where we have had our back against the wall. At such times, when we are most vulnerable, we have often found the power within ourselves to rise once again and face the challenge squarely. This is a fitting example of tapping into the power of the Core. As the seat of our Inner Divine, or our Inner Guide, the Core is the source of unlimited positive energy and Universal Wisdom.

The Core is therefore our guide, its subtle voice guiding the mind, while the mind's primary role is processing information, communication and execution of the guidance received.

The Core is therefore our guide, its subtle voice guiding the mind, while the mind's primary role is processing information, communication and execution of the guidance received.



When the Core and the Mind are in complete sync with each other, we experience complete internal freedom, harmony and flow.

In this state of complete alignment, we can consciously access the energy of the Core, the experience of which has multiple benefits, viz.

- A sense of meaning and purpose in life and connectedness with one's self and others
- Emotional balance, giving us access to higher decision making powers
- Calmness and stability of the mind resulting in clarity of thoughts and sharper cognitive abilities
- A recharged and rejuvenated body that is fit and able to perform

A state of synchronicity between the Mind and the Core positively impacts our work in the following ways:

- Higher productivity and personal efficacy – through sharper focus, clarity of

Through the Looking-Glass

vision and result orientation

- Greater flexibility and resilience – the ability to deal with challenges and adapting to constant change with minimal effort
- Seamless collaborations – by nurturing strong bonds with team members
- A sense of fulfilment - a deep connect with work and alignment with the higher purpose provides meaning to one's existence.

Having developed awareness about the relationship with our work, we can assess whether we are able to consistently experience this synchronicity and its benefits in our life.

The simplest way of developing alignment is by consciously connecting with our Core. There is no defined way of connecting to one's Core. Some connect by visualising their Inner Divine (in form or as the formless) within their Core, others may connect by relating with Nature. We need to explore, experiment and find our own unique way, that works for us, and gives us the experience of the calming yet powerful, positive energy of the Core.

Wishing you a happy and successful 2022!

If you have questions or concerns about challenging situations at your workplace, please feel free to write to, sebanti.b@iatl.co and we will be happy to respond to them or click on <https://forms.gle/583Vk8wGSayta9qE6> to send us your questions.

Baked Pumpkin and Tomato Soup

There are many ways to brave the winter cold – nothing better than a cup of steaming hot soup to keep out the cold and provide joy to the palate, writes **Rahul Nagvekar**, as he suggests a recipe using readily available seasonal vegetables

A cup of steaming hot soup in the winters is a source of great comfort and indeed joy! In the winter season where Nature serves up bounty of vegetables and a good appetite, soups are a perfect usage of those vegetables for a wholesome meal which is easy and quick to prepare. Soups delight not just the palate but also hydrate us by compensating for the lower intake of fluids during the cold season. A hydrated body is better able to resist the common winter cold and flu.

We present an interesting recipe to prepare a flavourful and nourishing cup of steaming hot soup – a perfect defence against the cold!

Ingredients

- Pumpkin - 250 gms
- Tomato - 2 large, ripened
- Garlic pods – 9 to 10
- Olive oil – 2 tbsp
- Herbs – Rosemary/ thyme
- White/ Black pepper powder – a pinch
- Salt to taste



Method

- Cut pumpkin and tomatoes into slices
- Grease the baking tray
- Spread the sliced pumpkin and tomatoes and half of garlic pods evenly on the tray
- Drizzle some olive oil on the vegetables in the tray
- Bake at 180 degrees Celsius for 20-25 min.
- Alternatively, the vegetables can be sauteed in a greased wok on a high flame till they are soft
- Cool the veggies and blend with water
- Sieve into a smooth puree
- In a wok, heat some olive oil and add chopped garlic
- Sauté them and add pumpkin puree
- Add white /black pepper and salt, rosemary/ thyme or any other herb of your choice
- Let the soup simmer for 5-10 min.

You may serve the soup with some fresh cream/ croutons/ warm bread on side or enjoy it as is.



