

MAITRI Anahita



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Email your
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,

The New Divine Age will bring with it peace, joy, bliss, love, positivity and everything that mankind has been yearning for to live a peaceful and happy life. As we inch towards the New Divine Age with every passing moment it becomes imperative that we make changes in our ways of living, thinking and existing so that we are in sync with the energy that this age demands. The body, mind and spirit need to be in harmony and are a must for holistic well-being. Most of mankind is yet to experience the power when these three elements (body, mind, spirit) are aligned and in harmony. Their interdependence cannot be undermined. Having a right routine is the first step to walk this path. As the body gets in order, the harmonious inter-play between the mind and the spirit begins thereby making one more aware, balanced, and peaceful, with a sense of deep connection with everything around us. Our inner state of being influences and reflects in our outer world. Let us find more meaning and purpose to our life by connecting with ourselves and all the elements of our existence to experience 'Transformation' which is a pre-requisite for the 'New Divine Age'.

In this issue, under '*Pearls of Wisdom*' Maitreya Dadashreeji gives us an understanding about how to deal with the fear of death.

Inside, read more and enrich yourselves as we introduce two more columns *Through the Looking-Glass* 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*. Under the section *MBP Family* we also bring to you the spiritual practice that can be offered on the auspicious day of MahāShivrātri falling on 1st March 2022.

We also invite you to experience the positive energies of MahaShivratri as we go LIVE from ShantiKshetra Premgiri Ashram on our YouTube channel. We also bring to you an exclusive message from Maitreya Dadashreeji on this auspicious occasion. Subscribe now to <http://www.youtube.com/c/maitribodhparivaar> and stay updated.

Happy Reading!

With Love & Light,
Team Maitri Anahita

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Question:

Maitreya Dadashreeji, there is a universal question which is always in everyone's mind. It's the mystery of death. What happens when you die? Where does our soul go? And then there is the fear of death. No matter how many times we hear the logic, it is difficult to accept it.

Maitreya Dadashreeji:

Dear friend, when you go out for a shoot or work, after everything is done, where do you go when you are through and tired? Your own home? That's exactly what happens after death. After death that what is left, the soul goes to its own home. Wherever its abode is, wherever it started its journey from or if there's a better place for it, it reaches there. This is a journey for each individual soul. To go back to where it originated from.

We feel that this body shall remain with us forever. This is how we live. How many days can you hold onto others or even yourself. Even this body is not yours. If you say this body is yours then try holding onto it for the next 300 years. See if it remains with you. Even this leaves and we go back to where we have come from. Creation has many places. We reach there and on arrival we feel peace that I have reached back to where I had started from. You get this feeling that whatever my journey was, I have learnt a lot and come back to where I had started from, that I am back home and this is my place. This is beyond the earthly dimension, beyond the solar system. When we reach there we become free from anxiety. And then we get ready for the next journey. "Whether we will go back or not?" "Do I want to move ahead and grow or not?" That is the thinking process. Man must realise that there is no beginning and no end. This is a flow. It's a constant flow. So you too will flow and reach your own place.

The fear of death that you are describing is that of the body. As long as you treat the body as the truth the fear will continue. If you accept the body, then accept the fear, that I must be afraid. When you go beyond the body, then fear will automatically go away. So you have to decide here, what do you want? Move with the body or move with the Truth that is beyond the body? You will experience as you think. If it's raining outside and you want to go out, do you want to go outside with an umbrella or without and get wet? If you don't take the umbrella, then you have to accept that I will get wet and catch cold. And if you get knowledge and the truth means you have found the umbrella. "I'm going out into the rain and I will not get wet." That is how it is. If you accept the body as the truth then fear will follow. Go beyond the body then fear will go away. This is the practical understanding. This is also a truth as to how you want to walk. Your state develops accordingly. It depends upon your state. It depends upon what you are thinking just now in your mind. It depends upon what you have achieved till date. What you have learned

from it, and what you have become. We will behave accordingly. Whatever you have experienced in the past 40,50 or 60 years shows up in your conversation. It shows what you have learnt in your life. How I am, how I am moving and what I will do in the future. It becomes clear in the initial 5 minutes itself, what all is contained in my mind today. So your response to anything is dependent upon your state. It becomes evident in your responses that this is my state. Suppose if there is a sudden loud noise. Everyone runs away, everyone is fearful. But one person is still sitting. He doesn't run away. He first understands what has happened. He will think first, what is happening. So this is his state. And it doesn't come immediately. You have to give some time to attain this state. What is the state? Some are running and some are still sitting at peace.

Death has occurred at places. The atmosphere is filled with pain. I accept that. Some people are not experiencing that. There are still some people today who are simply observing this. This experience is not happening with them. Or in whose homes, death has occurred but they are still doing what they are supposed to do with love. So why is there a difference? This is the truth. What we are trying to discover, to arrive at that place that there is something beyond the body. Today we can say that I can't see it so I won't believe in it. That's all right. But if you practice it then you will realise that there is something beyond the body in the form of energy. At least try to discover it. When you say it's not there, then you won't grow. If you think that there is a probability that it exists and I will search for it, you will reach there when you search for it.

