

# MAITRI Anahita



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

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

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

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

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# Editorial

## Dear Loved Ones,

Normalcy seems to have crept in the lives of most while many are still going through challenging situations and times. Everything around us is evolving. Are we evolving too? Are we open to change, willing to transform, learning our lessons and becoming better spiritual beings? Much of humanity seems to have taken everything for granted. Lessons brought to us seem to have been forgotten or not learnt. This is the crucial time when we are being given yet another opportunity. Let us respect, value and be grateful for everything life offers, right from our family, relationships, challenges and everything that nature has given us. We will be challenged as time passes to check how we are growing as we step into the Divine Age. A 'Yes' to Transformation is the key to help one walk on this path. As Maitreya Dadashreeji reminds us "keep flowing and embrace the change". Those who fight the change will feel the pain deeply, those who embrace the change will soon get over the pain. Our Maitreya is with us at all times. Let us connect with Him and allow Him to guide us to a better tomorrow filled with love and peace.

In this issue, under '*Pearls of Wisdom*' Maitreya Dadashreeji answers questions regarding the '*Universe and the Source*'.

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

**With Love & Light,  
Team Maitri Anahita**

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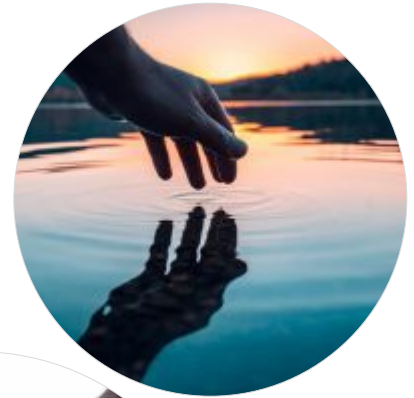
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**Seeker:** Maitreya Dadashreeji, what is the reality? Is there a reality in this world?

**Maitreya Dadashreeji:** There isn't one standard book that says this is the reality or the Ultimate Reality. Anything you experience or you perceive is your reality. That's how you're defining your reality. So I may experience it in a different way than you, but that's my reality and both are right. So while, it's raining outside here, and both of us are looking at it so for us it's a reality but for someone who is a 100 km away from here, for them it may be a dry day. No rain at all. So this reality is always relative. In that way, if you look at it one cannot definitely say that this is the reality, the Ultimate Reality or Absolute Reality. Everything keeps changing. So, you go with your reality. I go with mine and that's fine. Nothing wrong with either of them.

If I touch you, you will experience that touch. That's your reality. So you can't call it as illusion because you can feel the touch. When someone calls you by your name, then you know that someone has called me and that's your reality. You can't keep telling yourself that name doesn't exist. Everything is fake. Yes, I do understand that life is momentary, it's there for a few days or years but reality is what you experience at this present moment. This moment itself. Now. This is my reality.

**Seeker:** Is there any Source or any higher energy that is governing this entire universe?

**Maitreya Dadashreeji:** Most definitely. Nothing will exist on its own. You are here. You exist in a physical body because of your parents. Similarly, everything is dependent on something. When this world was created, it came out of something and that something is the Source. The Source is governing in different ways, channels or different forms of energies and that's where you experience that there is some higher power within yourself. You may feel that "I don't know what that power is, who is that? Who is governing? But there is someone." That's what we see in the religious books or when we listen to saintly beings or spiritually enlightened ones. They talk about the fact that there is 'someone'. Maybe God or a Higher Power or someone formless, but there is always someone. So, we hear stories of all these various forms, but we haven't discovered it yet for ourselves, that "yes, there is someone!!" We just know. When you are able to experience it in the truest sense, then you experience that there is someone who is taking care, governing, guiding and navigating all of you towards a higher purpose.

**Seeker:** So, the question that follows Maitreya Dadashreeji is that where does this Source reside?

**Maitreya Dadashreeji:** Good question. Though you know that He's there or She's there, that power, God, the Divine, yet we don't even bother to explore more than that. So when the question comes where is He, where does He stay or about His form, then you actually start exploring it slowly.

So, how we look at it is that if you see the Source as formless then it's very far away from you because it has no form. It has no face. No eyes. No ears. No heart. No emotions. No feelings. Just a formless existence of the 'Supreme Self'. It's just there, which is also real and true. But then there is the form of that formless with body, with eyes, with emotions, with feelings, with bond, with connection. And that's where you connect with Him. In this human body, you will be able to connect only with that form. Connecting with the formless is very difficult. Then you create one more form of the formless, which is not human. Then you look at it as a flame or a light which is also a form of the formless. Then you try to connect with that form as light or flame and then you want to discover still further but the bond is missing, the connection is missing, the love is missing. So form and formless both are equal. You can't say that formless is higher than the form or the form is lower than formless. Both are equally powerful. You just need to connect with that form and then you experience the true self. "Who are you? From where have you come?" And all this happens just with this connection, the bond with the Source.