Herbal Tea

A steaming cup of tea in the morning is an addiction with most of us. And then there is the evening tea; some of us will sneak in a cup of the brew in-between too! Tea, clearly, is an integral part of our lives. **Seethalakshmi** shares recipes for brewing a flavorful cup of herbal tea with us that helps build immunity



Recipe 1

Ingredients

1/4 teaspoon fresh ginger grated
1/4 teaspoon cardamom powder
1/4 teaspoon cinnamon powder
1/4 teaspoon carom seeds
1 cup water

Method

Boil the water and add the spices. Turn off the heat and let sit for a few minutes. Sweeten according to taste. Strain and drink.

Recipe 2

Ingredients

1/4 teaspoon cumin
1/4 teaspoon coriander seeds
1/4 teaspoon fennel seeds
1 cup water

Method

Boil the water and add the spices. Turn off the heat and let sit for a few minutes. Strain and drink.

Food as Medicine

Growing vegetables and herbs in kitchen or community gardens offers far-reaching benefits to human life, writes **Renuka**. The basil plant or Holy Basil is not only considered holy but has multiple utilities in our health and food



Having a kitchen garden can be a meditative experience. Not only do we get access to seasonally fresh vegetables and herbs but tending to the garden acts as a balm to the soul. We can be sure of getting nutrient-rich, organic food for our bodies. Could there be a better way to synchronize with nature and resonate with cosmic energy?

Goodness in your backyard

Having a kitchen garden also opens up the option of using food as medicine as we can grow medicinal plants and herbs ourselves, thus being sure of the purity of the produce. That would also give us relief from the allopathic medicines manufactured by giant corporations whose main motive is profit, the damage to the environment being considered as a mere 'by product' of a 'developed' society. Home and community gardens contribute significantly in saving our species from extinction, something the pharmaceutical industry would be least

bothered with. There are many herbs that can be grown through the year e.g., mint, thyme, oregano, parsley and celery to name a few. These are grown indoors in many countries which experience severe winters. A heated solarium is ideal for this purpose but it is possible in other spaces too. Of course, they can be grown outdoors in benign weather.

Holy Basil, wholesome in every way

Let us consider here the most revered herb on earth - Holy Basil. The botanical name is *Ocimum Sanctum* Linn or *Ocimum Tenuiflorum* Linn. Whilst there are several species of basil, this is the specie which is held sacred.

The celebration and worship of this herb on a daily basis emphasizes our interconnectedness with nature and indeed with Creation. It is a common practice to circumambulate this plant as it is believed to cleanse and enhance one's aura.

When it comes to utilizing the plant in terms of nutrients or utility in worship, nothing is wasted - the leaves, stem, seeds, roots and the soil around the roots of the plant, all are used. The soil around the root is applied on the forehead. This sanctified soil is known to draw water from the forehead and ward off colds. Application of the paste of the Holy Basil plant in the area of the agneya (third eye) chakra is beneficial in improving concentration. Clearly, the Holy Basil plant has benefits and utility spanning the physical, mental and spiritual dimensions.

Holy Basil can also be used to colour and flavour food; it is known to possess prophylactic properties as well in several health conditions as it has anticancer, antipyretic, and anti-inflammatory properties.

Applications of Holy Basil plant

Holy Basil in combination with Amla (*Phyllanthus emblica*) makes a potent antioxidant potion. In the month of Kartika (generally October/November), these two plants are wedded, a practice indeed laden with deep meaning. Many episodes of our Hindu Puranas and mythology have Holy Basil and Amla featuring in them.

As a potent anti-oxidant drink

Ingredients

- Holy Basil 15 leaves (two sprigs)
- Amla 2

Method

Deseed the Amla and grind with Holy Basil adding water. Add 200 ml water. Sweeten with honey if desired. Dry sprigs of Holy Basil and five dehydrated amla sections or amla powder (1/2 tsp) may be used where fresh supply is not available.

This will keep several diseases including the common cold at bay.

Throat Paint {for throat infection}

Ingredients

- Holy Basil leaves 15 leaves (two sprigs)
- Honey

Method

Boil in 30 ml water and reduce to 10ml. Add a dot of honey to this mixture.

This can be used to paint the red spots in the throat with a long swab. Here we are applying it to the affected area instead of taking the route through the blood stream, which is the case when we use oral medication.