So as we grow slowly in our state towards the truth, we will get to know everything what to do and when. Then there is no confusion. Then there is clarity. Everything will become easy for you. There is that truth, that this exists. I don't say soul, but there is definitely something beyond the body.

Acceptance of this will come slowly. See when you go to school, can you clear the 10th grade on the first day itself? Or does it happen that I want to become a doctor and have taken admission and joined college today and the very next day I obtain the certificate that I am a qualified doctor? That doesn't happen. Every topic requires practice. It is a process. So this too is a process. You have to reach there gradually. The way you came in the beginning. Sat down and started conversing, so while talking and over the course of the discussion, this process is completed towards the end. Then you will observe a change within yourself. Oh! Ah. So I came from here and I'm leaving with this new state. Because that experience and the knowledge has started the process of transformation within you. On its own. It occurs naturally.

*Flow with the Truth!!
Divine is there!!
We are here to help you!!*

**Love and Blessings,
Maitreya Dadashreeji**

*(This is an excerpt from Maitreya Dadashreeji's
interaction with 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!



Practice for the Month

Right Routine

A health body is home to a healthy mind!

Following healthy practices and a right routine that will ensure our physical, mental, emotional fitness and help us grow spiritually. We recommend the below mentioned changes that can be incorporated in one's lifestyle:

- Eating healthy, fresh and nutritious food
- Have good quality of sleep so that you wake up fresh and rejuvenated
- Exercise regularly; you may adopt any kind of fitness regime that works for you
- You may follow a spiritual practice of your choice.

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 : Peaceful Warrior



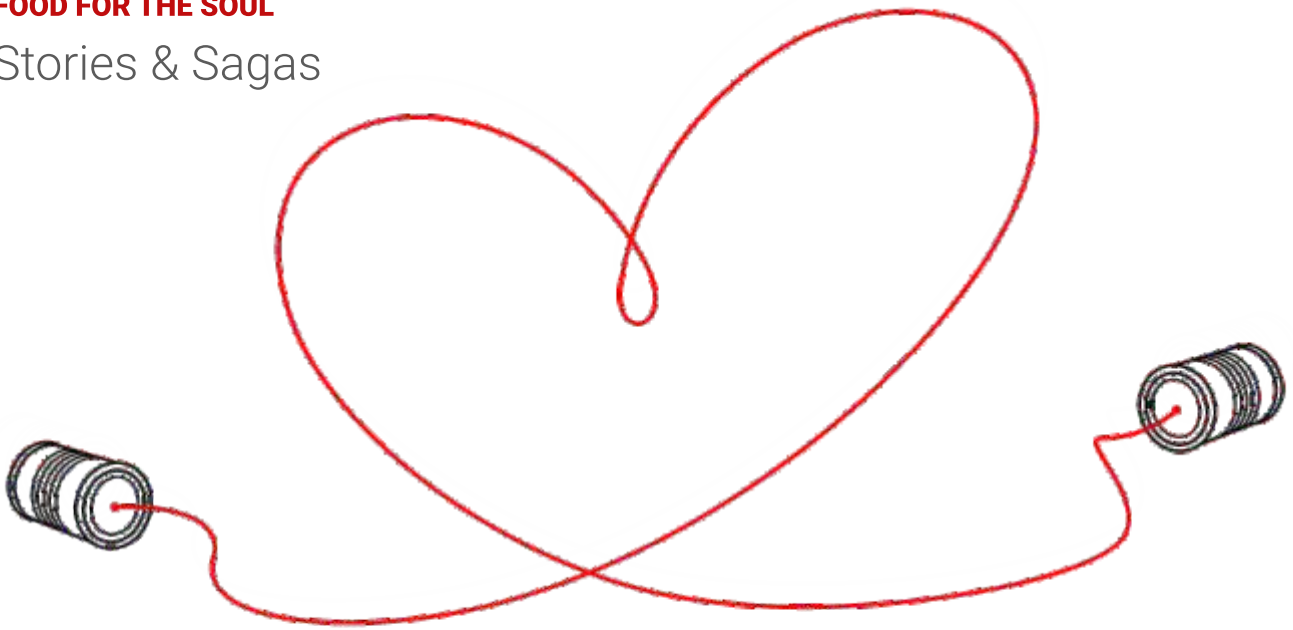
The truth is out there’ – all we need to do is seek! In this space we will be recommending a movie to you each month; we hope it strikes a chord within you, even as you are entertained. Spirituality is fun!

The Plot

Dan Millman, a top-notch college athlete with perfect grades and perfect life is fixated on his life goal and dream of competing and winning in a National Championship - the Olympics. His hard work and perfection make him a good candidate for the Olympic Gold! However, one fine night, as he was feeling restless, Dan goes for an early morning run and has a very strange encounter with an old man, Socrates, who calls himself 'A Peaceful Warrior', at a car-service station; who takes a two-story vertical leap effortlessly. Mesmerized at the strange encounter, Dan decides to make him his coach. Little did Dan know where the association with Socrates was going to lead him to. Soon after, a major tragedy turns Dan's life upside down. Will he get back on his feet, does Socrates have a role to play in it? Watch the movie and find out how the drama unfolds.