Love and Blessings,  
Maitreya Dadashreeji

*(Ps: This is an excerpt from renowned actor Makarand Deshpande in conversation with Maitreya Dadashreeji)*

## *Affirmation for the Month*

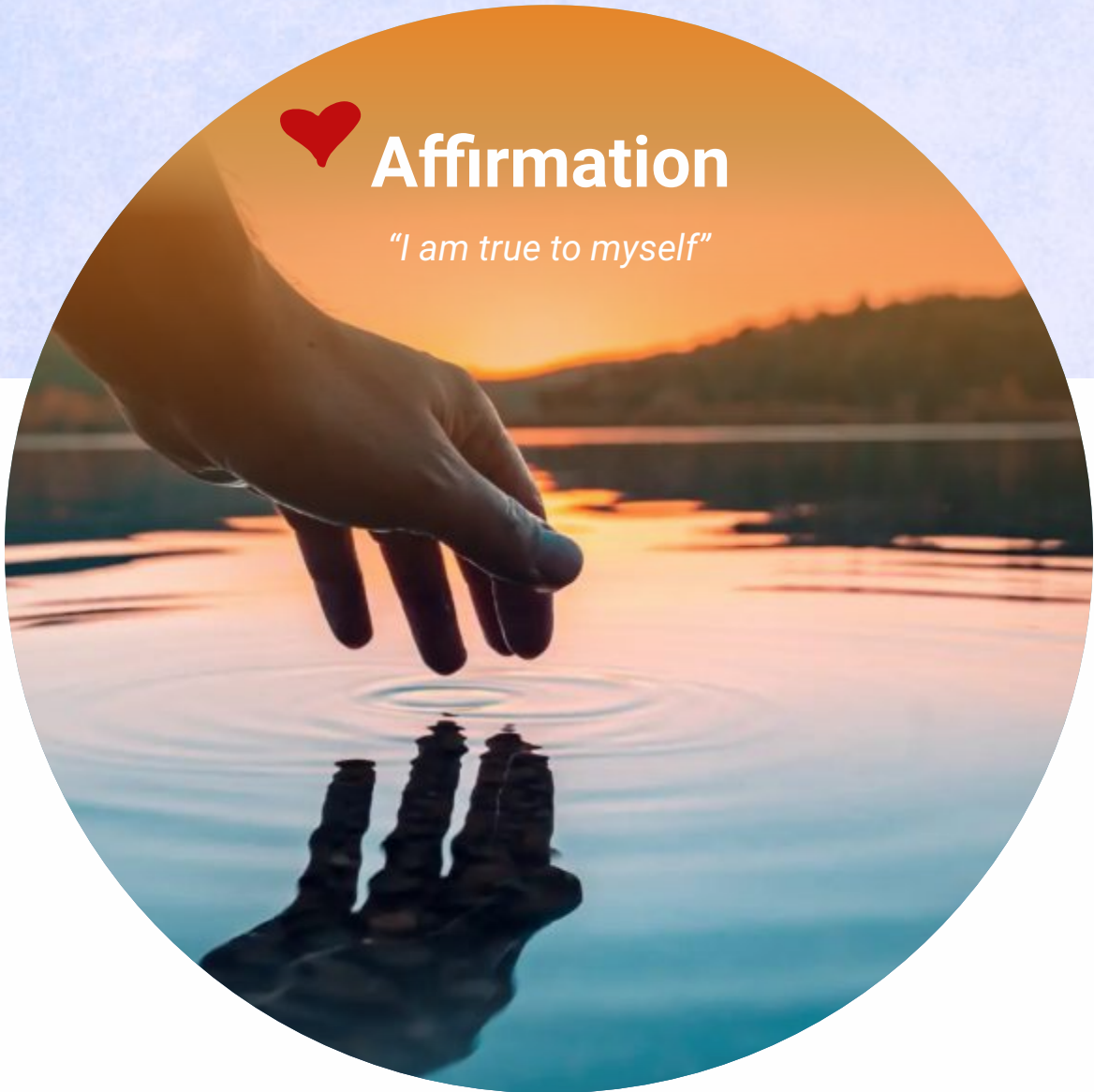
Each month we will be sharing an affirmation. You may repeat this affirmation at least three times daily - first thing in the morning, midday, and just before you go to sleep. Regular repetition will help in its manifestation.

*Practice and witness  
the change!*



### **Affirmation**

*"I am true to myself"*



## 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.

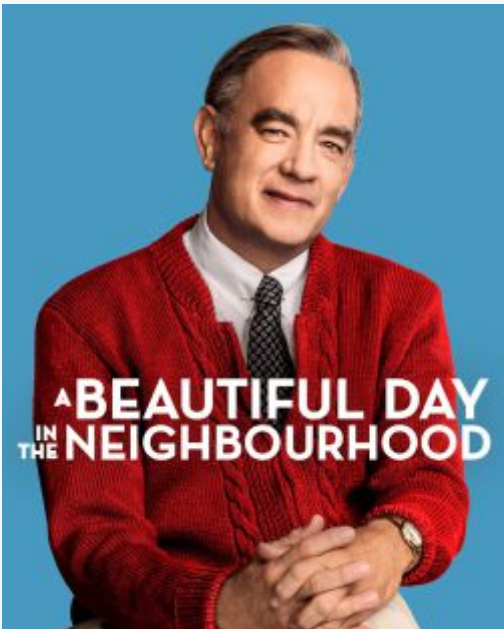
We share below the link to a soulful track  
<https://www.youtube.com/watch?v=kPGH7iWTOLU>