Holy Basil for glowing skin and hair

Ingredients

- Holy Basil sprigs 6
- Natural edible camphor 1 gm

Method

Grind together and apply all over hair and body. This concoction gives a glow to the skin and hair. It keeps dandruff, body odour, and skin infections at bay.

These are but a few uses of Holy Basil, we could sing paeans in its praise that could fill books. Holy Basil is with us in illness and wellness, serving to enhance our mood as easily as lift us spiritually. In fact, herbs are a joy to behold and lend a balmy fragrance to the air with their aroma and texture to our food. Correct usage in food according to weather and health status can prevent many illnesses.

Clearly then, Holy Basil deserves a pride of place in your kitchen garden!



My Favorite Place

Andaman & Nicobar Islands

A trip to the beautiful Andamans resulted in **Maitreyi Shreshtha** finding a spiritual connect amidst the sun, sand and the sea! The ethos of the people is of love, oneness and respect, be it with fellow beings or the environment

Walking the path of spirituality, with a Living Master as one's guide, gives us access to the infinite wisdom of the Divine. One such nugget of wisdom which Maitreya Dadashreeji has shared with us is to 'Try New'. He encourages us to keep exploring and trying new things, meeting new people, seeing new places for our growth, to learn and to evolve.

I was blessed with such an opportunity of growth and exploration through the 'new' when I visited the Andaman Nicobar islands with my family - it turned out to be a place which enthused my spiritual self!

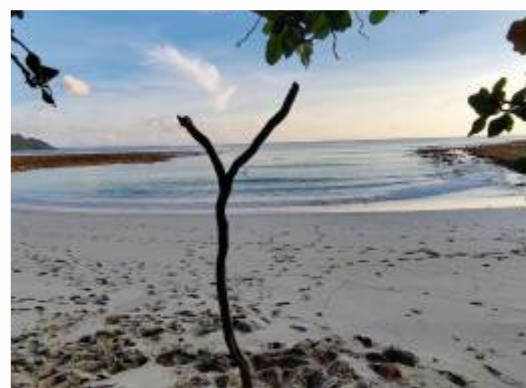
Sun, sand, sea and spirituality

Many would be surprised as to how an island can

be a spiritual place, as beach destinations are associated with parties, water sports, diving, food, etc. However, when we go beyond surface appearances we understand that every place also has its own consciousness and energy. This consciousness is made up of the values, culture and nature of the people who live in the place. It is people who make the home, city, country, and world what it is.

People are at the heart of the spiritual

There were a few things that struck me on our visit to the Andamans. It is not necessarily the temples, churches, mosques that make a place spiritual. Rather, a place is spiritual because of what it is in the present moment, the values imprinted in the minds of the people of the region;



My Favorite Place

the people, their way of life. That is what makes a place spiritual.

There were some unique values and practices I observed among the Andamanese people that imbued the place with a spiritual aura.

- **Living in harmony with nature**

There is a complete ban on small-sized disposable plastic water and soda bottles in the Andamans. If one must, you have to buy the big 2 litre bottles which are bulky and inconvenient to carry. This measure has led to people, tourists as well as locals, carrying their own water bottles and refilling them from the water ATMs which are installed across the islands. This has resulted in lesser plastic waste. Further, there is a prohibition on carrying food or drink to the beach which consequently seem

Untouched by human civilization. If you do see any plastic entangled in the trees by the beaches it is what the ocean has thrown out.

The islands are covered by a blanket of dense green forests. If you travel to the Andaman Islands you must take a walk through these forests and enjoy the fresh oxygen that that 200-year-old trees provide. Keeping the islands clean, blue and green seems to be a credo with the local populace. Nature thrives here and one can truly feel Mother Earth smiling.



- **Living with love in the heart**

The Andaman and Nicobar islands have a near-zero crime rate. It is said should you misplace something here someone will definitely return it to you and you will find it. Even if there are no outright wealthy here, people have a kindness in their heart which makes them rich! They believe that anyone who comes to the island is a relative and every tourist is treated with love, hospitality and respect. The people will go out of their way to help you. They are peaceful, calm and generous.

