

# MAITRI Anahita



**Food for the Soul**

Practice for the Month 6  
Grow by Asking 10

**Health And Wellness**

Pots around the World 14  
Traditional Remedies 15



MaitriBodh

**Nature & Environment**

Sustainable Living 16

**MaitriBodh Parivār**

Tales of Transformation 20

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

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

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

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# Editorial

## Dear Loved Ones,

We hope you are doing well. Some of us are already experiencing soaring temperatures while others are enjoying spring. Those in the Southern Hemisphere are experiencing autumn. Mother Nature, with the countless bounties that she offers us selflessly has been caring for us and catering to all our needs for eons. But, have we cared enough for Her? We complain of soaring temperatures, erratic weather patterns, natural calamities, declining resources. Yet, have we looked deeper to find the cause? Would we choose to remain indifferent even now? Probably, but to our own peril. Friends, it's now or never. The pandemic was supposed to be a wake-up call to mend the way we function at all levels, a call which many do not seem to have heeded. The societies that are deemed 'primitive' by the modern world were 'advanced' enough to understand our interdependence and interconnection with Mother Nature for our physical, emotional, mental and spiritual well-being. Hence these societies revered and worshipped Mother Nature in all Her aspects. *Mother Earth is crucial to the life of all on this planet.* It is a spiritual insight - what we do to another we do to ourselves and Mother Nature is no different. While we celebrate Earth Day on 22<sup>nd</sup> April each year, are we really doing enough to save Her? Now we take your leave and leave it upto you to decide on your course of action.

In this issue, under '*Pearls of Wisdom*' Maitreya Dadashreeji shares the three right values that should be inculcated in children.

Inside, read more and enrich yourselves as we bring to you the following columns – *Power of Affirmations, Practice for the Month, Music for the Month, Movies for the Soul, Stories & Sagas, Sacred Rituals around the World, Pots around the World, Traditional Remedies, Sustainability and the Tales of Transformation.*

*Serve the ecosystem that serves us! We owe it to Mother Earth.*

*With Love & Light,  
Team Maitri Anahita*

# Content

Pearls of Wisdom ----- 04

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## Food for the Soul

Soul Mix ----- 06

Stories & Sagas ----- 08

Grow by Asking ----- 10

Sacred Rituals around the World ----- 12

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## Health & Wellness

Pots around the World ---- 14

Cumin Seeds ----- 15

---

## Nature & Environment

Sustainable Living ----- 16

---

## People

My Favorite Place ----- 18

---

## MaitriBodh Parivār

Tales Of Transformation ----- 20

MBP Programs & Offerings ----- 24

Quote ----- 25

Our Contributors ----- 26





**Question:** Maitreya Dadashreeji, what are the right values that we can teach our children? And what is the right age where we can start inculcating these right values into them?

**Maitreya Dadashreeji:**

There are so many values that every child should learn, experience and then share with their friends. But if you specifically ask about the right age (wherein people get confused most of the time), we always tell people, in the first seven years of age, as the child doesn't have a self, a proper self, a material self. So let him or her experience this life, explore this life the way they want. You are there to observe, to monitor what they are doing, but let them have their freedom. Let them experience it by themselves. You don't get there and try to add anything new unless your child is asking for something from you. If they are asking you "please teach me Math or teach me this language. I want to learn painting or something like that." If the child is asking for it then be there and teach your child, but otherwise generally, you should allow your child to be the way the child is, till the age of 7 and then slowly, you can start adding important values. Looking at the current time period, I can tell you of the values which I think are lacking in our current generation.

1) The first value is Courage. Courage is something even older human beings don't have. I'm seeing the current situation. These are challenging, tough times, and people are so afraid and fearful about what will happen next, and "how do I take care of my family or what will my future be? What about my children?" So, that fear is there. But if you are afraid yourself, then you won't be able to pass that courage to your kids. So courage is something that each and every child should learn: being very strong mentally, very clear and to be able to take challenges and face the situation as it is, to move forward. Normally what happens as parents is that you always tend to save or keep some money aside or build a bank balance or property or some form of financial security thinking that in future my child will do this or she will do that. You always plan things in that way. But what is needed is their mental development, the emotional strength. This is something that is lacking. And that's where you need to invest time, that's where courage is needed.

If you tell your child that "tomorrow, I might not be there with you and nothing will be there. No money. No house. No property and no recognition. But even in that state, when everything is zero, you still need to have that courage that I'll earn everything again." You can just give them some tasks. You may create some games, send them to go and get something. It's about their mental development. So it's not that you're telling them to go out and start earning money. But that you create an atmosphere in your house.

Or maybe when you go out and play some games then there too you can teach them this and it will automatically develop courage within them. Courage is something which is really needed for this current generation.

2) The second value is Confidence. Children wonder- "Will I be able to do it? Is it possible for me to get there?" So the belief in themselves is lacking. These doubts should be removed and that can be removed by confidence. So parents need to build this confidence in their child. They need to tell their child that "you have this talent, you have better qualities, you have those skills that are required to be a better, competent, human being". So if parents start talking to their child like this, they'll be very powerful in the future. They will have confidence within, courage within. Life will be very simple for them. They won't be dependent on material possessions. They themselves will be empowered to do anything in their lives.