*Enjoy this beautiful expression that opens your heart!*



## Movie of the Month : A Beautiful Day in the Neighbourhood

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

Lloyd Vogel, an Esquire journalist is well known for his cynical writing style and is shown as a new troubled friend of Fred Rogers, a showrunner for a kids show who covers the deepest of human topics in a simple positive way for kids. He is assigned the task of doing a feel-good piece of 400 words on Fred Rogers and sets out to meet him. Mr. Rogers seems to be extremely kind to him and deflects the interview and tries to get to know more about Llyod and his issues. Understanding Llyod’s anger, he even shares some of his simple ways of dealing with anger issues. Llyod gets uncomfortable with the probing of Mr. Rogers and refusing to introspect, he leaves from there. Llyod, is still unable to come to terms with his true feelings. Later, Mr. Rogers urges him to take a moment of silence and think about all those who “loved him into being”. Watch this movie to know about what happens to Llyod in that moment of silence.

### Takeaway

It is important to accept our feelings. To err is human, to forgive is Divine. Forgiving releases us from the baggage that we carry all along and also heals us internally. Join Llyod on his journey of transformation—watch ‘A Beautiful Day in the Neighborhood’ and embark on a journey of your own.

## Practicing the Presence of God

Nicolas Herman was born in eastern France in 1614. When Nicolas was sixteen years old he had a revelation about the presence of the Divine while meditating on the bare branches of a tree preparing to spring forth in joyous budding. He saw the tree as a symbol of the Divine's ability to transform the human heart. Nicolas carried that vision of life through the years, even when the Thirty Years War laid waste to his small village home. Nicolas fought in the war and received a wound that would make him lame for the rest of his life. Having experienced the cruelty of war first hand, yet not losing his faith in the Divine, he was moved to seek a spiritual life where he would serve the Divine through a life of prayer.

Nicolas joined the Discalced Carmelite Priory (monastery) at the age of twenty-four years as a lay monk, and was assigned to work in the kitchen. His life was immersed in the daily routine of prayers, ceremonial worship, and chanting, all interspersed with the hours of daily work.

In the kitchen Brother Lawrence, as Nicolas was now named, worked mostly in solitude, for he was the sole assignee for the task of washing the pots



and pans used for cooking the meals for the monks. Alone at his task, Brother Lawrence began his spiritual journey with the Divine as his sole and constant companion. He was praying, in communion with the Divine unceasingly as he worked.

Pots and pans are vessels of transformation. The raw vegetables and herbs are placed in the vessels where the heat of the fire softens and melts them into food that nurtures and strengthens.

Brother Lawrence washed the pots and pans in the spirit of prayer. Washing the vessels was an act of cleansing, preparing them for fulfilling their true purpose. The Divine was present in the act of caring for even the simplest forms of creation.

Brother Lawrence loved the place of his purpose, his pots and pans, the Presence of the Divine constantly with him. He loved the Practice of the Presence in the kitchen so much that he did not want to leave that place, even when he was called to the chapel for the ritual mass, the chanting, and the worship there. For being alone with his Divine was his place of greatest joy and peace.



The years went by, and as Brother Lawrence aged, his old war wound made it difficult for him to stand at his station and lift the heavy pots. The master of the monastery realized this difficulty and moved Brother Lawrence to the sandal making shop where he could work while sitting through the day.

Brother Lawrence was still in the bliss of the Presence of his Divine. Now he was creating the footwear that would carry his fellow monks through their daily work, prayers, and worship. Each pair of sandals was created as if the Divine would be wearing them. He was creating Padukas, sandals for the Divine.

His brother monks spent more time with Brother Lawrence as the years passed. They came to him not to talk of grand ideas and wisdoms; they came to sit in his presence. For in the presence of Brother Lawrence was the light and love of the Divine radiating forth for the transformation of all hearts.

He who treats his life for fulfilling Divine purpose, who quenches his thirst for the Divine through his work, will always be in His presence. Divinity resides where you create space for Him.

## Children and Spiritual Transformation!

A child is the truest expression of Divinity, for they only understand and speak the language of love, says **Maitreyi Sulata**. They teach us to be natural, which is essential in today's times when spiritual transformation is the need of the hour

### Dear Friends,

I warmly greet you in the Love and Light of the Divine and wish all our friends a very *Happy Mother's Day!* Being a mother is truly a divine blessing in myriad ways.

A common myth strongly ingrained in our belief system is that spirituality, if at all to be pursued is a way of life in old age. With our Divine Friend, Maitreya Dadashreeji we learnt and experienced that spirituality is not something for the old and the elderly but is a way of life, realizing our natural connection with the Source. Maitreya Dadashreeji says, "**Being spiritual is being natural.**" Being spiritual is being connected to the Source of our existence; that also explains why infants respond and communicate through the language of love as their connect to the Divine, the source of unconditional love, is still strong.

My toddler too has been a source of my transformation at each stage of her growth. Our bond has taught me how to be a truly spiritual being. My child is my teacher in many aspects of my own growth. The innocence and trusting nature of the little ones is a pointer to our essence being nothing but love. I realised on my own journey of spiritual transformation, how critical it's to be connected to the hearts of our little bundles of joy as they lead a natural and spontaneous life, which is the foundation of a true spiritual being.