Takeaway

Life is a transformational and experiential journey. What we perceive through our senses and mind is not the reality, the truth lies beyond the physical realm. Be present and aware in each moment. Living a purposeful, meaningful life will give inner peace and make this journey truly fulfilling and blissful.



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".

A relationship that lacks harmony harbours blocks, and that affect one's spiritual growth.

"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!

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!

A Moment In Prayer

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

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 newborn 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



Question: 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 चौरं 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.

MahaShivratri

MahāShivrātri is a significant festival celebrated each year in India and generally falls in the month of February / March. This year, this grand phenomenon occurs on 1st March 2022. It is said that the practices observed on this day have the potential to take one to the Highest. Truly a grand opportunity for every spiritual seeker whose sole aim is to become one with the Divine

The Folklore

The story goes that Lord Brahma and Lord Vishnu once came across a great pillar of fire and so they decided to investigate what it was, its origin and purpose. Taking the form of a swan, Lord Brahma rose high into the blue skies in pursuit of its summit while Lord Vishnu bored his way deep into the universe in pursuit of its base taking the form of a boar.

When Lord Vishnu returned, He conceded defeat for not being able to find the end of the cosmic pillar. Lord Brahma had failed too, for this cosmic pillar of fire was none other than Lord Shiva Himself. However, not wanting to admit failure, Lord Brahma lied that He had scaled the summit. As proof, he presented a white ketaki flower that He claimed to have found on the top.

No sooner was the lie uttered, Lord Shiva appeared. The two Gods fell at His feet. Lord Shiva became angry that Lord Brahma had lied, and thus cursed Lord Brahma that He shall never be worshiped. Lord Shiva also rejected the Ketaki flower in His worship.

Shiva Linga - The Cosmic Pillar

MahāShivrātri is celebrated every year to worship Lord Shiva. He is symbolically worshipped in the form of the 'Shiva Linga' which represents the entire cosmos. This makes the Linga an extremely powerful energy centre because of which in ancient times the Shiva temples were mostly situated on the outskirts of the villages. Since the Linga radiates high energy it also needs to be kept cool. Hence it is observed that the ancient Shiva temples always have a kalash (pot) containing water hanging over the Linga from which water constantly drips over the Linga to keep it cool. The offerings made to the Linga (bel

patra/bel phal – wood apple tree leaves/fruits, rice, apple, milk) are cool in nature for the sole reason that the Linga needs to be kept cool. The Shiva Linga is also circumambulated only partially because the water that flows from the Shiva Linga carries a lot of energy and hence it cannot be crossed.

Circumambulating the sanctum sanctorum is an act that reminds a devotee that his thoughts have always got to be centered on the Divine.

Spiritual significance of MahāShivrātri

Spiritually, this is the day when nature ushers the devotee towards one's spiritual peak. There are two natural forces that afflict man:

- (1) **Rajas** – the quality of passion, activity, neither good nor bad and sometimes either self-centeredness, egoistic, individualistic, driven, dynamic
- (2) **Tamas** – the quality of imbalance, disorder, chaos, anxiety, impure, destructive, delusion, dull or inactive, apathy, inertia or lethargy, violent, vicious, ignorance

The Shivrātri Vrat (fast) aims at gaining perfect control over these two natural forces. The entire day is spent at the feet of the Lord. Continuous worship of the Lord necessitates the seeker's constant presence at the place of worship. Movement is minimal. Inharmonious energies, such as lust, anger, and jealousy, born out of the first natural forces, are ignored and subdued. The seeker observes vigil of the mind throughout the night; and thus, conquers the second natural force as well.

Happy MahāShivrātri!

Through the Looking-Glass

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.

Emotions at Work

Emotional expression has been frowned upon in corporate culture but that completely ignores the fact that man is a creature of emotion. It is said that a healthy mind resides in a healthy body – it is time that emotional expression be accorded the importance it deserves in corporate culture says **Maitreyi Sebanti**

“There is no place for emotions in the office”, is a statement that we have often heard.

Emotional expression has been mostly unwelcomed at the workplace. Employees had tasks to perform and it was considered unwise to let feelings to get in the way. Employees were expected to bring their “professional” selves to work, leaving their emotions at home.

Humans are not one-dimensional

Numerous studies reveal that emotions are an integral part of our being. As shared in the previous issue of this publication, there are four dimensions of the self – the physical self, the mental self, the emotional self and the Core. At all times, the four dimensions play an active role in the way we think, feel and act. Extensive studies have shown that emotions play a major role in every decision we make, whether professional or personal.

Experience, emotion, memory

Let us understand emotions in more detail. Emotions are energy that carry a charge with them. Energies that carry a positive charge are called positive emotions and energies that carry a negative charge are called negative emotions. These emotions are the index cards with the help of which we file our memories. Our life is made up of a series of experiences. Every experience has emotions associated with them. When experiences have negatively charged energies or negative emotions

associated with them, we label such memories as painful, hurtful, or traumatic. Whereas, when we have experiences that have positively charged energies or positive emotions associated with them, we term them as joyful, happy, and cherished memories. Depending on the intensity of the emotions experienced, these memories become deep impressions within our being and drive our present thoughts, feelings and behavior.

