

MAITRI Anahita



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

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

Email your questions to anahita@maitribodh.org

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

Editorial

Dear Loved Ones,

Warm Greetings of the season!

We trust you are enjoying Grace and keeping well. As you are aware that Maitri Anahita has now become a quarterly publication; our next edition will release on 1st January 2023.

As the festive season and months of celebrations begin, and we bravely go past the challenging times faced in the last two years let us remind ourselves to be compassionate to every being and Mother Nature too. Inside, read more and enrich yourselves as we bring to you interesting reads that will help you to introspect and act or take a step ahead towards your inner growth.

In this edition, under 'Pearls of Wisdom' Maitreya Dadashreeji shares more about the state of Transformation and how to reach it.

We wish you a Happy Diwali, Happy Halloween, Hanukkah, Samhain, Winter Solstice and a Merry Christmas.

Keep safe and spread Love!

*With Love & Light,
Team Maitri Anahita*

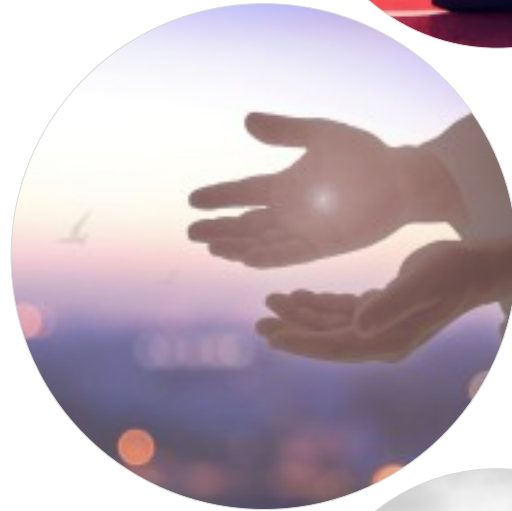
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How many colours are there in the rainbow? Seven, isn't it? You know that. You've studied this in school. We see that there are seven colours in the rainbow. But what is the source of these seven colours? There is a white light. A white ray. Seven colours are formed by the white rays. But what do you do? You see the seven colours. Green is good. Blue is good. No, yellow is fine. Are you understanding that you see the seven colours? It's diversity. And then you get caught up in it. Yet, what should you do? You should search within the one white ray and search for the multiple within the single. Where is the one in that many?

This world is made up of diversity. It has all the colours and we show all the colours to you. See all the colours and learn with them. Move ahead and find the one colour 'white' (shubhra) among all the colours, search for it and walk with it. Then you will not see seven colours. Then you'll just see the single white colour. Turn your gaze a little towards it. And it will be like this in your life too. You should see all the colours in your life. Don't run away from any one. A spiritual person does not run away from anyone, he confronts. You face it and see what is missing within me. Is something left within? Thank them, salute them, bow down to those who hurt you because they uncovered a weakness within you. They have shown you your lack. Even today if you are stuck, work again for it. Work again every day. Make yourself again and move forward.

Once there was a Guru. His disciples loved and served Him. There was an ashram right opposite the Guru's ashram. And the Guru of that ashram always defamed this Guru. Constantly saying wrong things. One of the disciples felt very bad and thought, "Why does that Guru say so many wrong things about my Guru whom we love and respect so much? We live with Him all through 24 hours and we know how He is. So why does the other Guru talk so badly about Him?" The disciple goes to his Guru with this question. His Guru says that "For this you have to go to the other Guru and ask Him what is the secret. Why do you talk like this?"

Then the disciple reaches the other ashram, serves there for one year. While serving this Gururji he gets the opportunity to serve the Gururji in person for one day. He sits in front and asks "Gururji, I have a question to ask you". The Guru replies, "ask what you wish to ask".

The disciple asks, "why do you talk so wrong about the other Guruji across the road? Why do you defame Him?" The Guru replies "that is a secret. I can't say why it is so". He requests again. So the Guruji answers, "I am the disciple of the Guruji who is across the road. That's all I can say. Beyond that I cannot reveal to you. If you want to know beyond this, then you go to the Guru across and he will tell you what it is. For that you serve him and then one day he will tell you". The disciple gets up from there and goes back to the ashram from where he came from in the beginning.

He meets his Guru and asks "Guruji, He says that he is your disciple yet why does He talk like this"? So in answer, the Guruji says "My son, I have given Him the work to talk badly about me. I have told him that the more he defames me, the better for me for people will hear that I am such a bad teacher. Because of this people will not reach me at all. So, the one who is not worthy, the one who is not ready to receive the knowledge, will leave from here. Those who are not ready to receive this knowledge, they will go away after hearing bad things about me. And the one who is going to receive the truth will move forward and sit in front of me even after hearing this. He is a ready person. So he is doing my work. We are sorting out those who are not ready".

Good. Isn't it? So, when such experiences happen with you, what should you do? To get out of there is not okay. You have to find a way out, move forward from there. That's why I constantly say that a spiritual person is virtuous as well as mighty. He is also brave. He finds a way and moves forward. He is not afraid of death or slander because slander is a false identity that people have created. You should be such that you do not get affected because of what someone says. May your truth be your own truth. Don't let it be anyone else's truth.

If misery comes in life then it is a very good thing because in misery the best thing that happens to you is that your ego breaks down, your false identity is broken. This in itself is a blessing. Don't look at the misery, look at what is breaking. Everyone's ego breaks one day. Every day you shield yourself with a wall, a shield. For how many days will you save yourself? One day it will be broken, will it not? The day the ego breaks down, you will



understand the misery, suffering, then you will try to get out of that suffering. On your first try you'll talk to the people in the neighborhood then next, you will talk to the doctor. After that you'll take pills. After that when nothing happens, you will then reach a place where you think this spiritual person might be able to help me. This is what is happening. This is what is happening outside. This is everyone's journey. So, if everyone has misery in their life, then the first thing is that, you should accept it properly. We are with you all. Nothing wrong is going to happen. You think that if you want to make something new, then everything that is there will have to be broken first, will it not? You have to do the same. You have to break what is already there. The same action will happen here that 'you have to break from within'. Then you experience it. Then you know the truth.