With the Grace of Maitreya Dadashreeji, I am learning that being a Mother certainly does not mean that we own our childrens' lives. *There's as much to learn from them as there is to teach.*

I take this opportunity to share a few precious lessons that I have experienced and am still evolving with each day as a Mother:



**Just because I am older than my child, does not mean I know better:** I am learning that my child is not supposed to do things just because I am telling her to do so or I have seen more life and know better. Children, being connected to the Divine, are much better teachers of life than we think they are. It's crucial to be connected to their hearts, as also to put aside our protective instinct and parental ego of "I know better" and our constant need to control them.

**Children are a source of love and expression:** They do not carry any negativity towards anyone. Just allow them to be their natural selves and express themselves completely and fully. In fact, my child is my teacher for honest expression. Observing her and connecting with her is helping me learn how critical open and honest expression is in life! The purity of my little one is such that connecting with her connects me to the Divine – for the Divine is love and children are the truest expression of that love!

**Children look up to their parents as heroes:** They feel we are the best in the world. So, we need to be aware of what we are teaching them as they observe and follow our example at every step. They are easily malleable at this young age. If we are looking for a specific quality or habit formation in our child, then we need to first develop the same in ourselves.

**Recognize your child's innate feelings:** I was once asked, "Are you spending time with your daughter?" I promptly replied, "That's all I do." On reflecting honestly later that night I realised that I thought I was, but the honest answer was staring at my face. No!

I was probably in the teaching mode most times than relating to her as a friend. It's only when I connect to her as a friend that I am able to connect to her innermost feelings. It is only then, that I can experience her as a soul and together we are able to contribute to each other's growth process. So, while the mind does its work the magic begins when we connect with our hearts as friends. Try it. It is amazing.

**Allow them to explore:** Children are experiencing and exploring this material world that they are born into. Being an over-protective or a dominating parent may simply suppress a child's natural self. While they are exploring, we can see what their natural inclination towards life is and guide them accordingly at the appropriate time.

**Let them express their natural self:** Since my child was naturally expressive, vocally as well as

otherwise right from the beginning, (which may not be acceptable to the ways of the world) a friend passed a strong judgment that you need to teach her to understand the meaning of 'No'. During that time, being a new mother to the only child, I thought to myself "maybe she is right". So, I started saying NO to a lot of things, ending up in multiple challenges. I had created a 'No' energy around everything and it took a long time to correct and displace it with positivity. We must learn to let our children express and learn on their own. That requires trust and patience that the Divine is there for them. This has been my learning.

**Nurture natural discipline without playing with their natural self:** Though we know discipline is important, yet the best way is to display this in our own behaviour rather than being an instruction manual to our children. If they see us as disciplined, they will naturally realise the importance of the same in life. Once again, I learnt that the first person who needs to follow discipline is myself. Yet again my child is my teacher.

**Allow freedom of expression:** Children should be able to express all their feelings, whether they are pleasant or unpleasant without fear. It's crucial that they are not criticized or punished for having and expressing feelings appropriately, including anger. Anger, stubbornness, and temper tantrums are natural to a child to get attention, get someone to listen, protest for not getting their way, get out of doing something they do not want to do, and sometimes even punish a parent for getting their way, etc. The best way to navigate through these challenging emotional expressions is to connect to them and allow free expression. Connection means truly listening and being there for our children. Heart to heart. It is then that they learn that they need not throw a temper tantrum to get our attention. That we are always there for them and if need be give a firm message to bring them on track. Not to accept impudence or bad behaviour yet allow honest expression. It's then that they will respect our need-based firm approach.

**Constant physical connection is most important for a child's holistic development:** Scientific experiments have proven that the emotional balance of a child is far more stable and positive when they are cuddled, when they feel protected and loved. I have learnt this first hand that when I play and cuddle with my child, all emotional hurts as well as expressions of love simply flow out seamlessly, for both of us. This is the moment we both look forward to which brings richness, joy, and pleasure to us. We giggle, laugh, roll about and play with no apparent reason yet the glow of love and care it generates is incredible, a balm and a bridge to the next moment.

*This month's moment in prayer is that we truly connect to our children, heart to heart, as one soul to another and rejoice in our spiritual transformation as the Divine works through them.*

***Beloved Maitreya,***  
Thank you dear Divine,  
Thank you for my child,  
As we experience, my child is yours not mine,  
And parenthood is your love shrine,  
As children are your incarnation,  
For our transformation on path Divine.  
With Love and Gratitude,  
Maitreyi Sulata





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

**Question:** When we do something for our family and friends, can it be considered an act of 'giving' as there would be a special relationship and love towards the recipient? Wouldn't such 'giving' be out of a sense of duty?

**Mitra Sut:** Dear Friend, thank you for the amazing query.

Let us attempt to understand is the true meaning of 'giving' and 'duty'.

Giving is an act which ideally should be selfless. The moment an expectation or even a thought of doer ship comes in, it means that the self has come into play and will incite a repercussion, limiting the positive benefit of that action. When one truly 'gives' it should happen naturally and without any thought of compulsion. Having said that, initially this 'giving' may start with an effort and a thought. When 'giving' is pure and happens in a natural flow, it becomes a Divine act and one receives Divine Grace and blessings.