- **Patriotism**

Even though the Andaman and Nicobar islands are separated from their mother body by the Andaman Sea, the people have immense love and respect for their country. There are many historic places to visit at Port Blair. One can sense the pride and love for the motherland. There is no divisiveness in the name of religion and caste. We found people of all religions and castes living in harmony and at peace with each other

Spending time in the Andamans brought home the understanding that the values people live with makes a place what it is. It is the people who create the consciousness of our region. Even though I have visited many religious and spiritual places in the world, it is in the Andamans where I found a deep connect with the ethos of the people, an ethos based on love and respect, be it for the environment or the people themselves. The Andamans truly constitute a transformed society!

Tales Of Transformation

Dadashreeji is a force that awakens us to the experience of Divine Love, deep acceptance, joy and peace within us. We begin to feel more whole and complete in His Presence and our soul blooms. Often these experiences feel 'unreal' or mystical, when viewed by the practical mind. His teachings are by way of personal experiences that help us deal with life's challenges. When the Divine awakens within us, it becomes more than just a moving spiritual experience. It touches all aspects of our life and transforms us as we move closer to our Inner Divine. In this column, we will feature transformative stories from the members of our ever-growing family – moments from the ordinary and practical part of our life and how The Grace of Maitreya Dadashreeji shapes us in new ways.

This month we share the metamorphosis of a Parivaar member – A Maitreyi from Mumbai (name has been kept anonymous on request). She shares her journey of transformation that began in July 2014 when she first met Dadashreeji, with **Maitreyi Jagruti**

When was the first moment when your soul recognised Dadashreeji?

I had gone to the ashram to attend Bodh I in July 2014. We had arrived the previous evening as it was Guru Purnima and had assembled outside the Dhyaanmanthan Kshtera to pay our respects to Dadashreeji. I was curious and skeptical.

During those days, when the gatherings were small, we had a chance to get a few personal moments with Dadashreeji and receive His blessings. I was waiting in line to for my moment. I was still going through the motions but not fully immersed in faith yet. The person ahead of me was speaking to Dadashreeji and I was aware of some resistance on my part and the thoughts going on in my mind. Then the person ahead of me left and Dadashreeji turned his face to look towards me. He had a big smile! I still have goose bumps thinking about that moment. Nobody has ever, ever smiled at me like that, He smiled as if saying "I was waiting for you...". I generally don't have a good memory, but I have never forgotten that smile. I don't even remember my parents smiling at me like that. It was something..... it was love at first sight! I paid my obeisance to Him and sat at His feet. As I Looked up to Him, I experienced Him as if he was my son, and told Him, "You are my Kaanha!". (I sometimes call my son 'Kaanha').

How did your bond develop?

Spirituality has always been a 'religious' thing for me and I did not know the distinction between the two. So I was not ready to move deeper. It felt strange. A year passed. Then I attended Bodh II,

and that is when it was all set in stone. It was overwhelming, I did not fully understand what He was saying but I felt love for Dadashreeji. I still was not meditating nor practicing any other spiritual processes - but I knew that - I loved Him. That was it!

How do you experience this bond on a regular day?

I am experiencing Him even now. I am not a very ritualistic person, so religious rituals don't come naturally to me. But after Bodh II, I started to light a lamp for Dada every day as a way of connecting with Him. I felt so deeply grateful for His Inner presence that I wanted to make it sacred, from and to my heart. So, daily, I began to internally connect with my Inner Divine - Dadashreeji in the little temple that I had in my home, where we had rarely lit a lamp after my marriage.

I connect with Dada anytime. For instance, when I am cooking, and if I find myself disturbed or agitated, I call upon Him and say, "Now, You come

Tales Of Transformation

and handle this! This food is for You and for everyone at home. If I think negatively, it will impact everyone through this food. Help me deal with it positively.” I just ask Him to do that.

How do you know He is there? How do you know He is listening and taking care?

I just know in my heart that He is listening, but yes, I do feel relaxed and calmer after expressing myself. Sometimes I get goosebumps and my face becomes warm as I am expressing myself and that is also a way in which I feel His Presence. I express to Him as I would to a friend, knowing that He is there for me, with me always.