One day the moment will come when the ego will break, then you will wake up. See the truth once by looking inside. Today we see that there is a need for peace in the world, there is a need for brotherhood and the state which is 'Amrit' (nectar), the state of which we talk about, there you feel a sense of friendship that "all are my friends, all are my own, there is no difference with anyone".

In the same way that Lord Gautam Buddha is not a person but a 'state'. You too have to experience that 'state' which is not enlightenment but transformation. The spiritual state that occurs upon transformation, is 'Amrit' (nectar), literally translated as 'not dead'. The Amrit state (not dying) that where nothing is left to 'mrit' or perish - that is the state. Don't think that you have become immortal. That state where there is nothing left to perish or die that is the 'amrit' state.... And that is transformation. We are here for this and to experience it. Nothing will be left to bind you from within. All fears, insecurities, worries of the unknown will cease to exist.

*I am with you in any case. I will remain as a friend, not as a guru.
We will walk together and experience it.*

Love and Blessings,
Maitreya Dadashreeji

*(This is an excerpt from Maitreya Dadashreeji's
discourse on Buddha Purnima, 13th May 2022)*

*Gratitude for every
drop of water!*



Just like the famous line, 'water, water everywhere and not a drop to drink', in Samuel Taylor Coleridge's poem, 'The Rime of the Ancient Mariner', water is around us but is often not clean or safe enough to drink, writes **Maitreyi Sulata**. For mankind to have any future, it is vital to treat water as a precious gift from the Creator its conservation accorded the highest priority

Dear Friends,

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

Nature gives, man squanders

Mother Nature's generosity is reflected, among other things, in access to water originating from a multitude of sources such as rivers, lakes, oceans, rain water, melting glaciers, and underground water. I recollect my father stating that water was clean and plentiful at the time of his childhood. They would drink water straight from the tap, be it in a home or on the street. This unfettered and ready access to clean, drinking water is unthinkable in the 'modern' era! We are left with water contaminated with viruses, bacteria, and chemicals. As a result of an exponentially increasing population, wastage and human greed, the demand for water is ever increasing while supply is far from adequate. Large rivers which have been a valuable source of water have been abused and reduced to an pitiful state. People have been resorting to pumping out ground water for personal consumption, resulting in an alarming fall in the

water table. Even worse, the casual and callous outlook towards conservation of a precious resource like water is reflected in overflowing tanks and leaking or running taps, resulting in incredible wastage and a consequent severe scarcity of the resource which is staring us in the face.

It is time to accept that water sources are not permanent. We surely do not wish to reach a stage where we have clashes or worse, over access to potable water.

Rethinking our approach to water, a gift from the Divine

Water, it is to be admitted, is beyond man's capacity to produce. Water is a great boon from Mother Nature and like any precious gift, it must be cherished as valuable and worth preserving. The stark reality is that there can be no life on Earth in the absence of water.

Water is a Divine blessing and reminds us of the Grace and compassion of our Creator. In many places of worship, a sprinkling of water is given to the devotees which even the richest accept with humility because one cannot buy blessed

water anywhere. The blessed water evokes the Divine. People drink it with gratitude to be reminded of the Divine within. The future of humanity is intimately intertwined to the access to potable water and as such we must humbly accept water as a gift from God and be in gratitude for it. Water, in its essence is endowed with the qualities of peace, free flow, acceptance, tolerance and selfless giving. Water reminds us to be nurture the same qualities within ourselves.

If we truly realise the importance of this precious natural resource, we will begin to value it and curb its extravagance use.

Now is the time to act, to treat water as a precious and limited resource whose conservation is vital for mankind's existence and having a future of any kind.

This month's moment in prayer is that we treat water as the most valued blessing in Human life.

Beloved Maitreya,
Water is a boon,
A gift from Divine,
Water is life,
Without which we cannot survive,
Let us gratefully save every drop,
Let's take a vow, to conserve water at all times.
Thank you,
Maitreya Dadashreeji.



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

Question: How do we know that our surrender is not complete? It seems we keep interfering in the Divine plan. At the same time we need to take decisions and act - it is confusing! Will appreciate clarity on this.

Mitra Sut: This is a wonderful question.

What is surrender?

First, let us understand what surrender is. Surrender is an internal state, where you become a pure medium of the Divine and act according to His will. It is not something that one can achieve, like a task in the worldly sense, such as getting a degree or acquiring an object. It's a journey deep within one's Sacred Self. It begins with an awakening as one bonds and connects to one's internal core, the supreme intelligence within, the Divine Light.

When one understands and experiences the Truth of life and the nature of the Supreme Power, the Creator, one automatically bows internally, allowing the Supreme to take decisions rather than one's egoistic self; thus begins the journey of surrender.

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

Steps to surrender

Surrender cannot be forced, persuaded, or created, but happens naturally when you bond with your Divine and fall in love with the Divine. As one strengthens the internal bond with the Source, there is an automatic surrender occurs as you realise that you are a part of the Divine plan and its only in allowing that Divine to function through you that your purpose of your life will be accomplished.

Challenges in the journey of surrender

In this journey the mind is challenged and it is likely to create hindrances as it naturally tries to persuade the self towards the external world and selfishness. This is where faith comes into play, to bring one back towards the Source. Surrender is enhanced with faith and that further enhances the level of surrender, the two are different sides of the same coin.

Experience of surrender

When you are completely surrendered you will not have an 'I' or ego, no personal agenda to act upon but only perform acts of the Divine. You can make all effort but the final state of complete surrender only comes with Divine Grace where you will just do as the Divine wills, with absolutely no expectations; where all that you experience in life, good or bad, will be considered as a 'prasad' or gift of the Divine. This state enables one to attain the Highest.

As, Lord Krishna tells Arjun in the sacred Bhagwad Gita 18.62

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

O scion of Bharata, SURRENDER unto Him with all your being. By His grace you will attain supreme Peace and Eternal Abode.

In this state, you will not wish to achieve anything, nor claim anything; in fact, it will be a profound state where there is no feeling of doer

ship. In fact, if you feel or claim that you have surrendered, you are far from it!

As you rightly said, we keep interfering in the Divine plan, because we have a free will and we are quite adept in exercising it! When you are truly surrendered, there is no conflict, such that your mind and heart are in unison, when you just do what the Divine wills you to do.