As Maitreya Dadashreeji says,  
*"It is in giving that you will receive ....at every moment simply serve..selflessly serve."*

Now we turn to understanding 'duty' and duty-bound actions. As Maitreya Dadashreeji says, only a small part (20%) of our total actions are

bound to our duties (kartvaya karm), which we ought to do and it is in these actions that our learnings are involved. These are our duties towards the family members, in the work place and profession, and also include our duties towards society, the nation, nature, and also towards one own self.

As Lord Krishna says in Bhagwad Gita- Chapter 2. Verse 48

योगस्थ कुरु कर्माणि सङ्गं त्यक्त्वा धनञ्जय ।  
 सिद्धयसिद्धयो- समो भूत्वा समत्वं योग उच्यते ॥

#### Meaning

Do your duties, being steadfast in devotion, O Dhananjaya, casting off attachment, being the same in success and failure. Such equanimity is called Yog.

Any of our actions including duty bound actions can become Divine actions once we work from our heart and not out of compulsion or obligation. For example, a mother cooking for a family as a duty, versus cooking with the feeling of complete devotion and love.

We must strive to perform our duties without attachment and expectations. Our duties should be done with devotion and with intent to serve from the heart to the best of our abilities.

## *The Maypole*

Twirling in the sunlight, bedecked with flowers and ribbons in riotous colors – the Maypole is a contemporary adaptation of the ancient ritual that celebrates the coming of summer and the fertility of the land says **Mitra Philip**

### **A time of renewal, of life**

On the first day of May, the mid-point between the Spring Equinox and the Summer Solstice, rituals are held throughout Western Europe and the British Isles, to celebrate the coming down of the Light to dance with the Earth. This celebration is the Maypole ritual, which has survived from ancient times to the present.

The Maypole, the vertical symbol of the union of the heavens and the earth is sometimes called the “Tree of Life”, or the “Mother Tree”. This long slender wooden pole is set up in the commons area of villages and the entire community participates in the “Dancing of the Renewal of Green Life”.

### **Setting up the ‘totem’**

The pole itself can be of any length over twelve feet. At the top of the pole cords are attached and extended into the four directions. A round garland of braided vines is hung from the cords. Spring flowers are woven into the garland. Ribbons are attached to the Maypole where the Lingam and the Yoni meet. Then Mother Earth is opened with prayers and the Pole is set, reaching from the Earth to the Heavens.


The ribbons symbolize the rays of the Sun, and the Sky from which brings the summer rains. The ribbons are most often of blue and yellow colour. The ribbons are then carried out from the centre to form a large circle around the pole.

Each ribbon is held by a dancer. Songs of praise and gratitude are sung and the dancers begin their weaving motions. From the weaving of the ribbons by the dancers a braid emerges that slowly winds down the pole. The multicolored ribbons create a sacred pattern.

### **The symbolism of the ceremony**

The weaving of the ribbons, symbolic of combining the potency and power of the Sun and Sky, continues until it reaches the ground. The Maypole is then, a sacred prayer and a celebration of the fertility and subsequent new life of Earth and her inhabitants, written in beautiful patterns to be read by the Divine as the grateful thanksgiving of the people. A feast is then enjoyed by all at the feet of the Maypole. As the dark of the night settles in, bonfires are lit so that the dark moist Earth of the night will be present and pleased with the Maypole ceremony.





Sometimes there is a revelation which is wonderful to narrate. Often, when the weaving has come down the Maypole, and reaches the Earth, earthworms come up to the surface of the dancing ground in unimaginable multitudes. The Divine, as the earthworms, telling the people that their prayers of gratitude and the sacred sound of their dancing feet, has been felt by all life. When the earthworms have been blessed and thanked they disappear back into the earth as quietly as they came forth. The ritual of the

Maypole has been realized as successful when the Divine as the earthworms say it is so.

There are different ways to celebrate and mark the peak of spring, a time of fertility (of land) and life, including bonfires, dancing, planting a garden, and performing rituals. The Maypole dance, long celebrated by various cultures, is but one such way. The widely accepted meaning behind it is that the Maypole is symbolic of a budding tree and therefore a fertility symbol.



## *The Allure of Hibiscus Tea!*

The hibiscus plant's offering isn't restricted to the pretty flowers it sprouts. Other than presenting a visual treat, those very flowers are also used to make tea, as delightful on the palette as the flowers are to sight!

Nature's bounty often has multiple benefits for mankind and the hibiscus plant is a prime example of that; the 'tea' that is brewed from its flowers, whether fresh or dried, has a delicate taste and aroma. The deep pink hue imparted to the brew by the flowers is at once a visual delight, arresting and entrancingly attractive! With the scorching sun quickly reaching its summer zenith a chilled tumbler of this delightful brew offers a welcome respite! While the brew can be served hot with honey and a squirt of lime, it can be enjoyed cold too.