What lies beneath

The emotions experienced by employees at the workplace, make up the culture of that place. Every organization is like an iceberg. The visible 10% of the organization is made up of the tangible products and services the company offers and the company’s output, in terms of performance. The invisible 90% is made up of the collective mindset of its employees, the values and the emotional culture of the organization. This 90% has a direct impact on the organization’s bottom-line.

Teams that experience a high degree of positive emotions like appreciation, gratitude, courage, and love have a positive work culture. These individuals experience positive expansive emotions resulting in clarity of thought, sharper focus, enhanced creative abilities and access to higher decision-making powers. On the other hand, teams that experience negative emotions like anger, blame, guilt, and fear survive in a toxic work environment. Individuals

Through the Looking-Glass

experiencing contracting negative emotions operate on survival mode characterized by short-term thinking and narrow self-interest.

When employees are asked to leave emotions out of the workplace, they often end up suppressing their emotions. Suppressed emotions have a detrimental effect on the mind and the body, leading to stress, burnout and eventually result in low productivity and churn. “Countless empirical studies show the significant impact of emotions on how people perform on tasks, how engaged and creative they are, how committed they are to their organizations, and how they make decisions. Positive emotions are consistently associated with better performance, quality, and customer service—this holds true across roles and industries and at various organizational levels.” – shares Sigal Barsade and Olivia A. O’Neill, in a Harvard Business Review article.

Awareness is the key

Daniel Goleman, who popularized the term Emotional Intelligence, actively advocates the need for Self-awareness – recognizing and understanding one’s own emotions – and Social-awareness – recognizing and understanding the emotions of others. However, many leaders feel ill-equipped to understand and actively manage how employees feel and express their emotions at work. When employees can express themselves fully, they feel heard.

Emotional responsibility of the leadership

Leaders need to develop the quality of deep listening that allows complete expression in a safe, non-judgmental environment. Here, the Core plays an active part once again. When the leader can connect with their Core, the deepest dimension of their being, and practice Core led listening, they are not only able to facilitate complete self-expression in others but also help them find their own solutions to the challenges that they may be facing.



Core led listening begins with listening to one's own self.

Core led listening begins with listening to one’s own self. We might begin by practicing listening to our body. We may then focus on listening to our thoughts and emotions. It is key to just listen and observe and not judge ourselves. Slowly we make progress in listening to and connecting with the deep silence of our Core.

A Core led leader exudes positive emotions of passion, courage, caring and compassion and provides the energy that the organization needs to fuel its vision. The emotional health of the individual will eventually reflect on the health of the organization.

Mushrooms in the Oyster

Debashish Bhattacharya shares with us a low calorie, powerhouse recipe of mushrooms



Ingredients

- Oyster mushroom/ Button mushrooms -250 gms - sliced thinly
- Carrots – 2, diagonally cut
- French beans - one small bunch, cut diagonally
- Big fat fresh red chillies – 2/3
- Ginger – 20 gms, thin juliennes
- Garlic - one pod, peeled and chopped
- Onion – 1 large
- Black pepper corns – 1 tbsp
- Dark soya sauce – 1 tbsp
- Veg oyster sauce/ Chilli Oil/ Chilli Garlic Oil/ Black Bean Sauce– 1 tbsp
- Sesame oil – 1tbsp
- Corn flour – 1 heap tsp, mixed with water
- Light cooking oil – 2 tbsp
- Jaggery syrup – 2tbsp
- 5 spices powder or fennel powder - optional
- Salt to taste

Method

- Boil one cup water. Add the carrots and keep aside after 20 seconds. Add French beans and set aside after 40 seconds. Rinse the veggies well with cold water to keep their colour. Reserve the hot water.
- In a wok, heat the cooking oil and flash cook the garlic till the colour changes.
- Add the sliced onions and sauté for 3 / 4 minutes, just to make it crisp but not brown.
- Add salt to taste.
- Add sliced mushrooms and cook for about 2 - 3 minutes. You may cover the wok for quick cooking.
- Add blanched carrots and beans and flash cook on high flame for about 30 to 40 seconds.
- Add oyster sauce/ Chilli Oil/ Chilli Garlic Oil/ Black Bean Sauce and give it a toss.
- Add dark soya sauce and toss.
- Add juliennes of ginger and give it a toss.
- Add jaggery syrup.
- Add corn flour slurry and allow it to boil.
- As it starts to boil, add the sesame oil and bring it to a boil.
- You may sprinkle 5 spices powder or fennel powder to taste and switch off the gas.
- Serve hot with hot steamed rice.
- Please note this dish needs to be eaten fresh and not reheated.



Traditional Remedies

Black Pepper

Sreelatha Shetty talks up the little spice that punches above its weight!

Considered the king of spices, the little pods of black pepper are formed by drying the green, unripe fruit of the pepper plant. In addition to the punch and zing it adds to daily food, black pepper provides considerable health benefits too. The 'bite' in black pepper is provided by piperine, a bioactive ingredient which imbues it with health boosting qualities. A staple in Indian cuisine for the flavour it adds to food as well as a home remedy, pepper pods are always at an arm's distance in any Indian kitchen!