Just keep making the efforts, which is your offerings at His feet.

As Maitreya Dadashreeji says,
"In Surrender, don't ask for things in return. Simply surrender and focus at His will, His work....Then the Grace will come!"

Through the Looking-Glass

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

The Consequences of the Global 'Return to Work' Drive

With the Covid-19 pandemic losing its grip on the world, corporations across the globe are looking to woo their employees back to the office via a massive 'Return to Work' movement, perhaps with mixed results. While some organizations are insisting on fulltime work from office with additional incentives like variable pay and additional leaves, others are willing to adopt the hybrid mode in an effort to combine the best of work-from-home and in-office work practices. The key question that remains to be answered is whether organizations will be able to create a working model that is future-proof while attracting and retaining the best talent in the industry.

In a recent development, Wipro sacked 300 employees in India for 'moonlighting'. Moonlighting is taking up another work assignment apart from one's fulltime job. Most organizations have stringent rules about dual employment ranging from strict disciplinary action to termination. Rishad Premji, chairman of Wipro termed moonlighting as 'cheating' in a tweet and has taken a firm stand against those employees who have been practicing it. At the same time, leaders like Mohandas Pai, ex-Director, Infosys and C P Gurnani, CEO of Tech Mahindra are more open to the practice and have invited employees to be open about it and disclose it to their supervisors. While the jury is still out, what is it that supervisors can do to win the confidence of their team members and ensure that the team is working towards the best interest of the organization?

The Challenge

Perhaps, the work-from-home situation made it easier for employees to moonlight in their spare time, especially in the IT/ITES industry. And perhaps it is the uncertainty in the organization - concerns around job security and financial stability during the pandemic, that motivated employees to take up a second job. According to a study by Oracle in association with Workplace Intelligence, an HR and advisory firm, in January 2022, 44% employees are experiencing financial stress at the workplace. It is a choice that employees may have made based on their personal circumstances. Many organizations on the other hand have resorted to hiring temporary staff for project-based assignments due to lack of skilled resources in the market, giving rise to opportunities for moonlighting for full-time employees. However, how do organizations (where the employee is a full-timer) ensure that there is no conflict of interest, especially when the employee ends up working for direct competitors?

Most organizations are responding to the situation with stricter rules and guidelines. Many have made it mandatory for employees to attend office in person at least thrice a week. Others are warned of strict disciplinary action leading to termination for disregarding return to work norms, while some have developed stringent systems of monitoring employees. As Adam Grant, American author, and professor of organizational psychology at Wharton School, University of Pennsylvania, observes, "The number of workplaces using surveillance software to track employees has ballooned. If you have to monitor people's keystrokes, you've failed at management."

Through the Looking-Glass

Striking the Right Balance

What is it that leaders and supervisors can do to ‘manage’ their people? How do they ensure higher levels of productivity? Should they focus more on successfully engaging their employees? After all, there are a gamut of studies that show that higher employee engagement scores lead to improved business results in aggregate. However, is there a linear correlation between engagement and productivity? In other words, does higher levels of engagement always lead to higher productivity at an individual level? Recent studies conducted by Ryan Fuller, head of Workplace Analytics in Microsoft, and Nina Shikaloff, Principal Project Manager, Microsoft, show that as much as 25% employees with a high engagement score display behaviors amounting to low productivity (as cited in a Harvard Business Review article).

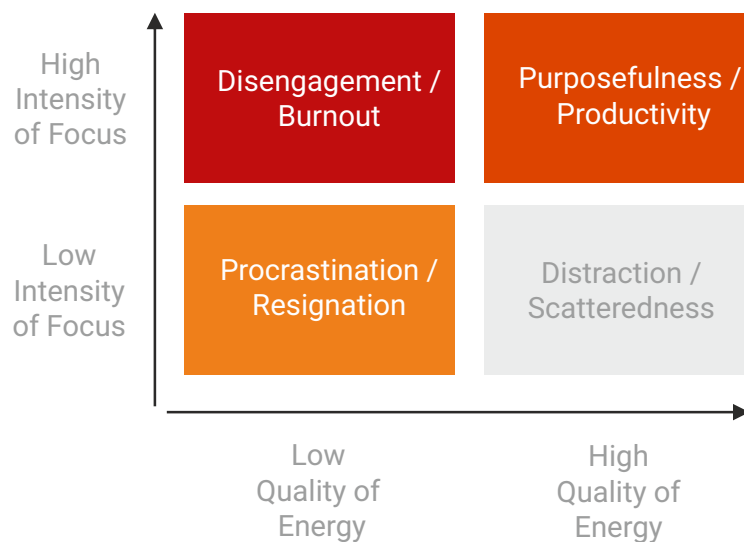
Leaders and supervisors need to work toward a right balance of ‘Engagement’ and ‘Productivity’. At IATL, we define an engaged employee as one who has:

- clarity of vision
- can access their inner energy to fuel the vision
- can experience learning and growth through activities that they undertake

A ‘productive individual’ is one who can:

- access their creative zone and come up with solutions to fulfill their vision
- develop a razor-sharp focus toward outcomes

It is the job of the leaders and supervisors to create a sustainable work environment that supports the right balance. Borrowing from the Focus-Energy Matrix developed by Heike Bruch and Sumantra Ghoshal, output can be defined by a balance of the intensity of focus and the quality of energy experienced by the employee at work.



Intensity of focus may be defined as an intrinsic desire to produce results or an extrinsic pressure to perform. The quality of energy may be defined as the sum of positive and negative emotions experienced by individuals at the workplace. Low quality of energy is characterized by emotions like insecurity, fear, blame, guilt etc. whereas high quality of energy is marked by emotions like appreciation, care, connect, passion and love.