3) The third value is Connection. Every child should learn about this connection with the heart. It is very important that we experience our emotions and direct them towards our growth. One should know how to channelise their anger or unhappiness so that they can achieve what they want to achieve in their life.

So, if a child gets these three values: Courage, Confidence and Connection then their life will be very simple. They will be well equipped to handle everything in their life. Then they won't need anybody else. Even parents will be so happy because they might not have that much money to secure their child's future but they'll be so confident, so much assured that the child has everything within him, he is so empowered that he can handle anything in his life. That is how one should bring up their children with these spiritual values.

**Lots of Love and Blessings.**

**Maitreya Dadashreeji**

*(PS: This blog is an excerpt from a conversation between renowned actress Smita Jayakar and Divine Friend 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

♥ *All beings on this planet co-exist in perfect harmony. I love and care for Mother Nature and all Her aspects.*

## Practice for the Month

Let us seek forgiveness and express our gratitude for all that Mother Earth has been giving us selflessly.

### Process

1. Sit in a comfortable position
2. Relax your body and mind
3. Feel Mother Earth (you may place your hands on the ground – preferably on soil) and connect with Her
4. Express the following heartfelt prayer  
*"Today and now, I express my love and care for You. Forgive me for causing pain to You. Let me protect and nurture you once again. Let me heal Your wounds with my love. Love, Love and only Love for You."*
5. Express your gratitude to her



## 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.

Below is a track that shares the wonders Mother Nature offers us and the connection that we share with Her:

<https://www.youtube.com/watch?v=btSDddn1Vew>

Enjoy!!



## Movie of the Month : Nature is Speaking

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

*NATURE DOESN'T NEED PEOPLE. PEOPLE NEED NATURE.*  
Let's read that again! Our beautiful, selfless, ever giving Mother Nature has been nurturing and nourishing not only mankind but all creatures since the creation of life on Earth. Every element in Nature was created to nourish and nurture us. It is not to be taken for granted. We have forgotten that we are not Nature's master and were never meant to control it. We started taking and taking far beyond our share and need, harmed Mother Nature with our unthinking, materialistic way of living. We forgot that Mother Nature is a living consciousness and is constantly evolving. If Nature thrives, we will thrive. If it falters, we will falter – that is the message.

### Takeaway

'Nature Is Speaking' is a small yet significant documentary of six short videos by Conservation International, where every element of Nature is given a voice. It is a wake-up call for mankind as our actions will determine our fate hereon. We are connected to and dependent on Mother Nature, a fact that mankind seems to have forgotten. It's about time that we got the better of our selfishness, greed, and unmindful ways of living and evolved for the good. Let us recognize, value, and respect Mother Nature and her bountiful resources; heal Her with our love and care. The truth is out – Mother Nature doesn't need us; we need Her for our existence yet alone thrive!



## The All-Perwading Divine

Upakosala was the son of one Kamala. He dwelt as a student with Satyakama Jabala, studying from him for twelve years. At the end of his study, when he was about to leave the house of Satyakama he was not allowed to depart. He became very sad when he came to know that all his friends were allowed to leave but not he.

Satyakama's wife was very kind towards Upakosala, and she pleaded with her husband to allow Upakosala to go home like the rest of his disciples, but Satyakama not only refused to do so but also went off on a journey. At this point Upakosala was so sad and sick at heart that he could not eat. The teacher's wife treated him with tender affection, offered him food, but to no avail. She kept insisting that he must take food otherwise he would not survive. At last, the boy cried out to her saying, "O mother, my heart is still so impure; I am too unhappy to eat!"

Satyakama knew that Upakosala had not yet learned all that was necessary for him and was not ready to lead the life of a householder as per dharma. Upakosala too was aware that his was not an academic failure, but rather one of interior disposition. He kept saying Satyakama's wife that he was filled with many desires which tended to distract him towards many other things. Upakosala understood that the desires may not be negative or foolish, yet they pull one in many directions, whirling one around and confusing one's mind and consuming all of one's life energies. Only when the mind is fixed on the One

Only when the mind is fixed on the One can the many be safely attended to

can the many be safely attended to. Upakosala kept aspiring for attaining this oneness with the One.

One day he heard a voice from the sacred fire Brahman or Agni saying to him, "This life is Brahman, the sky is Brahman, bliss is Brahman, know thou Brahman!"

To this Upakosala replied, "I know that life is Brahman, but that the sky is Brahman or that bliss is Brahman I do not know."

Again came the voice from out the fire, this time explaining that by sky was meant the lotus of

the heart, wherein dwells Brahman, and that by bliss was meant the bliss of Brahman. "Both" said the voice, "refer to Brahman", and thus continuing it taught Upakosala that, "Earth, food, fire, sun—all these that you worship—are forms of Brahman. He who is seen in the sun—that one am I. He who dwells in the east, in the north, in the west, and in the south, he who dwells in the moon, in the stars, and in water—that one am I. He who dwells in the sky and makes the lightning his home—that one also am I. Know well the true nature of the world that it may never do you harm."