### **Benefits of hibiscus tea**

The hibiscus plant's medicinal properties make it a safe and healthy addition to your everyday routine. Like all herbal teas, the quick and easy to prepare Hibiscus tea offers multiple health benefits:

- Lowers blood pressure
- Abundantly rich in antioxidants, protecting body cells and preventing damage from free radicals
- A potent immunity booster, stimulating T cells and B cells
- Lowers cholesterol

- Helps with period pains while also redressing hormonal imbalance
- Detoxes the body and improves liver function

### **Ingredients**

- 2 cups fresh Hibiscus flowers or ½ cup dried Hibiscus flowers
- 8 cups water
- ¼ cup honey
- 3 tablespoons fresh lime juice

### **Method**

Bring the hibiscus flower petals and water to a boil in a large pot. Once the water starts boiling, switch off the flame and cover the vessel. At this point, you can also add other herbs such as basil, lemon grass etc. Let the tea steep for 15-20 minutes. Mix the honey and lime juice till completely combined. Strain the tea.

You can either serve hibiscus tea warm or you can chill it in the refrigerator for a couple of hours. Either way it tastes delicious!

### **Notes**

- Do not steep the petals for too long as this will make it bitter tasting
- Honey can be substituted with jaggery





# Tree Free Paper



Paper is essential in our way of life and its production need not be at the cost of tree cover; Kavya Maddapa's green initiative is a shining example of Mother Nature itself providing the solution to exploitation by man, says **Maitreyi Suman**

We know that trees offer us far more than the unmistakable beauty and shade from the summer sun; they are a priceless gift to mankind from Mother Nature. Not only do trees provide us with oxygen, food and medicines, but they also replenish the soil with nutrients, control erosion, reduce air pollution and protect wildlife. Over and above that, they also act as reservoirs of calming energy and peace. Of late the tree cover has been declining at a rapid pace, victim to rapid urbanisation and reckless exploitation. To compound the problem, the rate of growth of trees and awareness of conservation are slow and time-consuming processes. Therefore, there is a dire need to not just plant more trees but also invent and explore other eco-friendly, sustainable alternatives.

### Awareness triggers effort

One of the many resources that trees offer us is paper. The pulp and paper industry completely depends on trees and water, which are two of the predominant resources that the earth provides us with. Conscious minds who follow the green initiatives have gone to painstaking lengths to find alternatives that can reduce the consumption of tree pulp and water. Sustainable substitutes in the form of agricultural residues such as straw, husks, and sugarcane bagasse; fibre crops like hemp, jute, bamboo, flax; and textile and cotton waste can be used to make paper in a more environmentally sustainable ways. These alternatives are preferable as they make use of harvestable plants or recycled waste.

Tree-free paper is not a work of fiction any longer, it is a result of resolute efforts to find sustainable ways of using resources and technology to manufacture paper. Kavya Madappa, an eco-activist from Coorg, when faced with the issue of extensive use of paper in her business, took up the challenge to discover alternative resources that can be used to produce paper without hurting nature. Her search led her to enroll in a course in papermaking at the Kumarappa National Handmade Paper Institute in Jaipur. Thus, began her journey of making tree-free paper, commercially. Armed with specialised knowledge and accompanied with extensive research, she recognized that cellulose is one of the key components required for paper making. As a result, she decided to source pulp rich in cellulose locally. As it turned out textile waste such as cotton and linen rags, coffee husk, flax, lemongrass, banana, bagasse, mulberry and corn husk are much better sources of cellulose than trees.

#### **Positive spin-offs of eco-friendly production**

Today, she collects around twenty tonnes of secondary waste from over hundred farmers and

five factory units every month. Additionally, she pays and educates farmers about waste segregation. Instead of burning the waste, sending it to landfills and causing more pollution, she asks them to transport all the waste to her papermaking factory. Using cellulose sourced from these alternative methods not only saves trees but also curbs the wastage of water. The paper industry uses copious amounts of water to produce paper, and because of the chemicals used in the process, the water is rendered unfit for any further use, hence it cannot be used to water the soil. Making tree-free paper conserves about thirty tonnes of wood per month and aids in saving a minimum of fifty-five thousand litres of water per day. Kavya's factory uses the final product made from sustainably sourced cellulose pulp to create a plethora of designs for wedding cards, papier mache lampshades, to name a few.

Kavya's laudable initiatives in conservation teaches us that the solution to degradation of Nature's bounty often lies in Nature itself. Man just needs to seek, the answer lies within!

## My Favorite Place

*Abu Dhabi*

In the arid desert sands of Dubai and Abu Dhabi, **Meghna** finds man's perseverance, and reverence for the Divine, has translated into beauty at every level

My friends and I planned a visit to Abu Dhabi and Dubai in the year 2020, the same year when the world had come to a pause, all the routes and modes of had travel shut down but somehow here we were enjoying our very first international trip. Our visit was in early February 2020 before the worldwide lockdown was imposed.

We had been planning this trip for quite some time. As we planned, an inner voice consistently kept pointing towards a February visit. At that time, I could not understand what this voice was and why I was feeling whatever I was feeling. Nevertheless, I heeded this inner voice and booked our tickets for a February visit - we now know about the restrictions on international travel and the lockdown imposed in March 2020. We were taken care of, so beautifully, without even being aware of the consistent Grace of the Divine.