Through the Looking-Glass

In an organization where there is -

- low intensity of focus by way of undefined objectives or lack of performance measurement systems, coupled with low quality of energy, people are prone to procrastinate or are internally resigned resulting in minimum compliance and poor quality of work
- high intensity of focus by way of deadlines and pressure to perform coupled with low quality of energy, people experience a lack of connect with the work leading to burnout
- low intensity of focus by way of lack of well-defined goals or too many goals to be achieved, coupled with high quality of energy, people are easily distracted and are all over the place. They often expend their energies in various activities without evaluating their merits resulting in very little meaningful output
- high intensity of focus by way of clarity of vision and well-defined goals and objectives coupled with high quality of energy results in Purposefulness where employees can contribute meaningfully in a timebound manner

In the context of rapidly changing circumstances, leaders need to constantly redefine their vision and realign employees to the new vision. Managers need to help employees align their personal vision with that of the organization to prevent conflict of interest. When people feel valued by the organization, involved in shaping the future of the organization, they develop a sense of pride and belonging to the organization. Under the circumstances they would be willing to stretch and go above and beyond for the benefit of the organization in times of crisis. Such employees would be less likely to compromise the interest of the organization for short term personal monetary gains.

Leaders need to reciprocate by displaying trust and care for the employees. Employees need to feel acknowledged; they need to feel heard and understood and fully supported in times of need. Are leaders able to create this atmosphere of trust and care or are most employees operating from a space of fear and insecurity in the organization? How will this shift happen in the emotional and cognitive culture of the organization?

Making the Shift

When leaders operate from the Core – the deepest aspect of their being which is the seat of the Universal Consciousness – they can connect with their people at more than just the intellectual level. Such leaders develop trust by a constant display of transparency and congruence between their words and actions. At an emotional level, they have the emotional stability and maturity to experience genuine care for others without becoming emotionally entangled in their struggles. They can provide clear guidance and a space for safe expression through deep listening. Core-led leaders experience inner silence leading to acceptance without judgement. Employees feel free to discuss their financial situation and need for additional income. They can disclose and discuss the legal consequences and ethical concerns of project-based job offers they may have received and seek support from their leader. They experience psychological safety in the presence of these Core-led leaders leading to courageous, result-orientated actions. Core-led leaders can channelize the power of their Core to fuel their own passion toward their vision. They radiate positivity and stability and are a powerful source of energy and direction for the people around them.

Each of us has the potential for developing ourselves into Core-led leaders by building a strong connect with our Core. There is no set way of connecting with the Core. Each is created as a unique individual and has a unique way of connecting. This is an invitation to explore, experiment, and discover what helps us connect with the Core most strongly. The more we connect the more we will be able to manifest those qualities of the Core that make us powerful Core-led leaders who can inspire their people to give their very best to their organization.

Carrot Pudding (Gajar Halwa)

Gajar ka halwa for the elevated palate – we share a recipe that will lift your favourite comfort food to a sweet dish fit for a royal palate!

Ingredients

Serves: 6

- 4 cups finely shredded red carrots
- few strands of saffron
- ½ cup powdered jaggery
- 1 tsp green cardamom powder
- ¼ tsp rock salt

Thick Coconut Milk

- ½ cup desiccated coconut
- ½ cup water

Date paste

- ½ cup chopped seedless dates
- ¼ cup warm water

Topping

- ¼ cup chopped soaked almonds
- ¼ cup chopped soaked cashews
- 2 tbsp chopped pistachios

Method

1. Place the grated carrots and saffron into a pan and cook on a medium flame for 30 minutes, till the water is absorbed and carrots are soft.

2. Prepare the date paste by blending dates and warm water together until smooth.

3. Blend the thick coconut milk and water together. Sieve the mixture through a muslin cloth and keep the liquid to be used later.

4. Once carrots have cooked, reduce flame to low. Add jaggery and date paste to the pan and stir for 30 seconds.

5. Switch off the stove. Add the thick coconut milk, stir and immediately cover with a lid. Let the coconut milk cook with the residual heat inside the pan, not directly on flame.

6. Add cardamom and salt. Stir.

7. Garnish with almonds, cashews and pistachios.

8. Refrigerate the pudding/halwa for 30 minutes before serving.

Savour and enjoy!



*Where there is a will,
there is always a way!*

Development often cuts both ways, it can be a blessing and equally a curse, writes **Maitreyi Suman** as she extrapolates on the proliferation of plastic and its consequence on Nature



Our planet Earth is an exotic resort where we have come to experience the journey of life. During this journey, we tap into the resources Mother Earth generously shares with us. We make use of the life-giving energy of the Sun, of the water with its thirst-quenching, cleansing and life-nourishing properties, of the air that we breathe freely for respiration and survival, as equally of the food that is Nature's bounty for us.

Benefitting from the consumption of Earth's resources and gifts, it is our bounden duty to replenish the resources that we use. Neglecting our responsibility of sustainable consumption has led to depletion of precious resources of our planet. Efforts towards restoration and replenishment of our natural resources, are an investment for a future of abundance for generations to come.

Development, as pursued recklessly by man, has had negative consequences upon Nature, eroding the concept of sustainable development. Nothing highlights this point better than the invention and rapid spread in usage of plastic in modern life. What started as a good intention to enhance shelf life of food products has led to proliferation of plastic waste with untold damage rendered to our environment. While plastic made life easier on the surface, the damage it has caused to Nature far outstrips any advantage accruing to man from its usage with flora and fauna which have been equally affected.

We are today sitting on endless mounds of plastic waste; our mountains, water bodies, air, and land have had to suffer this unwanted and permanent guest.

There is, however, a gradual awakening on this front, a ray of light which gives some hope for a future where a balance exists between development and conservation. The morally upright citizens are banding together to mobilise communities at the local level to fight the menace of plastic.

Nandan Bhat of Ekokari and Amita and Abhishek of Rechalka are among those whose deep concern for the environment has translated into concrete action on this front. These Pune based organisations are have initiated local-level initiatives involving cleansing campaigns with mobilisation of the local community.

These organisations upcycle plastic wrappers, packaging covers, tapes, polythene and the likes into bags and storage accessories for our daily use.

Plastic waste is collected from waste pickers, housing societies and packaging organisations. This plastic, segregated according to size, colour and thickness is then thoroughly cleaned with water and natural cleansers to remove any food or unwanted residue.

It is then hand cut into thin strips using scissors and rolled on a traditional charkha to spin yarns and on to the loom to weave the fabric. This fabric is then designed into utility articles like bags, pouches, mats, planters etc.

In the process, not only a portion of discarded plastic waste gets upcycled but also new streams of employment are generated.