Thereupon the fire, which had been only an earthly fire with which to prepare sacrifices, assumed a new aspect and became the Lord himself. The earth was transformed; life was transformed; the sun, the moon, the stars, the lightning—everything was transformed, and deified. And thus the true nature of all things was revealed to Upakosala.



In due time Satyakama returned home. When he saw Upakosala, he said, "My son, your face shines like one who knows Brahman. Who has taught you?" "Beings other than men" replied Upakosala. Then said Satyakama, "My son, what you have learned is true. True also is this that I teach you now. Lo, to him who knows 'It' no evil shall cling, even as drops of water cling not to the leaf of the lotus. He who glows in the depths of your eyes— that is Brahman; that is the Self of yourself. He is the Beautiful One, he is the Luminous One. In all the worlds, forever and ever, he shines!"

"That Brahman is in front and in back, in the north, south, east, and west, and also overhead and below. In other words, that supreme Brahman effulgence spreads throughout both the material and spiritual skies" - Mundaka Upanishad 2.1.1

Brahman refers to the all-pervading aspect of God/Divine, often called "the all-pervading world-soul." Since everything comes from the Divine, it is non-different from Him. It is imperative that mankind realises this truth and reveres the sacredness of all aspects of existence.

**Note:** The above story is from the Chandogya Upanishad, 4.10

**Ref:** <https://upanishads.org.in>

## Grow by Asking

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



**Question:** It is said that our surrender should be complete, and we must trust the Divine plan by not interfering and applying our ideas in that. At the same time, we are also advised to perform our duties. Whatever we may understand to be our duty, would performing our duties be considered as interference?

**Mitra Sut:** Dear friend, thank you for asking this amazing question.

Let us first try to understand what exactly SURRENDER is. Surrender is an 'internal state' which we can only aspire to. It is not a worldly skill, which one may achieve with practice. It is only through Divine Grace that one may achieve it. One may make every effort to completely surrender to the Divine Will, but the outcome of that effort is not in our control.

In the sacred Bhagwad Gita Chapter 18, Vs 62, Krishna declares,

तमेव शरणं गच्छ सर्वभावेन भारत ।  
तत्प्रसादात्परां शान्तिं स्थानं प्राप्स्यसि शाश्वतम् ॥ ६२ ॥

Meaning

*Take refuge and surrender unto Him alone, with all your being. By His grace, you shall attain supreme peace, the eternal abode.*

Surrender comes with intense devotion/ Bhakti. There are no 'ifs' and 'buts'... but one just 'IS' in that state and consistently experiences Divine Love. In that state there is no claim to doer-ship nor any personal desires or expectations, except to serve the Divine or humanity. One acts in complete accordance with the heart, the inner guidance being strong and clear.

Meerabai, Sant Tukaram, and Saint Peter among others are examples of evolved beings who were in a state of complete surrender towards their respective Divine forms. When in surrender, the Divine Will becomes your own will and you don't have anything personal to achieve then. You just become a vehicle, a medium of the Divine. The Divine guides you, protects you and takes you to the highest abode, as is enunciated in the above verse. One becomes fearless and flows with every moment as it is.

In the state of true surrender, the Divine will automatically make you complete all your duties and there will be no conflict within about the course of action as every act becomes a Divine act. But till one reaches the state of true surrender and is exercising one's free will, one needs to be aware of the need to fulfil one's duties, as our learnings may be associated with these duties.

Duties or kartavya karmas are a very important part of our actions and these are elaborated in great details in an online series, 'Spiritual Triangle', held by the MaitriBodh Parivaar (please check the website to attend the same).

As such, the apparent conflict between our notion of surrender to the Divine Will and the

discharging of our duties arises in a misunderstanding what 'Surrender' means. When we are experiencing the state of 'Surrender', there will be no conflict as 'HIS WILL, will be thy will', and you just flow with every moment, as it is, experiencing supreme bliss.



As Maitreya Dadashreeji says,  
"Simply surrender to HIS WILL. Ask nothing in return and experience the shower of  
Grace in your life."

So, let's pray to our Divine, to Maitreya Dadashreeji to  
help us experience this state of surrender.

## Pago a la Tierra

The awareness and acknowledgement among indigenous people across the globe of the plentiful bounty of Mother Earth has led to rituals in celebration and gratitude of the same, writes **Mitra Philip**. The beautiful and elaborate ritual of the indigenous Andean people, the 'Pago a la Tierra', is one such expression of prayer and gratitude towards Mother Earth

### The 'Pago a la Tierra'

The Pachamama Earth Mother ritual, called 'Pago a la Tierra' (literally 'Payment to the Earth'), is a sacred offering of the indigenous people of the Andes Mountains of South America to pay tribute to the 'Pachamama' (Mother Earth) and invite her blessings. The ceremony is an offering of gifts to Pachamama; who is the protector, provider, and source of life and fertility. As Pachamama gives generously of all her life-sustaining gifts, so the people give back gifts to her in gratitude; for only then do they feel they can receive more of life's bounty. This Sacred Ritual is held in August, which is the time of spring in the Southern Hemisphere, just as we are now celebrating spring's renewal in the Northern Hemisphere.