What has changed about how you handle life's situation now?

I am happy. Earlier I was a people pleaser and would try a lot to fit in and conform to the so called normal standards. Now I am unlearning this. It is not an overnight change, yet it is a miracle. To share an example, after 25 years of marriage, my husband asked for a divorce. Things had never been great, but all these years I did not have the courage to move out. That night I spent talking to Dada, telling Him, “Just hold me”. I was disturbed and yet trusted that Dada knew the best for me. The next morning, I called my brother and his wife and very calmly shared the news. I took a whole month to settle things for my children and then I moved to my brother's city. I packed my bags and left, with no money – only my clothes and began to build a new life for myself. It has been few months now since I moved here and I have not felt any fear or doubt about the future. I trust that Dada has a plan, some learning for me.

My husband wondered, a bit caustically, about my composed state. Yes, it is painful, but I am clear I do not want to suffer. Dada is watching over me and I am just flowing.

After meeting Dadashreeji, is there any aspect of yourself where you have seen a shift?

I did not realise this slow, gradual change that was occurring within me over the last few years since I met Him. This realization dawned on me just a few months back. Courage, which I was building up, bit by bit. I can write a whole chapter on courage! I never had this quality or at least wasn't aware of it. I was always considered too 'emotional' and sentimental, a girl who would cry at the drop of a hat. Dadashreeji made me feel proud of the very thing that I was ashamed of and criticized for – my heart! I began to realize that my 'weakness' was actually my strength.

When you say my Dada, what does that mean to you?

Dada has said that He lives in our heart, so my Dada is my Inner Divine, and is just mine! Love has many aspects; it is not just romance. My bond with Dada is that of Friendship and Love. It might differ for each one.

How do you experience your Inner Divine's / Dada's voice or guidance?

Till last year, I use to complain to Dada, “I can't hear you Dada. I do not get the experiences the way others do”. I used to continuously compare and complain to Dada. Then I was guided to say, “Please give me the experiences just like others have”. That was a 'WOW' moment for me and I began to say, Dada, maybe I have too much chaos in my mind and I cannot hear you. I am surrendering my free will to you. You do what you want and help me so that I can hear you.” And gradually I started getting calmer during my quiet moments with Him. And His quiet, calm voice reached me.

Tales Of Transformation

What would your Dada appreciate about you today?

I think my Dada would appreciate that finally I am understanding what courage and setting your boundaries truly means. I had heard about 'setting your boundaries' but never experienced that. To share an example, my husband had a habit of either not talking to me or speaking rudely. Sometime back, during one such conversation, I told him, "You know, I too have a choice. I can be rude too, but I am not making that choice. I will not be rude to you." I wanted to be true to my Dada, to myself and wanted to respect the Dada in my husband as well. I felt so free internally. This was my first experience of setting my boundaries. I learnt to stand up for myself. Till

then, I would get affected by what others around me said or reacted. Now my source of happiness has shifted, and I am able tap into that inner calm and stay unaffected.

What does the Dada in you want to give as a message to other women out there?

Love yourself. If you love yourself, only then can you love others. Loving myself is loving Him as He resides within me. I am learning to pat my back for even the smallest things that I do. I rest when I need to which is something new for me. I have begun to wake up early to be with my Dada. That is my 'me time' with Him that charges me for the day. Life is glorious at fifty! The new me is coming into being!



The Divine Counsel

A few days ago, a conversation triggered unsettling thoughts in my mind. My ego-mind created the feeling of being separate, being excluded, not belonging anywhere. At the same time, in the conversation, we received extensive knowledge about the different facets of the Divine Lights - the Inner Divine, the personal Divine Light and the Family (big) Divine Light. A Divine Light is a picture of and portal to Maitreya Dadashreeji and the Divine field of consciousness. It's a blessing in times of need, helping us traverse the path of spiritual growth.