What Nandan Bhat, Amita and Abhishek have started is a gigantic task, a road with a steep climb which needs active participation of local community for it to generate lasting impact.

If we are mindful of the direct linkage between the health of our planet and the well-being of future generations, we would act in awareness of the consequences being created for everyone on this planet.

Let us all work together towards sustenance of everyone.



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 **Vinay Mundada**. He shares his journey of transformation with **Maitreyi Jagruti**, that began in 2013 when he first met Dadashreeji.

Vinay is a distinguished, 75-year-old gentleman, who dedicated his life to establish himself/family and the organisation where he served loyally for more than three decades. He shares his journey of awakening, rediscovering of a bond with the Divine in his sunset years and how it has changed him in unexpected ways.

What were the events that shaped your life in a significant manner?

People of my generation just flowed with life, there was no choice about anything! We came from a very humble background, trying to establish ourselves from nothing. I came from then small rural town called Jalna, near Aurangabad. We did not have many educated people in my village, and just a few of us got an opportunity to study. I did my engineering, and received a British Council scholarship for studies abroad and completed my Masters. I lost my father at a very young age, and as the eldest I became the head of the family, with a lot of responsibilities to shoulder. So, you see, my life was about duty and responsibility. There was a lot of pressure and tension, as we had limited resources and plenty of challenges. That resulted in multiple health problems. I developed hypertension at a very young age and have been on medication for nearly 37 years.

What was spirituality and God for you in your early life?

I had no exposure to the spiritual life as I was engrossed in work, struggling in the office, and travelling for work on weekends. We did not have the instant communication of today, nor did we have the convenience of air travel, so I did not have any spare time for anything other than the little time for family. What I do remember is my grandparents and other elders of the family performing several rituals and prayers. I was aware of the 'need' to perform and offer them. We felt that God is great and benevolent. We participated as a matter of routine in everything. I did not have any personal spiritual practices. But, after I developed high blood pressure, I started to read about yoga, mindfulness, meditation, and there I got the first glimpse of how the mind matters and how we bring stress upon ourselves.

So, when you came to know of Dadashreeji in 2013, was it a different experience?

I went with my daughter and a few others to the ashram. I had no background, I just went. I attended Bodh I and at that time it was a two day long process and it was difficult for me to absorb it, I was full of questions. I returned home with mixed feelings. The next two years were almost blank, I was on my own path despite my children being deeply connected to the Maitribodh Parivaar. By 2016, my children were actively involved in offering seva and I revisited the ashram. At some point, a connection began to



develop, and the credit goes to my children who performed their seva with such love.

In 2016, I had a severe heart problem, and I had a 4-vessel bypass. It took me almost eight months to recover. That year, when the sessions of Bodh II, III and IV took place, I attended them, and that was the turning point. Things totally changed for me then, I found a lot of inner peace. This was a big shift for me because I was a typical type A workaholic personality full of ambitions and anxiety. Since the age of 37 years I have been running high blood pressure. With this kind of background and agitation, I found something different after coming in touch with Dadashreeji and MBP. I found peace. Recently, I met my doctor for a regular check-up and he said, " I have seen you for last 30 years, and particularly the past 7 to 8 years I have noticed a vast difference in you. Today, your blood pressure is normal and consistent! I have no new medical advice to give you. Just keep doing whatever you are doing with MatiriBodh Parivaar, that is your treatment! You do not need anything else!"

What do you experience in your relationship with Dadashreeji?

My bond with Dada was established after Bodh IV and Dreams, Destiny, Divine session. I was able to visualize Him and whenever I did, I would feel very energized; this was much before Dada introduced the Divine Light. During the pandemic, miraculously my untamed ambitious nature became quiet. In 2019, I received the Lifetime Achievement Award for contribution to the Indian Automotive Industry, from the Society of Automotive Engineers, USA. That was the ultimate recognition of my contribution and from that day on I have felt immensely peaceful and content. I don't need anything more. Now I am engaged in giving back to the society especially the young generation, and students. I feel Dada's Grace is behind it all. There is an inner voice which keeps guiding me. Today, for me, the only one I can see when I say 'Divine' is Dadashreeji.

Tales Of Transformation

In the moment, when you think of Dadashreeji, what is it that you experience?

The first thing that happens is that I feel calmer. Whenever I connect with my Divine Light, I see a gush of white light coming out of Dada's eyes towards me. This happens when I communicate with Him, when I pray, practice Maitri Sambodh Dhyaan. Sometimes this happens even while sleeping. I also offer all my problems and issues to Dada, whatever it is that needs a solution, long standing issues... all of it – I just offer to Dada and leave it. Often the issues get resolved and if they do not, I am able to accept it as something that is meant for my growth. My internal peace gets quickly restored. Whether I am transformed or not I have no idea, I have never asked anyone, but I feel different, and my colleagues say they enjoy being with me!

You are in a unique position where many from your family are connected with MBP – what is your experience when you see them?

I really admire and appreciate their selfless service, and sometimes I get agitated, and I say, "check your priorities", the reply that I get is, "Dada will take care of the priorities". The conviction and joy with which they say it is very beautiful and inspiring.

What is your deepest desire?

That we should share the experience of Divinity and spread Dada's message. We should experience Dada deeply for ourselves and then share with others. One of the greatest experiences of Him is in how He guides me and works through me. I regularly practice Maitri Sambodh Dhyaan and other sadhanas. The affirmations energize my day and enhance positivity. All must experience Him!

Ode to the Divine In-dweller



Oh my, He's so very coy and discreet
 Well-hidden where you'd least expect to find
 Waiting to play the timeless game of seek and find
 Amidst the cacophony of the world and mind
 He recedes even deeper
 Buried within the deep recesses of your soul
 It's in the still of night or the wee hours of morning
 When you'd least expect through fortuitous circumstance
 Does He stir within and whisper in your ear
 And whenever you are ready
 Reveals Himself in all His glory
 His magnificence and immensity
 For it was a seeking waiting to happen
 The game was bound to end
 And you had to eventually find yourself.