The Mountain people of the Andes gather for the 'Pago a la Tierra' to thank Pachamama, to ask for

**As Pachamama gives generously of all her life-sustaining gifts, so the people give back gifts to her in gratitude; for only then do they feel they can receive more of life's bounty**

a good growing season, and to speak directly with Pachamama about personal and family needs and dreams. This Sacred Ritual of gift exchange is conducted by the Shaman (Priests).

The Shaman first kindles a Sacred Fire. Then a blessed blanket is placed on the ground to mark the sacred space of the ritual. A square white cloth is placed in the center of the blessed blanket. Then the gifts for Earth Mother are carefully arranged on the cloth by direction and colour. The gifts consist of flowers, candies, nuts, wool, and incense. Especially important are the offerings of coca leaves. Coca leaves are chewed by the mountain people to give them strength and endurance for living in the high mountains. Each person holds three coca leaves. The Shaman and the people breathe their prayers into the coca leaves.



When all the offerings are correctly placed, the cloth is ready to be folded, closed and tied with white string. The bundle is called the Despacho (the gift bundle). Everyone present comes forth and kneels before the Shaman who presses the despacho to their heads, hands, and hearts. Each person then holds the despacho to their heart and speaks directly to Pachamama about their needs.

The despacho is then placed in the Sacred Fire with the Shaman reciting sacred chants. Each person places their coca leaves in the fire. After the chanting has slipped into quietude, the people stand in prayer until the fire has completed its duty and the ritual is complete. Pachamama has been graciously thanked and honored for all of life's bountiful gifts.

### Honoring Mother Earth

The Earth Mother is honored and shown prayerful respect throughout the world with each region having a distinct ritual for the same. In Africa she is Ala, in the Igbo dialects, watchin

g over morality, fertility and creativity. In the Sufi tradition the Earth is honored as the Mother of Love in song and poem. For the North American Native Iroquoian people, the Earth sits on the back of Grandmother Turtle, reminding the people of her persistence and strength. The Iroquoian people recite a thanksgiving prayer at all community gatherings, thanking the Earth and honoring and naming dozens of animals, plants, and elements with "one mind and one voice". The love of Grandmother Turtle, Ala, or Mother Earth has served to bring the people on Earth to live in gratitude, harmony, and love. As we prepare to celebrate Earth Day on April 22nd, let us remember that every day is an Earth Day and be grateful for the life-giving bounty bestowed by her on us and pledge to protect, care, heal, love and respect Her.



## Home Made Healthy Granola Bar

Do you love granola as a snack? Then you would have spent hours in the granola aisle at the grocery store, trying to find just the right kind. It is near-impossible to find the perfect granola at the store. **Nishtha Basu** suggests trying homemade granola and promises you will never go back to store-bought granola. It's so much better!



### Ingredients:

- Rolled oats - 500gms
- Jaggery powder - 100gms
- Honey - 150 ml
- Cinnamon powder - 1 teaspoon
- Vanilla essence - 2 teaspoon
- Salt - 1/2 teaspoon
- Almonds - 30 gms
- Cashew nuts - 30 gms
- Black raisins - 30 gms
- Walnuts - 30 gms
- White Sesame seeds - 30 gms
- Pumpkin seeds - 30 gms

The above is just a guideline for proportions, you may adjust any ingredients as per your preference.

### Method:

1. Chop all nuts into bite-sized pieces
2. Add honey to a saucepan and gently warm

over low heat for 30 seconds. Turn off the flame and add vanilla essence.

3. In a large mixing bowl, pour in the oats, topping with warm honey and jaggery powder. Mix thoroughly.
4. Now add nuts, raisins, sesame seeds, salt and cinnamon powder.
5. Spread out the oats mixture evenly in a baking tray lined with parchment paper.
6. Bake at 150 degrees Celsius for 15-20 mins or until the mix turns golden.
7. Remove, let it cool. As it cools, stir a few times to prevent it from hardening into one big bar. The granola should resemble any ordinary cereal. Store in an airtight container.

*Enjoy this homemade granola with milk, yoghurt, ice cream or even on its own as a snack.*

## Cumin Seeds

Cumin may not be a glamorous spice but that does not detract from the numerous health benefits that accrue with usage of this humble spice, writes **Sreelatha**



Cumin is a spice widely used in Indian cuisine. It also finds usage in Ayurvedic medicine as it is of benefit in treating gastro intestinal disorders, circulatory disorders and reproductive system disorders. Cumin seeds may be used in granular or powdered form.