Properties of Black Pepper

The pods, whether whole or ground, are pungent in taste and hot in potency. Black pepper acts on the body to balance kapha (bio-energy involved in the material development of tissue) and vata (subtle energy associated with movement); it increases pitta (the energy of digestion and metabolism). It is antifungal, antioxidant, antimicrobial, antispasmodic, anthelmintic, carminative and antibacterial in nature. By all accounts then, it is indeed a wholesome additive to our food.

Benefits

Digestive: It stimulates hydrochloric acid in the stomach, helping in digestion. It improves taste perception. It has carminative property hence helps in relieving bloating, distension of the abdomen, etc. It also helps in deworming, as it has anthelmintic property.

Respiratory: It decreases sputum production, helps to remove phlegm from the body and hence



prevents chest congestion. It is a good antibacterial agent which actively acts against bacteria. It is efficient in preventing infection as it can prevent the growth of infectious agents. Dosage - a couple of grams of powder along with honey or betel leaf juice; it can also be given with sugar candy, ghee and honey.

Immune System: It boosts the production of white blood cells, which are necessary to fight against bacteria and viruses.

Cancer Prevention: Black pepper when combined with turmeric can help in preventing cancer. The antioxidants that it contains help in preventing the occurrence of cancer.

For Skin: It improves blood circulation to different parts of the body. It revitalizes the skin.

For Weight loss: It helps in breaking down excess fat, and hence is useful in fighting obesity.

Side effects

as it has an aphrodisiac effect, it should be used with care in male patients with infertility issues. Excess consumption of pepper causes abdominal pain, burning micturition, etc.

Optimum dose of black pepper is 1-2 gm daily. With science and culture wholeheartedly supporting and suggesting the usage of this humble spice in our daily food, let's make the most of it!

DIY Cleaning Agent

Rivers are the lifeline of the land and the people inhabiting it. Individual initiative is vital in maintaining a healthy river eco-system. Using environment-friendly domestic cleaning agents is a step in that direction

The health of our river ecosystem reflects the health of the planet. This planet is our home, and its health is our responsibility. The sight of a sparklingly clean river body reflecting the sun's rays off its dancing waves as it winds its way through the land is a balm to the soul and a delight for the senses. Such a river body has life, energy, presence, and beauty. Contrast this with a water body that is polluted, sluggish, and lifeless. Which way do we want to go?

Domestic cleaning agents, be it those used in the kitchen or the washroom, are laden with chemicals which choke the life out of the waterbodies they are drained into. There is no use fixing the responsibility for environmental care on others, be it the government or the industry. There must be a change, a transformation and that begins with us. We cannot underestimate the power of individual initiative; it is the small initiatives that potentially snowball into full-scale movements.

The sustainability of local-level initiatives is a key aspect in caring for our water bodies and the environment in general. For such initiatives to have lasting impact, the movement must run on its own steam. As such, we must look for sustainable options, rather than just eco-friendly ones. Sustainability implies a small footprint, self-perpetuating, creating minimal amount of garbage and effluents, and above all should be affordable. Do-it-yourself methods work the best.

With the idea of substituting toxic chemicals with environment-friendly natural enzymes in cleaning agents, we are sharing a recipe for

making cleaning agents based on naturally occurring enzymes.

Ingredients to make 1 litre enzyme

- 2-litre bottle
- 1 litre water
- 300 gm fruit peels/any vegetables. Avoid onion, garlic or any vegetable that has a strong smell
- 100 gm jaggery or brown sugar (for feeding the bacteria)

Method

- Put the water, fruit/vegetable and jaggery in the bottle
- Mark the date on the bottle
- Mention the ingredients on the bottle
- Open the bottle once a day, do not close it tight so that the gas formed can escape. Practice this for a month.
- Keep in the shade to promote microbial activity

Your environment friendly, non-toxic cleaning agent will be ready for use after 3 months!

Tips

- The sediment in the bottle will settle at the bottom. The enzyme can be used directly without straining, or you can strain before use
- The solution will release an acidic smell when it is ready
- In case of worms in the bottle, add some jaggery
- To lend fragrance to the floor cleaner, add lemon grass/lemon to the fruit enzyme; adding marigold makes for a good mosquito repellent

Usage

- Mopping: 2 measures of the bottle cap for a 15-litre bucket
- Cleaning your washing machine: 1 cup for one cycle to clean the inside of the drum for front load washing machines
- Dishwasher: 1 cup
- For unclogging drains: Half a cup once a week (works like magic, no need to call a plumber for unclogging!)
- For Plants: 1 spoon in 5 litres for spraying in the morning or evening. Good insecticide with chillies, garlic, and onion
- You may even wash dishes with it

Let's embrace a sustainable lifestyle and contribute to making our planet green.

Credit: This recipe has been suggested by Kirti Bhawe, a DIY environmentalist as shared on www.jeevitnadi.org



The City Beautiful - Chandigarh

Pooja Sharma reminisces about the city of Chandigarh and the memories it holds for her even as she looks forward to a future in the very same city

When asked of a favourite place, people will perhaps name a hill station, a beach or a garden or something like that. For me, however, it is a city. A city, the first of its kind in India, well-planned with wide, clean roads, neatly demarcated residential, academic and office areas, boasting of man-made lakes and gardens and having a very happy vibe. The city of Chandigarh, named after the Goddess Chandi, is my favourite place.