Anand Tendolkar

Devotees' Experiences

In His guidance and Grace

I have witnessed the quiet transformation within since establishing a connect with Dada. I receive His guidance in situations where I am plagued by doubt. He has helped me realize the true purpose of our birth and life on Mother Earth. I strongly wish for His Grace and guidance so I may become a sevak of this family to help others. Love, peace and selfless giving is our only purpose and I am grateful to Him for bringing this awareness within me. Dadasharnam.

Isha Chavan

In sickness and in health

In January 2021 unexpected news came from my doctor that I had very high levels of blood sugar. Having watched my mother pass away due to complications arising from diabetes, I felt immense fear and anxiety. For one week, I cried and raged. I told all this to my Divine Light. On the 7th day, I prayed to Maitreya Dadashreeji to help me with this. All dietary changes required were implemented along with exercise and when I saw my doctor eight weeks later, my blood sugar had dropped from 12.4 to 6.2. My doctor was baffled as to how this had happened. No medication was required. I knew my Dada had been by my side every step, encouraging good habits and helping in every way. After six years with Dadashreeji in my life, I am once more humbled by His Grace.

Lori Monzyk

He walks with us!

Dear Friends,

I wanted to share an experience that happened a few days ago.

It was a Sunday when my wife and I decided to go on a drive to Lonavala. We had planned to return through the picturesque Pawna backwaters and were enjoying our drive when our car's gear shifter got stuck suddenly. We were close to the Pawna Lake Resort but there was no mechanic or help available. The car was rendered immobile. It was a difficult situation but a voice within told me no matter what, everything will work out. With this assurance that Dada is with me, I tried to check what I could do. Since we were on a narrow strip of road (a single lane) and the car was in gear it would not move. It was then that we saw a bus coming in our direction and I flagged it down; the bus passengers alighted and helped move our car off road. Once that was done, I looked around and spotted a sugarcane vendor just down the road. Knowing that it was a Sunday and most of the repair shops would be closed, I was pushed to approach him. To my surprise, he said one of his family members was a mechanic and was available at home. I spoke to that person and explained the problem. To me it looked like a major issue but he assured me that he could fix it and said he would immediately come to help. The mechanic came in sometime and to my surprise knew what he was doing. He got the car to start and asked me drive down to his garage just five kilometres away. I was really relieved that the car could at least be taken to the garage. Next, he suggested that we could go to a nearby restaurant while he worked on the car. We were famished and had a quick lunch. By the time we came back the mechanic had already fixed the car.

We thanked him profusely and remembered Dada for sending help to us and resolving a rather difficult situation. We were overwhelmed by His love that shone through whether it was the bus passengers who helped push the car, the sugarcane vendor who connected us with the mechanic or the delicious meal we had in the comfort of a restaurant while the mechanic repaired the car.

It was Dada all the way, He was the thread that connected these people to us to help in our time of need. Truly, He walks with us! My life has become simple as I learn to flow with it and surrender in faith to Him. Thank you, Dada.

Shankar Narayan

Peace Within Retreat, Dunagiri, May 2022



The Peace Within Retreat is a specially designed program where participants have the rare opportunity of interacting one-on-one with the Maitreya, in a remote region of the Garhwal mountains. The content is designed to encourage participants to look within for lasting peace. The highlight of the program, undoubtedly, is that participants get to walk with the Maitreya, literally as well as in their spiritual journey. A not to be missed life defining event. We share below a few experiences of the participants from the May 2022 batch.

I consider Maitreya Dadashreeji to be the Buddha, an energy form with infinite wisdom. His Grace and teachings have given me great insight into the spiritual life. It is all about truth, transformation, love, peace, surrender, bliss and spiritual growth. I have witnessed my transformation since then and started to live with the unconditional love within. Thank you so much Dada for your unconditional love.

Shaikha Aldhahri



The experience of the retreat with the Maitreya was beyond words. I am going to cherish those memories for life. We revelled in His abundant Grace and Love and I can still feel it. The learning we imbibed and the processes we underwent were so profound. Every day spent there was like moving a step ahead in my journey, my life. We were fortunate to interact with Nature in His presence and it felt like Nature was communicating with us. Love was flowing in the air. The entire experience was like meeting my God. My gratitude to all the sevaks for making our trip comfortable and so special.

Khushboo Maniyar

Devotees' Experiences

Words are not enough to express the blessed five days that I experienced with our beloved Maitreya Dadashreeji at the Peace Within Retreat at Dunagiri. My prayers had finally manifested after a long wait of two years!!! I was really going to meet Dadashreeji! This was my own version of a 'CHAAR DHAAM YATRA' with Him. I had never been on a pilgrimage before.

Upon reaching Dunagiri, I experienced serenity and peace in the fresh and cool atmosphere. I was so excited that I had finally made it!

We trekked to various places back to back and to my surprise I was able to complete all the treks with the help of the young sevaks who helped each one of us so selflessly, with love and care. My deepest heartfelt gratitude to each one who helped me. I thought Dadashreeji was holding my hand every moment through them. There was no problem with my legs or back, though I felt breathless. Taking breaks at regular intervals helped me reach the top!

All the sessions with Dadashreeji were powerful and eye-opening. The last day of the event was a day to remember! We played like small kids, danced, sang songs/ bhajans, and rejoiced in our Dadashreeji's presence. I was so happy, immersed in the abundant love and feeling of oneness with Him and my fellow participants. These are everlasting memories, etched forever in my soul. Love and gratitude to the Maitreya for everything!

Bhagyashree Mistry



Devotees' Experiences



I always wanted to go trekking with people I would not have met previously; when one has Maitreya Dadashreeji as a Divine Friend, such wishes start coming true! The most beautiful and memorable days of my life are the days I spent with Maitreya Dadashreeji at the Peace Within Retreat at Dunagiri. Dunagiri itself is breath-taking in its remoteness and serenity. The resort is beautiful and the food delicious. The air so fresh and crisp. I was like a child, living each moment with undisguised glee. For the first time I did not worry about the well-being of my family back home as I felt they would be in His protection just as I felt that in His presence at the retreat! The resort is rather remote with no cellular signal and I felt free without the constant intervention of my mobile phone! I got so much love from my Divine Friend Maitreya Dadashreeji and equally from everyone in the batch. The treks were so much fun and having the Maitreya with us made time fly on the long treks! I don't recall having any pain due to the trekking and it is due to His presence wherein all fatigue is dispelled, be it on the trek or in life.