Rich in iron, calcium, magnesium, and phosphorous, cumin is pungent in taste, hot in potency, and balances the energy that forms the body's structure (kapha) and the subtle energy associated with movement (vata), and also increases the energy of digestion and metabolism (pitta).

Cumin seeds are carminative, appetizer, analgesic, antispasmodic, anthelmintic, antibacterial, antimicrobial, anti-oxidant and galactagogue in nature.

### Benefits

**In the digestive system** - it improves perception of taste, stimulates the digestive juices thereby aiding in digestion and absorption. It is a known remedy among our elders for poor appetite, vomiting, indigestion, abdominal pain, gaseous distension of abdomen. It is also an excellent remedy for worm infestations and diarrhea. Cumin contains thymol, which promotes the production of saliva, bile and other enzymes that are essential for proper digestion. Research shows cumin to have excellent results in treating irritable bowel syndrome (where the patient has diarrhea and sometimes constipation along with stress, and anxiety).

### To treat diarrhea

#### Ingredients

Cumin powder (1/2 tsp)  
Carrom seed powder (1/4 tsp)  
Dried ginger powder (1/2 tsp)  
Butter milk (250 ml)

#### Method

Add the above three powders to buttermilk or water and drink.

### To treat bloating and indigestion

#### Ingredients

Cumin (1/2 to 1 tsp)  
1 cup (250 ml) water

#### Method

Roast the cumin for 1-2 min and then add 1 cup (250 ml) of water to it. Boil till it reduces to half a cup (125 ml). Thereafter filter it and take once or twice a day.

**In the circulatory system** - it is helpful in reducing bad cholesterol. Patients with known hyperlipidemia (excess of fats) should have decoction of cumin regularly. Being a rich source of iron, it is also good for anemia patients.

**In the reproductive system** – cumin decoction is used in combating abdominal pain during menstruation, as also where there is excessive, white discharge from the vagina.

**In the immune system** - cumin improves strength and immunity as it fights microbes and bacteria and is rich in antioxidants. Soak a few seeds of cumin overnight in water and drink the concoction the next day. This can be used routinely or used as a base spice in all tempering before the actual cooking.



## Mother Earth & Us

**Renuka Vijairaghavan** writes that while Mother Earth nature is to give, man has to learn to look beyond only taking, before time runs out. We must tap into our oneness, with each other and with Mother Earth to rescue her from impending disaster. As love should only beget love, it is time to shower love on Mother Earth

### The Wonder of Earth

Our wondrous planet Earth possesses many attributes. Even if we look at her as one of the five elements, {water, earth, air, fire, and space} her qualities are unique. Earth accommodates {taking the shape of the vessel we fill it into}, is heavy, is the element that lends itself to our olfactory senses (who can forget petrichor once we have experienced it!) She is strong and bountiful, with life-giving energy. She has memory and can align with our intentions. She is unwavering, stable, and health giving. Above all she is the epitome of forgiveness and forbearance. Is it surprising that we call her, Mother Earth?

### Early harmony between earth and man

She clothed herself by natural selection, populated the spaces with creatures big and small, she was a clever one at setting checks and balances. Mighty creatures came and went, it was a play of time, space, and consciousness.

Some creatures stayed and evolved, adapting to change which is the only constant. Evolving thus, man rose, he did not move on his fours anymore, he could balance on just two legs, and how he turned out to be. He stopped roaming around, he was lord and master of the domain he made his own. He grew his food, domesticated animals small and big. He dug, he smelted, scarring earth here and there, but he still respected her. He grew, he painted, sang and danced and learnt to live in colonies in peace. He thought deep and well and taught his children the art of life.

### Distance from the heart and Earth as the mind took over

Soon man's clever mind thought of new ideas. He could move the earth (or so he thought). He tears at her green clothing and the creatures sheltering there (his brothers he had never seen or met) have been burnt away with the fabric of her clothes as he further bore holes in Her to serve his insatiable desires. There She stands denuded



with festering wounds, still giving selflessly. Friends, she deserves better. She commands reverence. Let us wake up to heal her, cool her, clothe her, respect her, and love her and not look at everything that she provides as a commodity. *We have to act now!*

Nature has five basic elements, let us take a look at how we can make a difference in conserving and preserving them when we are joined together with noble intent.

**Water:** It is possible to harvest rainwater, recycle waste-water, treat and use black water. It is imperative that we use this precious water judiciously. There are several ways of cleaning water naturally. One of the methods is to use seeds like Strychnos potatorum, moringa seeds. Reverse Osmosis is fit for industrial use where minerals are removed from boiler water at power plants so it does not leave deposits on the machinery or cause corrosion.

**Earth:** We can adopt a minimalistic lifestyle. Curb pollution of all other elements as they eventually affect soil and earth. The top soil requires centuries to form. Let us save top soil and reuse whenever we undertake construction activities. Let us increase soil biome by avoiding chemical fertilizers and pesticides.