The city keeps pulling me to it and no matter how many times I have visited it, I just can't seem to have my heart's fill. It is was founded in 1953, a city with a young soul! To me the leafy lanes and by-lanes; the sprawling, gorgeous gardens which are an oasis of serenity and beauty; the night food street outside the university teeming with youngsters and grown-ups alike; the vibrant atmosphere in the university; Sukhna Lake, with avian-life and other wildlife, with its gorgeous promenade along the lake shore, makes it young. A mere mention of it floods me with fond memories of love filled moments and unadulterated joy. Chandigarh is the place that I love from my very core.

I started my school here and the joy of going to school is still palpable within me. To top it all, my younger sister was born there and the memories that we created are simply priceless. The remembrance of those carefree, breezy days etched in my mind, make me smile every time. As a young family we found great times of bonding and sharing in this beautiful city.

Long bicycle rides on the shaded roads with friends, playing badminton with my father, enjoying oranges in the winter sun with my mother, indoor games with my sister, my childhood memories are chequered with these joyous moments. Each memory, each remembrance, tugs at my heartstrings and I am transported to my 'City Beautiful', as Chandigarh is popularly called.

The city carries an unhurried vibe; I suppose with distances not being an issue in this compact and well-planned city, people are in no rush to get anywhere! Everything is at hand, be it shopping, eateries, recreation, sporting activity, and even your friends! Travelling is no bother here.

My Favorite Place

The unworried times and happy moments with my family not only strengthened my bond with them but also shaped me into the positive, secure person, I am today. A happy go lucky person, with a penchant for exploring, I can say with conviction that my personality was shaped in the distinct period of my childhood spent in this amazing city. The city instilled within me the

trait of enjoying every moment, every season with full fervour, making me grateful and humble.

It's my deep desire to go back and settle down in the lap of this beautiful city and relive the simple joys of this ride called Life. 'The City Beautiful' is beckoning.



MahāShivrātri Kriya (Practice) for Devotees

1st March 2022, 11:15pm to 11:45pm

On the auspicious day of Mahashivratri, devotees should chant the holy name of Lord Shiva for the entire day and night. One may fast throughout the day and at night and break the fast next morning. The purpose is to devote and surrender oneself to the Highest Supreme Consciousness, to the Creator of all, who has appeared in the form of the Linga. The energies on this day are conducive for a seeker to unite with the 'Source' by chanting the holy name of Lord Shiva. We share below the practice that may be offered on this day:

- Take a bath at or after sunrise while chanting the holy mantra – 'OM NAMA SHIVAAY'
- Later, worship Shiva and the other deities (if any) residing at Puja Sthala (temple/altar) by offering aarti (circling a lighted lamp three times or more clockwise). Offer flowers and prasadam (offering) like milk, kheer (rice pudding), bananas, apple, etc.
- For the entire day practice mauna (noble silence) if possible; while silently chanting Dadashreeji's mantra or OM NAMA SHIVAAY within.
- At night if possible, devotees should sing Bhajans or continue chanting the holy name of Lord Shiva.
- Dadashreeji has asked us to initiate prayers and kriyas after 11.15 pm till 11.45 pm (Night of 1st March 2022). It has been said that punyas earned on this day are adequate for the entire year, to keep one happy and healthy.
- If devotees have the Linga at home they can perform kriyas on the physical Shiva Linga or sit and meditate on one's heart centre and visualize the presence of the Shiva Linga to perform the kriyas as explained below.
- After the Linga Kriya, devotees should chant Babaji's Mantra and Dadashreeji's Mantra three times each, conveying your prayers to Them.

- At the end, offer aarti to the Shiv Linga, your deities and the Master with gratitude to them with love and devotion.

Linga Kriya

- Perform abhishek (pouring of liquid offerings) on the Shiva Linga with water, milk, honey, curd, ghee and sugarcane juice (the abhishek of the Linga should be performed preferably with a kalash or any other vessel. Usage of a conch for the same is not advised).
- One can use sandal, vermilion and turmeric during worship. After cleansing, devotee would offer Bel leaves (Wood apple leaves) for 108 times, to the Shiv Linga. The mantra to be chanted is given below.

Mahākāleshwar Mantra

II Aum Shreem Aum Mahākāleshwarāya Namah II

॥ महाकालेश्वर मंत्र ॥

॥ ॐ श्रीं ॐ महाकालेश्वराय नमः ॥

One can chant the above mantra as many times as one desires. The mantra is very powerful and mystical. It has the power to dissolve obstacles and difficulties, blessing the family with growth and prosperity as well as the society at large. During this time, Dadashreeji and Babaji would be in their 'exalted state' to bless you, your family and entire humanity with their love.

Dadashreeji Mantra

*II Aum Jyotiroopāya Paramsakhāya
Parmānandāya Dadashreeji Namō Namah II*

॥ दादाश्रीजी मंत्र ॥

॥ ॐ ज्योतिरूपाय परमसखाय
परमानंदाय दादाश्रीजी नमो नमः ॥

Babaji Mantra

*II Aum Ādināthā Vishwagarbhā
Trikāla Sarvaloke Swāmi
JagatSadguru Mahāvātār Bābāji
Satyam Tvam Namah II*

॥ महागुरु महाअवतार बाबाजी मंत्र ॥

॥ ॐ आदिनाथा विश्वगर्भा त्रिकाल सर्वलोके स्वामी
जगतसद्गुरु महाअवतार बाबाजी सत्यं त्व नमः ॥

We also invite you to experience the positive energies of MahaShivratri as we go LIVE from ShantiKshetra Premgiri Ashram on our YouTube channel. We also bring to you an exclusive message from Maitreya Dadashreeji on this auspicious occasion. Subscribe now to <http://www.youtube.com/c/maitribodhparivaar> and stay updated.