**At his best, Man creates in His image**

The cities of Abu Dhabi and Dubai are vibrant examples of architectural excellence that showcases not just human craftsmanship but also the perseverance needed to create a green oasis in the middle of the dry, hot desert. Where Shaikh Zayed Mosque's grandeur and the beauty mesmerized me, the Ferrari World and Warner Brothers World theme parks brought out my inner child. The exquisite chandeliers, large hand woven carpets and ornate mosaics in the courtyard of Shaikh Zayed Mosque, told a story of love for our Creator with the highest skill thus creating magic. The amusement parks that I enjoyed to the hilt, made it so apparent that its only through unabashed, childlike innocence that you can enjoy life. This joy is what nurtures and heals us from within, and helps forging stronger bonds with everyone around.



### Back to nature, a timely reminder

Another memory that became a valuable lesson is of the date palms adorning the sides of the roads in these cities. Coming from India, which experiences adequate monsoons and hence, has varied types of trees and lush greenery, these date palms touched my heart in more than one way. They added to the beauty and grandeur of the city without doubt. Yet their presence also meant that no matter how much opulence or craftsmanship we have, it's Nature that completes the picture. It also brought home a point that Maitreya Dadashreeji has stressed. *"If you value what you have, you will also get what you don't have. Be in a state of gratitude"* - Maitreya Dadashreeji

It is not how much or what we have. It's being grateful for all that we have, and this helps us to be compassionate towards the resources and creative about their usage. This place is a desert with limited water resources. The date palms are completely suited for the desert as they have adapted to extreme drought, heat, and relatively high levels of soil salinity. Nature has the perfect algorithm of pairing the right partners. The authorities have used these date palms to line up the road sides, to enliven the sandy landscape.

### Responsibility starts at the individual level

Another impressive facet was the overall cleanliness and discipline in the city. The city is kept clean, rules adhered to not only because

there are rules and authorities to implement them, but also because citizens wholeheartedly take responsibility for their actions. It is so welcoming to see a thriving city with all partners contributing with utmost sincerity. In all, this trip was wonderful and enlightening. And needless to say, I came back with a truckload of golden memories.



## 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 **Mitra Simit** as he shares his journey with **Maitreyi Jagruti**.*

Mitra Simit is an architect by profession, settled in Mumbai, India. He has experienced miraculous transformation in his life after coming into association with Maitreya Dadashreeji, sometime in 2016. Long-standing associates and friends cannot believe this is the same Simit as he has become an inspiring presence for their transformation as well.

***What was your connection with Divinity before you met Dadashreeji?***

I was a seeker and a believer, and I had my own connect with the Divine energy or the Almighty. I would speak with God but it was not such a direct exchange as it is now. When alone looking up at the sky, I experienced vastness and an expanded energy, and the word for that was God!

***Tell us how you came into association with Dadashreeji?***

Dadashreeji has changed me completely, 180 degrees! The routine of life may be the same, but I feel elevated, uplifted, to a higher place even as life goes on around me. A few months before I met Dadashreeji, I was travelling with a friend in a car when suddenly these words tumbled out from my mouth, "I will always find a way to be in the experience of Love." I did not know the magnitude of what I was saying, but today I understand that whatever be the medium of the love, I will always be in the experience of it, of love. I had said that with great feeling and sure

enough I witnessed it's manifestation in a couple of months when I met Dada and He is Love, Love, and Love! From that day on, I am immersed in the experience of love as the Maitreya is a constant presence in my life be it through His earthly form, the Divine Light, or through the seva I am blessed to be given. This is how the essence of Dadashreeji manifested in my life.

***Thank you for elaborating the experience of the Maitreya in your life, we would love to know the background to your meeting with Him.***

I was going through the most depressive phase of my life, struggling professionally and emotionally; even worse, I was unable to communicate my state to my wife as I had withdrawn into a shell. She had previously reached out to someone for healing support for our maid's daughter. That person helped the maid's daughter, and then she suddenly said, "What about your husband? I am getting a strong message that he requires healing." My wife was very nervous about asking me to open myself for this kind of healing, but she did and surprisingly I agreed to undergo the healing immediately. We went and that is where I saw an image of Dadashreeji and suddenly the pieces fell into place! A few months ago, during my depressive state, I had come across the book, Autobiography of a Yogi and through that book, I had made a strong connection with MahaAvataar Babaji. I had an internal conversation with Him and asked Him, "Babaji, I feel connected to you. In today's time who is your direct disciple, someone whom I can instantly connect with in a natural way?" Within a month of this internal dialogue, I saw the Divine Light at the home of the lady who was giving me healing. When I asked more about



the person in the image, I was told of the Maitreya and He being a direct disciple of MahaAvataar Babaji. My quest was complete.

After that I took many healing sessions and participated in the four levels of Bodh, the spiritual programme organized by the MaitriBodh Parivaar for awakening the Divine within and strengthening the bond with the Inner Divine. I thoroughly enjoyed this experience even though subsequently I did not perhaps have revelatory experiences like many other participants have had. What I had was enough, the faith that I was in the right place and with the right Master. Subsequent to Bodh IV it has been only 'Dada! Dada! Dada!', love, love, love!