**Air:** The most rampant of all pollution, but with poor 'visibility'. We must take charge of our

indoor air quality too which has a cascading effect on the overall air quality. Did you know the aerosols used to extrude deodorants is a fast acting cardio toxin? Let us maintain better hygiene and use natural fragrances if we must.

**The Earth is the only planet we have and while its love is infinite, her resources are not. Mankind must move from plunder to preservation, from indifference to love**

**Fire:** Our energy requirements shall come down if we take charge of our lifestyle. Though we know renewable energy sources exist, let us remember there is no alternative to minimalism. Burning fossil fuels produce toxic gases that we cannot see or smell, so they seem better than bio-mass burning. Let us be more aware of air quality.

**Space (Ether):** The least understood of all the elements, today we have invaded our space with waves because of Information Technology. Let us curb the desire to remain connected on the net all the time and instead remain connected with and through our consciousness. Let us socialize real time, indulge in enriching activities like literature, art, music and remain positive contributing citizens till our last breath.

The Earth is the only planet we have and while its love is infinite, her resources are not. Mankind must move from plunder to preservation, from indifference to love. We must act as one for we are interconnected, interdependent and save our precious planet from doom.

## My Favorite Place



## *Mindo - Head in the clouds*

A visit to the 'cloud forest' region of Mindo, Ecuador brought home the truth of interconnectedness of Creation and brought her 'home', says **Maitreyi Meredith**

When I was teaching English at the National Polytechnic/ Engineering University in Quito, Ecuador I was lucky enough to visit Mindo, a small town in the mighty Andes Mountain range that runs the length of the country. Mindo's location on the lower western slopes of the Andes represents a transition between the Andes and the coast and is home to a "cloud forest." The warm and humid climate develops a unique cloud forest ecosystem characterized by the persistent low-lying clouds that deliver moisture aplenty and hence promote dense plant growth. The cloud forest near the town of Mindo is home to 20% of all the species of birds in the world and is a region of rich biodiversity.

### **Falls that bring Silence**

While most towns and cities imposed on Earth, Mindo feels settled into the Earth as if seated in the lap of Mother Nature. We witnessed buzzing hummingbirds throughout the town! We took a small Tarabita cable car high up across 500 meters into the forest to hike and discover water falls. The hills resplendent in thick foliage

seemed to hug us as we trekked towards the seven waterfalls beckoning us as they gushed forth, a gift of love from Mother Earth. As I swam in the pools at the base of the waterfalls, life slowed to the point that I blissfully became one with the silence, one with Nature.

### **Connecting to the Cacao plant**

The next day we went on a chocolate tour by El Quetzal, a hotel and restaurant that makes artisan chocolate, grown on local family farms in the cloud Forest. The tour started with a walk through the Cacao tree plantation, touching and feeling them. Then we were taken to the 'factory' and shown each step of the process from drying out the fruit to moulding the chocolate. We saw how raw cacao fruit is processed to the end product everyone loves, delicious dark chocolate! Eating the fruit and seeing the process of making chocolate made us feel connected to and grateful to Mother Earth for her fruits! There were no artificial additions and the chocolate tasted earthy and delicious.

### Connecting to the Butterflies and feeling Oneness

In the Jardin de Marisposas (the butterfly garden) we saw many species of butterflies in every stage of life, from chrysalis/ cocoon to adult. The cocoons looked like leaves, a disguise to stave-off predators. Many of the butterflies also had some camouflage on the outside of their wings only to show gorgeous colours when they opened their wings in gay abandon. They were not shy and would land on you and follow

you around. Cupping the butterflies in my hands, being surrounded by them, I felt an instant oneness with Creation, with our home here, our beloved Mother Earth. Being chased and playing with these wonderful beings transports you to another plane, pure and carefree where the spirit is finally untethered. The butterflies symbolized the bewitching simplicity of Nature which completely mirrors our original state and left me enchanted.



# 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 even as we experience deep acceptance, joy, and peace within. We feel complete in His Presence and our soul blooms. These experiences may feel 'unreal' or mystical, when seen from the practical mind. We may wonder about the utility of such experiences in dealing with life's challenges, be they in relationships, growth, or basic survival in society. The essence of Dadashreeji's message is that life is simple, and we must flow with it by being natural. When the Divine awakens within us, the impact goes beyond the spiritual, touching all aspects of life and transforming it, transforming us. In this column, we feature stories of transformation of the members of our vast family – moments from day-to-day life and how the Grace of Maitreya Dadashreeji shapes us in new ways, how it helped us to discover and deepen the bond with 'Dada' – our Inner Divine.

This month we share the metamorphosis of **Maitreyi Cecilia** as shared with **Maitreyi Jagruti**.

Maitreyi Cecilia is a practicing pediatric neurologist who lives in the United States of America. She has been with the MaitriBodh Parivaar for several years now.