Tales Of Transformation

Anecdotes of how Maitreya Dadashreeji transforms and guides us in our everyday life

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 - **Maitreyi Andrea** from Europe as shared with **Maitreyi Jagruti**. Andrea lives in Austria and in 2014, her friend invited her to meet a wonderful being. "I have never seen someone like Him, and you must come to Berlin to meet Him", he said. As Andrea now narrates, "I was in spiritual ignorance at that time, and I said to him that I had no time and I did not need this." Her friend was persistent and called again a week later and asked her to come to Switzerland for a 'last chance'. Andrea felt a spontaneous desire to go, and she travelled to Switzerland that week. The rest is history as they say, and this is an account of her bond with Maitreya Dadashreeji.

What was the first experience like?

I travelled alone to meet Him; I was in an emotionally distressed state at the time. During the ShaktiPravaah session, something went wrong for me as my mind became very active; my thoughts went towards the open window and I was shivering as it was very cold. I was worried that my mind was too active and would not let me absorb the Divine energy. I ended the first day of the session like this, my mind in disarray. That night, as I was sleeping, I suddenly felt the presence of Maitreya Dadashreeji in His astral form. He was asking me several questions, 'Who are you? Why are you here? What is your mission? and so on. Whenever my answer came through my heart, it felt like the entire energy of ShaktiPravaah was shaking my body and filling me up. The next morning when I woke up, I went straight to my friend and said that whenever Dada wanted to come to Austria, my house was open for Him and for anyone ready for transformation. That day, the 29th of September 2014 was the

starting point of my journey of transformation with Maitreya Dadashreeji.

What is the most significant shift you have seen in yourself after meeting Dadashreeji?

Before I met Dadashreeji, I worked as a medium as well as a life coach to help people to overcome trauma. When one does this kind of work, it can become your identity and can inflate the ego too; and so it was that one day a person told me that I needed a living teacher.; I remember I reacted with anger saying I did not need this, I had my guides, the spiritual beings and I did not need anything else. But the connect with Dadashreeji reverted me to my true self, a very simple, grateful, and loving being. My work stopped being my identity, I could no longer feel that it is 'my clients, my work, my gifts...' everything dissolved at His Lotus Feet and I realized that all my success at work for the last 30 years it was never mine, it was not my doing. It was guided in the beginning by Maitreya Dadashreeji. Today, even the words my language draws heavily from His words and this selflessness brought me back to a simple and devoted state.

What you are saying is very beautiful – please elaborate for the benefit of our readers as to how this experience of not identifying actually feel?

It feels so natural, I have no wish for myself or my life. I always wanted to help people and now I feel that Dadashreeji guides me. I feel a deep and permanent inner peace and stillness. It is from this stillness that action comes. I don't plan anything for my life, but the day is filled up with

Tales Of Transformation

beautiful things that will happen that I could not plan even with a timetable. At the end of the day, I feel so fulfilled.

Tell us something about seva?

(laughs) Yes, when I met Dadashreeji I was a businesswoman, I had issues working with my husband while guiding hundreds of people each year and my wish was that I would become free of all the administrative work and spend more time with the people. I prayed to Dada that if He needed me somewhere, He should put me in a space where I did not have to take any money from anyone, I really wanted to be free of that. It took time but Dada worked on it and in 2017 when my father passed away, he left me a heritage which took care of all the needs of the family, and I do not need to work for a living anymore. This is the greatest blessing of my life, to help people without being concerned about charging money.

How has it been to bring Dadashreeji to Austria?

I always used to tell my people that I never wanted to go to India, and I did not want a Master. I told them that nobody needs a Master and to be very careful if anyone comes in their life in that guise. When Dada came into my life, it was very strange as I had to tell the people that I had found a true Master, that there was some guidance in my life. Many people cut their ties of friendship with me as they did not want an Indian Master in their life. And now, after seven years, those very same people who rejected the idea and who cut the cords of friendship are all coming back. They do not ask about a retreat or anything. What they say is that whenever they see me, they see so much love and they want to know what I have done, what I have experienced and that they want to follow the same path. There is a need among people for inner strength and to connect with the True Love. They feel a pull and come to ask for help. We started a hotline called 'Neubeginn-jetzt' (New Start Now) where people can call and just express themselves and ask for help.

How is this journey with your family members?

I have four children, and each has a connection with Maitreya Dadashreeji, from the 12-year-old to the 29-year-old. Each one has a Divine Light of their own, including my mother who is also a Maitreyi of Dadashreeji. The family prays daily, talks to Dada, and asks for guidance; it is all very normal for us. When my youngest child has any quarrels with school friends or any problems he talks to Dada and asks for help. It is so natural for my family to talk to Dada because Dada is a living family member. Dadashreeji's Divine Light is in my living room and things are not hidden, and my children sometimes see me expressing out loud, sometimes with tears or other emotions and they experience how natural it is and so they also feel they can do it in the same way.