***What was the pivotal moment in cementing your faith?***

It was wonderful! I was told that Dada says that we can test Him to get the experience we need, which becomes our truth. I was still trapped in the belief that we cannot test a Guru or a Master,

but somehow, I crossed that barrier. I was a heavy smoker, a cigarette every hour and a heavy drinker too. So, one day while smoking, I told Dadashreeji internally, 'I smoke and I know it is not good for me, but I am not able to give it up. I love it and am unable to quit by myself. Please help me to stop smoking. I leave it to you to help me stop... I do not wish to end up in hospital.' Miraculously, within a few days of this prayer I was off cigarettes and have never gone back. It was easy, no withdrawal, no anxiety – it just left me! Picking up a cigarette subsequently would induce a violent reaction in my body such that I would feel as if I would collapse and drop dead, and that reaction would only stop if I threw the cigarette away! This happened repeatedly and in a matter of days I was off the addiction that I had had for most of my life! In fact, after some time, I quit alcohol as well. I've become the kind of person I was meant to be – pure and healthy. It was the pivotal point and to imagine that I had not yet met Dadashreeji physically and did not even have His Blessed Image with me.

## Tales Of Transformation

*You are a creative person, an architect, and I wonder how this association has helped you in your professional life?*

Yes, I am a creative person, but I always needed to smoke when I was creating something. Now I do not need to smoke and most importantly, my productivity has increased tremendously! In the five years since quitting my work rate is at its highest ever!

The quality of my work has improved and my firm has become a brand to reckon with; we got an award from the Chief Minister for being the best interior decoration enterprise in the luxury segment in Gujarat. Businesses in our sector can take over a decade to create a presence while we are already in the top bracket in a few years time, and this is all His Grace. I used to dream what it must be to do ten projects at a time and now we are handling five times that amount of work with freshness, energy, and flow.

*What has been your family's experience or reaction around your transformation?*

It was unbelievable for everyone, that a man who was smoking, drinking and behaving irresponsibly, could change his ways the way I was able to! It has been four years and relationships started looking up and I'm working renewed energy and commitment. My friends

and family remark about the glow on my face and they are amazed at the sea-change I have undergone. My wife, who has done her Master's degree in Yogashastra remarked that while she is learning and gathering deep knowledge, I was experiencing it all. You know what Dada says, 'Forget everything, just trust the experience.'

*What are the core lessons of Dadashreeji that you have imbibed?*

Becoming a better human being, always striving to grow and improve.

The second, making God your witness and always be in the awareness of the constant presence of your Divine. For me, it is Dada who is the witness within me, and when I am aware of it I experience Him, the tenderness in His gaze, His acceptance of us the way we are and the love He showers on us without any discrimination. In this awareness, I realize I become His medium for spreading His word to humanity. My greatest desire is to forever be at His Lotus feet, merging with my Creator.

*What is your message to people of the world?*

I wish to reach out to the youth of the world, with the message of going for the experience rather than just accumulating knowledge; this is bound to transform your life.

### Divine Intervention

The Maitri Chitta-Shuddhi Kriya was the ultimate answer to my prayer to shed the blocks from my subconscious.

The programme was simple yet profound. The simplicity despite the processes made it easy for everyone to flow and the guided meditation was absolutely blissful. By the end of the programme, I was elated and felt extremely light as if a huge burden was lifted off me and helped me connect with my Divine effortlessly.

I am truly grateful to Maitreya Dadashreeji for guiding us at every step and for showering His unconditional Love and Grace on each one of us.

**Namita Raveshia**

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### Grace, Grace & Grace!

When I came to know of the Maitri Chitta Shuddhi Kriya being conducted at the ShantiKshetra Premgiri Ashram in Karjat, I immediately knew that I had to attend it, even though my parents were not exactly supportive of my involvement with or investing time in Parivaar activities. However, Dada's immense Love and Grace had motivated me to register and I arranged for my travel to the ashram for the process. During the process, I could feel His Grace on me and I remember smiling throughout the last part of the process where I envisioned Lord Krishna and Radha engaged in a celestial dance around the Dhyana Manthan Kshetra.

Upon completion of my stay at the ashram I returned home to my parents; I had anticipated a cold reception but to my surprise my parents asked me to check for available slots in the next week's batch which coincided with Narayani Ma's birthday (25th December). Dada's Love was such that He not only ensured my parents' participation in the process but also called me to offer seva at the ashram at the same time, something I had asked for so as to be close to our beloved Mahakali Ma and to be in the ashram on Narayani Ma's birthday. Dada fulfilled my heart's desire!

**Charvi Somani**



## Upcoming Events

Date	Event	Registration link	Contact
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.

*You'll be remembered for  
what you give to the  
world and only one thing  
that is worth giving is  
LOVE. Give this Love.  
Pass this Love.*

*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.

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.

**Meghna Sunder** is a chartered accountant by profession. When she is not preparing balance sheets or tax returns, she enjoys yoga, dance in her free time and is passionate about volunteering.

**Maitreyi Suman** is in love with the beautiful journey that is Dada. In her free time, she reads, writes, occasionally paints and grows greenery wherever possible. She is also an entrepreneur with the purpose of promoting handloom weaving and supporting artisans.

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