**First things first, how did Dadashreeji come into your life?**

I was seeking something that was missing in my life. Throughout my youth I had been connected with Jesus and would go to church every week, even when I was in medical school and the church was a three-hour drive away I would take the local bus to go to church no matter what, come hail or high water. Yet I felt a gap, something missing within. I was in my early 20's when I started seeking and tried various paths, among them Vipassana. That was my first introduction to the practice of meditation. I still give that practice a lot of credit, but felt that it was incomplete for me. That's when a friend of mine, who is my husband now, forwarded an interview of Dadashreeji in Life Positive e-magazine, which I left unread on my phone for nearly a year. I was not interested. I was happy with the idea of doing Vipassana every few months. And then one day I happened to read Dadashreeji's interview. And immediately I felt an urge to meet Him. I wished I'd get a chance as He had said in His interview that if we ask for the experience, we are sure to get it. Sure enough, in two months' time He was in New York and somehow I was informed of the same and promptly went to the event and I attended Bodh I, not even knowing what it was. I

just went there to see Dada! The experience was a watershed in my life, I had life before that and life after that.

**And when you say, 'life before and life after', how would you illustrate that, or suggest a metaphor that captures that?**

I think I had been seeking completion within. I didn't realize till I met Dada that I was already complete, and I just had to dive deeper and express everything that I had already been given. To have the awareness of being complete, of the connect with the Divine within is such a profound experience bestowed by Divine. I am sure those on the spiritual path would share a similar experience.

**People see Dadashreeji in different forms and relate to Him accordingly. How, do you relate to Dada? What is He to you?**

In my journey through His Grace, from being a friend Dadashreeji has become a Divine form for me, a Divine Friend. Now, He's become my Divine. That's how I would describe it. Coming from a Roman Catholic background I had a framework in approaching spirituality. My bond with Jesus was complete, it was very beautiful, and He only brought me to Dada I know. However, the true understanding of who Jesus is, Jesus's purpose became clear in retrospect after meeting Dada. So, my experience of Dada progressed from that of a friend I could relate with on a human level, to that of a Divine Friend who had these qualities of Divinity and then eventually, the Divine.



**When you say just Divine, I'm curious about your understanding of Divine as per your experience?**

For me, the Divine moved from something external to something within me. Initially, for me the Divine was 'someone' we place on a pedestal. Now I see the Divine everywhere because I can experience the Divine as an emotion. When you think of the Divine, you think of love, you think of positivity. And when you see another human being, who's expressing love, that is also Divine. The Divine moved from being external to being an internal experience, to being everywhere... and as for Dada, that's how I see Him. I see Him everywhere.

**If your friends from early on were to meet you now as the new Cecilia or the Cecilia whose life has been touched by Dadashreeji, what might be some of your traits or behaviors that they would find unusual and different?**

Expression is one. Earlier I was very timid. And especially in challenging situations, I would never express myself the way I do now. So, I feel that is one noticeable change. The second is my awareness that I am limitless. I was captured in my thought process that I'm short in height and that I have certain deficits. Now, He's dissolved these blocks completely. He has made me completely limitless. My outlook now is that with the right effort there's nothing you can't do. I

thought I was not as strong as I've always been emotionally sensitive and still am, but I now see that as my strength, I don't see it as a weakness any longer. So, a lot of which I saw as a weakness is now my strength.

**Cecilia ji, you are a Maitreyi. What does that mean to you?**

It is my commitment, I would say a shared commitment with the Divine that I want people to experience what I have experienced, genuine spiritual transformation. I have faith that the moment one establishes a connect with the Divinity within, one will experience love and the world will change. And that shared vision, is how I see myself in my role as a Maitreyi. To paraphrase the Maitreya, transformation in one leads to transformation in many. As a Maitreyi, I see myself as an agent of transformation, transformation that comes from the experience of Divinity within, which is Love.

**Describe the seva you offer? And what's your experience of being a part of a Parivaar?**

It's an interesting question because my roles have changed so much over time. I came in as a youth, so much of what I did in the first few years was with the youth of MaitriBodh Parivaar where Dada holds us ever so gently and helps us experience the teachings. Dada does not speak

## Tales Of Transformation

of spirituality to the exclusion of the practical side of life, so I enjoyed all the practical aspects of life. However, social work was the forefront in that span of time. Then it evolved into taking up more of MaitriBodh Parivaar's work in the United States in terms of spreading the message of Love and Transformation to others. And then, slowly, I started looking after the American chapter of the Parivaar. That is when my own spiritual journey accelerated. .

**I know you're a doctor. You work with little children. So how has the connection with Dadashreeji shaped your work as a doctor?**

I work as a neurologist and in pediatric neurology, 80% of our children unfortunately don't have a specific treatment for their conditions. They struggle with seizures or other such lifelong ailments. I have had several instances where parents had just come into the office and ask if I can share any form of meditation to help them. Sometimes, some of them break down and cry and they ask, can I hug you? And that's when I know Dada is working through me. It is a part of my job to inform the families at bedside every time a terminally ill child, my patient, passes away. I struggled with that initially. I think Dada has helped me significantly to understand that these souls are transitioning very naturally. Earlier I used to just be there and not know what to do. Now, it doesn't make me uncomfortable to witness a grieving family anymore and I chant Dada's mantra internally in that moment. I am there to support them and this is nothing but the awareness that comes with walking on the spiritual path.