As I feel the connect with my Inner Divine, experiencing deep peace and infinite stillness, I believe that it doesn't matter if I turn inward or to the Divine Light. I have been living with my Divine Light for a long time and share everything I experience with it. Yesterday, however, I was in pain which had been triggered, creating an internal resistance. I didn't want to accept that the connect with the Divine varies between the different image-representations of the Divine. I didn't want to believe that there are situations in life where I would need to depend on outside help. In the morning I was still weak and felt a residual pain. All night I had Dada's picture - the Divine Light, with me. Once awake, I sat down and tried to connect with my heart. But I couldn't focus or experience the space within which I was so familiar with. The ego-mind was too active.

So I sat down in front of the big family Divine Light and asked Dada to work on me. Right next to it, as always, was my personal Divine Light. Suddenly I heard the Divine voice within and observed how the 'Big Family Divine Light' communicated with my personal Divine Light. The voice guided and I realised that I was actually supposed to be talking to my personal Divine Light instead of the big one! So I turned to my personal Divine Light, looked my Dadashreeji in the eye, and at that moment when I connected, I started crying. All the residual pain came out and soon deep inner peace filled me. Without me having asked my Dada a question, I suddenly clearly heard Maitreya Dadashreeji's gentle voice. He said: *You belong to me. This is more than enough. I love you.* This answer made me experience everything at once - deep unconditional love, resolution and healing; I felt blessed with an intense experience and truth. Stillness, love and peace have taken up the space in me again.

*Yes, it is enough for me to belong to the Highest, to Love.
That is the truth and nothing, no other person, can ever replace that.*

Love,
Maitreyi Andrea, Austria

I have started to connect with Dada and I feel that my perspective is changing. I feel that my life is slowly but surely changing and I am feeling lighter within, positive and happy! I feel that Dada is listening to me and when I ask him through the Divine Light to settle my mind, I can feel it happening. I do not know how He does it but the feeling within is amazing! I feel my Divine Light is really my support and my connection with Him is getting stronger with each passing day.

Manasi Ghai

The Divine Succour

Our family had been fighting property cases in the judiciary for the past three decades. With Dadashreeji's Grace these are now getting resolved. The second generation of the family too got involved and was struggling to resolve the disputes. Finally, all members involved in the dispute came together and started settling the issues one by one.

Dadashreeji came into our lives in 2013 and from then as the bond got stronger, we were able to receive His guidance internally. My husband, our son and I carry the Divine Light (Dadashreeji's image) with us everywhere we go. So when the first registration of our disputed property happened on the 10th of March, my Divine Light was in the sling bag that I carry Him in. When we entered the registrar's office, I could sense that my Divine Light was eager to come out; He was telling me (internally) to remove Him from the bag, but I did not listen. Finally, the sling bag became so heavy that I had to remove Him from the sling bag and settle Him on one of the chairs of the registrar's office. From 7.30pm to 10pm He was a witness to the entire procedure. I firmly believe that there was a reason why He wanted to see every person involved in the resolution of the property dispute.

He is the best guide. Loads of love to Him!

Maitreyi Vandana Sawant

Request a Prayer

“Your prayers work magic in others’ lives. Your prayers give them hope to cope up with this challenging world. When you pray for others, it brings a smile on the face of the Divine and you earn merit and His blessings without asking for them. These blessings would manifest in your life in myriad ways or forms” – Maitreya Dadashreeji

Heartfelt prayers give Divinity the reason to act or intervene. You may now send in your prayer requests to the following email id: invokedivinegrace@gmail.com

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

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

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

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

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

*Carry ahead with you only the
positive moments, lessons
learnt and loving memories to
cherish and share in the
future*

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.

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

A home baker from Navi Mumbai **Rahul Nagvekar** has been following his passion for baking since the past seven years. A merchant navy officer by profession, he was also into corporate tourism before he dropped it all to follow his heart. He enjoys every moment of this journey with the Grace of God.

Seethalakshmi is a home maker, animal lover and passionate towards serving humanity.

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 Sebanti is a Leadership Development professional with over 25 years of experience across various industries, specializing in designing and delivering Transformational Learning programs for corporate audiences. She has been associated with IATL for over 7 years with the sole purpose of designing learning interventions for corporates that revolutionizes personal growth and corporate culture.

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