As a Maitreyi what is your routine?

Waking up and going to sleep, and every moment in-between, is in the presence of Dada and with love in my heart. Now I have the 3 R's to practice and there are still spaces where I must work on myself, starting with physical exercise. I have started to do that – I take my dog for a walk daily. I have also begun to cook better, more nourishing meals to take care of my body. And there is always some sadhana, it changes each day – but there is no day without connection with the Divine.

How is it now to face challenging situations?

There are many things that happen but let me share a story – if I am hurt by someone or upset about something I usually only express internally to Dada as I do not like to confront people. Recently there was a situation where there was hurt and pain within me and it was not going away. Then I saw Dada's video on 27th of December where He said that the second 'R' is the relationship and to express oneself completely in front of the person. So, I said to Dada that I have to do it and suddenly I found the courage to fix a date with this person and we had

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an immediate interaction over a video call; we just looked into each other's eyes and starting crying without even exchanging any words. Earlier I had prayed to Dada to take over my being, my mind, my voice and my words... so that only the good remains and I speak the truth with love. The exchange was so beautiful and expressive without any harsh words. Only pure love remains. I learnt so much from this experience and I realized I had labelled this person as overpowering, and so I always experienced that person's actions as overpowering. Now I see things so differently, without judgment and only with love.

What are the words of Dadashreeji that you express to yourself repeatedly?

His words - 'You are Love', it is a kind of internal mantra and nothing else is necessary.

Is there any message you have for the readers?

Never forget that the Divine loves you. You can never fathom His love for you! Just open your heart to Him.



The Effortless Transition

I have been on the spiritual path for the last 25 plus years. I came across several Gurus and followed their teachings, working on several complex practices in the process. There were ups and downs but I couldn't surpass some of the inherent challenges I always had. After connecting with Dadashreeji, I found a shift in myself, my state went to a different level. I could see the impact of my positive growth on my personal as well as professional level. The transformation has been effortless. I have been experiencing a direct connection and support from Dadashreeji in every aspect of my life. It is like living with your best friend. He gives unconditional support and guides in the right direction. I am so grateful to Dadashreeji for everything in my life now. I have challenges but no suffering now.

Thanks again, Dadashreeji.
Suresh Pillai

It's Happening!

I am blessed to be a part of the MaitriBodh Parivaar. I have been experiencing love and positivity after connecting with Dadashreeji. My life is transforming, I am more aware of my thoughts and overcoming my fears and negativities. I find myself getting answers and have become more confident now. I have been experiencing love and joy. Thanks to my Divine Friend Maitreya Dadashreeji for holding my hand and making my life easy.

Anjani Kapoor

The Divine Blessing

My experience with MaitriBodh Parivaar is very close to my heart. My brother, who lives in Australia, contracted Covid. His condition was quite bad and he was on the ventilator for two months. The doctors had asked us to pray for him since they had done everything that they could have from their end. I then came to know about 'Maitri Light' from one of my friends. Maitri Light was regularly given to my brother by one of the mediums from MaitriBodh and with Dadashreeji's Grace my brother recovered. He has come home now and is re-gaining his lost strength.

Like my own family, MaitriBodh Parivaar took care of us at every step; for which we shall always remain indebted. I keep the Divine Light with me for inner strength in stormy times. In Maitreya Dadashreeji, I got another brother.

Much gratitude to Maitreya Dadashreeji,
Simran Kaur

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.

*A proper mindful diet and
relaxing deep sleep would
provide you with a healthy body
and a happy mind. I urge you
to include this into your daily
practice thus staying healthy
and happy in life.*

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.

A doctor by profession, (currently working as a Consultant Radiologist in P.D. Hinduja Hospital, Mumbai) **Mitra Sut** - as he is fondly called also teaches and conducts spiritual sessions and shares the insights gained from his Master Dadashreeji.

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.

An IHM graduate, armed with Learning and Development degree in Hospitality from City and Guilds, London, UK, **Debashish** is a hotelier, entrepreneur and an experimental cook. Deba, as fondly called by his friends, is also a Yoga teacher, trained under Swami Govindananda, Shivananda Yoga Peetham, Kerala.

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.

Pooja Gairola Sharma is an ex-banker, now a full time Mom and co-founder at The SumPoorna, the handloom store. Among many things, her day also includes morning walks, whipping delicacies in the kitchen and contributing towards social causes close to heart.

Jagruti Gala considers herself an agent of transformation and constantly pushes the edge of consciousness in herself and in others, in order to create a world of greater peace, truth and compassion! Besides leadership coaching and consulting, Jagruti is also the Founder and Managing Trustee of a non-profit, AURA - A Learning Place (2007); the Co-Founder at Stones2Milestones (2008). She is the author of 99 Marigold Mornings, a book of prayer poems.

Heartfelt Gratitude to **Charvi Somani, Bikram Singh Boparai, Maitreyi Jagruti, Maitreyi Suman, Mitra Vatsal** and **Mitra Samyak** for their invaluable contribution to the magazine.

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