**Hearing you talk I see courageous compassion growing within you. And the presence has the depth to reach people.**

And I have not done anything major, I feel that is fully the bond with Dada. It's just like how you grow with a beloved friend and your eyes sparkle when you talk about them. It is the same.

**Being a doctor and coming from a scientific frame of reference, you say rather easily, 'I don't do, He does'. And when you say 'He', how does that experience feel for you. How do you feel the form?**

Before the beginning the practice of science was embedded in energy. While we have progressed in medicine, we have not incorporated everything that our forefathers in medicine practiced, eg. energy medicine. There are many elements that we left behind, which I think are still needed in medicine. And when you work in the hospital, you start to realize that the medical system is still very limited because it is subjective, people are making their decisions based on your scientific data but even data can be flawed and is not a hundred percent pure. So, everything has a question-mark against it or some unknown aspect to it. No physician can ever say, yes, I'm a hundred percent certain, this is how things are going to turn out.. And so I started to realize that that there is something beyond the body, beyond the physical. Maybe you have not uncovered everything yet, but, you know, through Divine Will, hopefully at some point we will understand what those elements are and incorporate them into the medical practice. It's a very big thing that medicine is constantly trying to define and redefine. It is true that we are limited in understanding, Dada says the mind is so limited. Science, medical or otherwise, cannot explain much about life, let alone the human body as the mind came from the Source...so how can the mind understand that magnanimous Source? Only the heart truly feels it.

**When you experience Dadashreeji within you, do you get any messages?**

It is a clear feeling. Often, I can feel and recognize what somebody else might be thinking before they express it. I know He is communicating with me, it's a very profound feeling. Second, so much of my communication has moved to the Divine Light now. And when I

## Tales Of Transformation

feel like Dada is speaking to me, I don't know any other better way to express it, but it feels like time is at a standstill, and it becomes very clear from the Divine Light, like Dada is talking to me like in His voice. I think I'm trying to describe it as a physician, but it is a voice within and it's His voice and He gives me the answer. Establishing such a connect requires me also to be ready and to spend those hours with Him, and then I hear it and I know it's Dada and day-to-day, He guides me internally. I call it my intuition, but He guides. Nothing is random any longer, everything has a purpose.

### What is your daily practice for connecting with the Divine?

Only talking to my Divine Light. My schedule is so full and my responsibilities so many, talking with Divine Light is something I try to incorporate in my daily routine. I also chant Dada mantra, practice Chakra Dhyaan every two weeks when He guides me internally. But talking with my Divine Light is something that I never skip prior to turning in for the night.

I talk aloud, some days I talk in my mind, I live by myself so, you know, it's like Him and me. Communication is something I do all the time,

but there is also a dedicated time of the day when I offer Him food and water, so that's a dedicated practice too. I talk to Him before going to bed or as I'm wrapping up my day, because I feel that's the time when I am able to gather my thoughts and express better and then I retire for a good night's rest.

### Which of Dadashreeji's teachings is very close to your heart or remains as a cornerstone of your development?

His teachings are like a flower which opens very gradually and you can only experience it based on where you are in space and time, and how much you have progressed on the spiritual path and understood yourself. For me, that cornerstone teaching is, "The cause of suffering is the lack of love". When I look back at my life and how I had defined life, it all came from a place of insecurity, moments when I was not able to experience love. My journey began with that understanding. Initially when Dada would say it, I would not understand... it took me, six, seven years to even begin to understand what He means, and I know it has a deeper meaning, which I'll give Him time explain to me, now that we have a lifetime and more together. Dada and me... (laughs)

## Upcoming Events

Date	Event	Registration link	Contact
April 22nd - 24th	Bodh I & II	<a href="#">Click here</a>	+91 9815109394
May 6th - 8th	Maitri Chitta Shuddhi Kriya	<a href="#">Click here</a>	+91 9716511672
May 18th - 22nd	Spiritual Week (Bodh I, II & III)	<a href="#">Click here</a>	+91 9815109394

## Request a Prayer

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

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

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

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

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

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

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



*Care for the  
planet and work  
for the planet.*

Maitreya Dadashreeji

## Contributors

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.

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.

**Nishtha Basu** is a chef by profession and specialises in Pan-Asian cuisine. She is most comfortable in the kitchen and takes pleasure in baking and cooking food that she loves to eat and loves to feed her family. Besides that, her passion lies in reading novels and travelling.

**Dr.Sreelatha Shetty**, is a B.A.M.S and M.D.(Kayachikitsa). She has practiced ayurvedic medicine along with panchkarma treatment for 8 yrs. Sreelatha currently works as a research fellow for an AYUSH project in an Ayurvedic hospital.

**Renuka Vijairaghavan** spreads awareness regarding sustainable living, conducting awareness sessions and workshops for corporates, and other organizations including the Ecological Society, Pune and the Institute of Ancient Philosophy. 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.

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

**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.

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