The sessions with the Maitreya were enriching and deeply insightful about life and its meaning. It's been more than a month since my return but in my mind, I am still there with Him, listening to Him, walking with Him, dancing and playing in His presence. On one of the treks, we encountered a village wedding being celebrated in the rain – we joined the families in a song and dance routine even as it rained! The dance in the rain on the roadside free from others' perceptions made me realize how free we become when we are true to our nature no matter where we are and what others might be thinking about you. I felt liberated and light as a feather.

I feel blessed that I got the chance to be there. Maitreya Dadashreeji has a transformative presence and I can feel Him working to make me a better person. He is love, pure love.

Thank you Dada for giving me the best days of my life in Dunagiri!

Simmy Walia



TRANSFORM with Maitreya

This 3-hour power packed program is a unique opportunity to be in the physical presence of Transformation Pioneer, Maitreya Dadashreeji, and to jumpstart and accelerate your journey of Transformation.

The program will help you,

- Receive vital guidance to navigate through the current times
- Experience Maitri ShaktiPravaah, a profound process of Transformational Energy Transfer by Maitreya Dadashreeji to awaken the Divine Within.
- Dissolve deep rooted blocks hindering your growth
- Experience emotional stability and enhance decision-making abilities

Date	Sunday, 13th November
Time	3:00 PM to 6:00 PM (gates open at 2:30 PM)
Venue	KD Jadhav Indoor Hall, IG Stadium Complex, ITO, New Delhi

Free of Cost, open to all

To register: www.transformwithmaitreya.org

MBP Programs & Offerings

Kumbhabhishekam

Temples are places of worship and for spiritual upliftment. It is vital that the energy, purity and the sanctity of the temple and the deities enshrined therein is always maintained. To maintain the same, the Agama shastras which are manuals or scriptures that state and guide on topics like construction of temples, idol – making, mystic diagrams, mantras, worshipping of idols, etc. prescribe the process of Kumbhabhishekam.

Kumbhabhishekam, also known as Samprokshanam is a part of the consecration ceremony held for temples built as per the Agama Shastras. As per the Agama Shastras, it is believed that every twelve years the Kumbhabhishekam must be performed to restore, renew and homogenize the energy of the temple and the deities.

'Kumbha' means the 'Head' and is represented by the 'Shikhara' or 'Crown of the temple' (usually in the gopuram) and 'abhishekam' means bathing. The abhishekam is performed on a pre-decided auspicious day and time. The shikhara (crown) is bathed with sacred waters amidst chanting of vedic mantras.

In reverence and adulation for the Shaktipeetham in our ashram which is the Cosmic Energy Centre of the world we will be performing the Kumbhabhishekam on 21st October 2022.

Alongside the above process we will be welcoming and consecrating the following Divine forms:

Jay – Vijay

As Divine guardians of Aadishakti Mahakaali Maa

Nandi

Divine guardian and vehicle of Lord Shiva

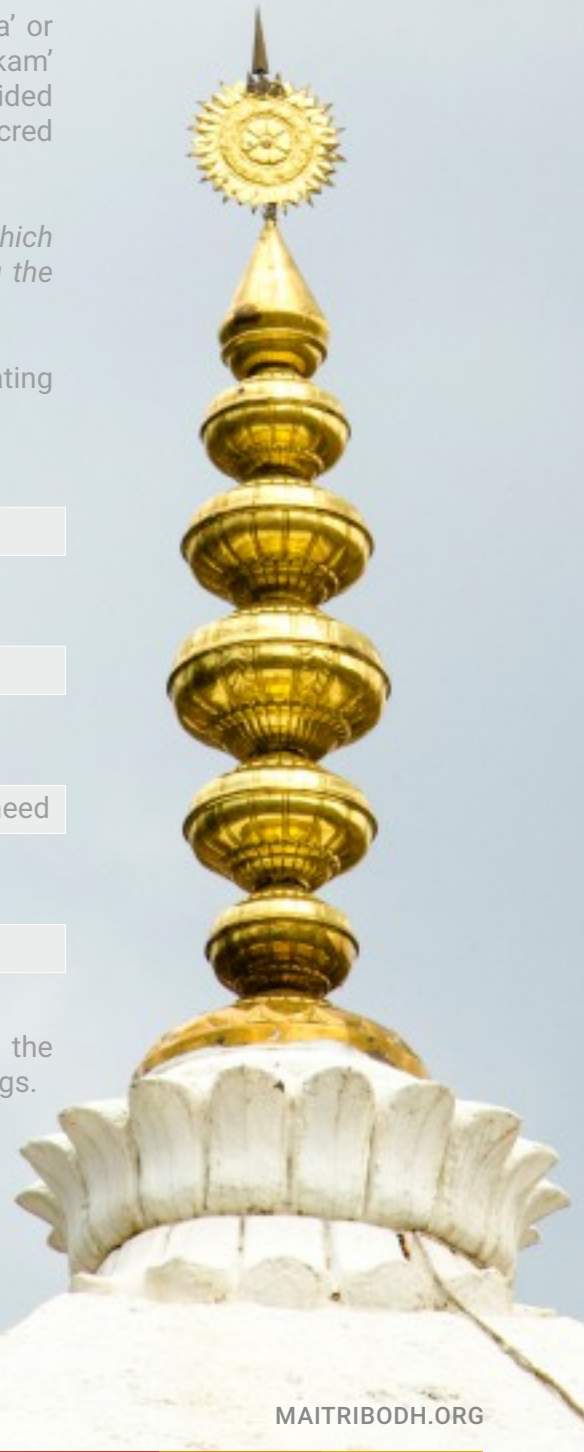
Lord Ganesh

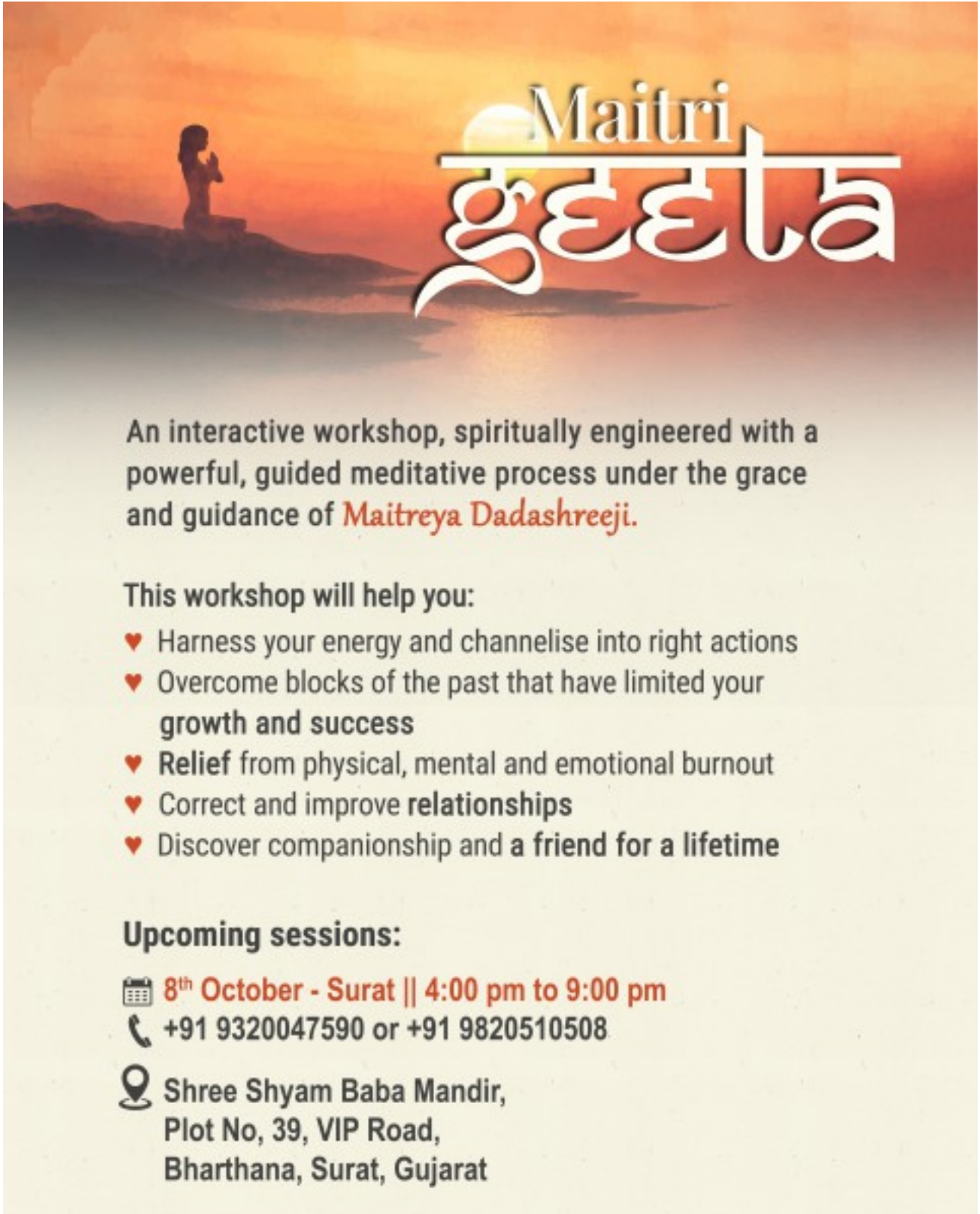
This new form will support the Maitri mission as per the current need

Shiv Ling

Pranprathista of the new Shiv Ling

On this day, let us pay our obeisance and offer gratitude for the protection, Grace and Blessings showered on us by the Divine beings.



The poster features a background image of a person in a meditative pose on a hill at sunset. The title 'Maitri Gyaan' is written in a stylized font, with 'Maitri' in a simple sans-serif font and 'Gyaan' in a more ornate, traditional Indian script. Below the title, there is a paragraph of text describing the workshop, followed by a list of benefits and session details.

An interactive workshop, spiritually engineered with a powerful, guided meditative process under the grace and guidance of *Maitreya Dadashreeji*.

This workshop will help you:

- ♥ Harness your energy and channelise into right actions
- ♥ Overcome blocks of the past that have limited your growth and success
- ♥ Relief from physical, mental and emotional burnout
- ♥ Correct and improve relationships
- ♥ Discover companionship and a friend for a lifetime

Upcoming sessions:

📅 **8th October - Surat || 4:00 pm to 9:00 pm**

☎ **+91 9320047590 or +91 9820510508**

📍 **Shree Shyam Baba Mandir,
Plot No, 39, VIP Road,
Bharthana, Surat, Gujarat**

Upcoming Events

Date	Event	Venue	Contact
5th October '22	Shobhayatra/Navratri Utsav	ShantiKshetra Premgiri Ashram, Karjat	+91 8805720800
8th October '22 4:00 pm to 9:00 pm	Maitri Geeta	Surat, Gujarat	+91 9320047590 or +91 9820510508
21st October '22	Kumbhabhishekam	ShantiKshetra Premgiri Ashram, Karjat	+91 8828102594
2nd November '22 - 6th November '22	Heal the Soul - Bodh IV	ShantiKshetra Premgiri Ashram, Karjat	+91 9970084449
13th November '22 03:00 pm to 06:00 pm	Transform with Maitreya	Indira Gandhi Stadium, New Delhi	+91 9711560364

Request a Prayer

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

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

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

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

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

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

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

*Together with the flow of
the current time, work
diligently on earning
goodwill and blessings.
This will enrich your
growth. It will
strengthen you within
during difficult times.*

Maitreya Dadashreeji

Contributors

A gentle love within, quiet determination and an unshakable faith in Dadashreeji's Grace best describes **Maitreyi Sulata**, who has lived under the Guidance of Dadashreeji since her formative years. Maitreyi Sulata works tirelessly to spread Dadashreeji's message of Love and Transformation across the globe to seekers who have been mesmerized by her soft, compassionate and love filled personality. Her discourses have transcended the boundaries of the mind with respect to religious and cultural differences and have touched the hearts of seekers across the world.

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

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

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.

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

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