

# MAITRI Anahita



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

# Editorial

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.

Dear Loved Ones,

*We wish you and your loved ones a Transformational New Year!*

As we step into the Dawn of the Divine Age in 2023, let us take this moment to introspect, reflect and express our heartfelt Gratitude for all the learnings, insightful and inspiring moments that we have experienced until now.

Let us also seek forgiveness and forgive ourselves for any pain caused intentionally or unintentionally to anyone. Let us pray that the Love, Grace and the Divine Light illuminates our path and always guides each one of us to accomplish the purpose of our lives!

*In this edition, under 'Pearls of Wisdom' Maitreya Dadashreeji shares three simple steps to align with the surroundings and the Divine.*

Inside, read more and enrich yourselves as we bring to you interesting offerings that will help you to introspect and act or take a step forward for your inner growth.

*Embrace Transformation, stay safe and spread Love!*

*With Love & Light,  
Team Maitri Anahita*

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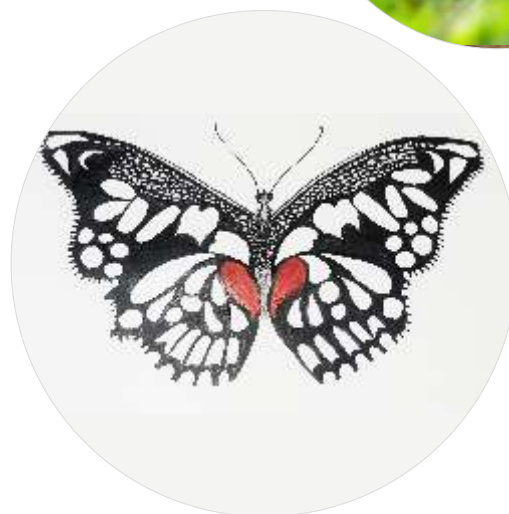
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## *A Very Happy Divine New Year!*

As we usher in a new era, the human domain will give rise to brighter and happier days. We, as global citizens of the world, should wholeheartedly welcome newer philosophies, uprooting the wrong and weak foundations of the current social systems. As required by Time, society will continue progressing towards a heart and soul-based one albeit with a sharp turn.

We need to realise the fact that we should now slow down. Let us be wise and reasonable and release ourselves from the fast-paced competition's unbridled and destructive nature.

*Hence, relax and be light!*

You may follow three basic steps to effectively and spiritually align with the evolving surroundings; and the Divine.

**Prayer:** Pray regularly or be a part of MaitriBodh's regular prayer programs for your personal development. Pray daily for becoming a better you, pray for your own transformation so that you become abler. Pray to experience the Truth, the Highest. Prayer is a medium to directly connect with the Highest Power so pray to the Divine in whichever form you connect with; or if you do not believe in the presence of the Divine, pray to the Universe. Let your voice reach Them.

**Friendship (Maitri):** Practice friendship with all. Please know that no one is your enemy. Enmity emerges from ignorance. The Truth is that we are all One as 'One Family'. So, treat everyone as you would a friend.

**Service:** Be a part of service wherever you are. MaitriBodh took up the initiative to take care of abandoned cows through our Kamdhenu gaushaalas and educate underprivileged children through our Sneh Sanskar Gurukuls. You may also choose to be a MaitriDoot and we will help you offer service to humanity to make your own life even more meaningful towards this end.

Divine Grace is with you. Practice these three steps daily whenever, wherever possible for you. The MaitriBodh Parivaar is working tirelessly and ceaselessly to usher in a new beginning, a new society and a new future. We will keep doing so and you are most welcome to be a part of this 'Transformation'.

*Welcome the new! The Divine will Rule!*

Love and Blessings,  
*Maitreya Dadashreeji*

Please click on this link to help Transform Humanity and register as a MaitriDoot: [www.maitribodh.org/maitridoot](http://www.maitribodh.org/maitridoot)

Celebrate Selfless Service Day with us by contributing to initiatives for the upliftment of rural India.

**Sponsor a Child:**

<https://bit.ly/SponsorAChild-SSG>

**Sponsor a Cow:**

<https://bit.ly/SponsorACow-KGD>

## Heart - to - Heart

**Maitreyi Sulata** shares life's little blessings with a drop of peace and lots of love through this new column

**Dear Friends,**

Wishing you a very happy and blessed New Year with the love and light of the compassionate Divine. I am truly grateful for the love and blessings showered upon Ek Kshan Prarthana (A Moment in Prayer) for so many years. I am very excited about connecting with all friends through this new column, 'Heart to Heart' wherein I will share heart touching experiences and learning from our day to day life. May our hearts always stay connected to the sweet simplicity of Divine Love!

Maitreya Dadashreeji has stressed the importance of being sahej, being natural. Most of our life is lost in the survival mechanisms of portraying a tough or soft exterior, or may be pleasing others, and much of the remaining part is lost in going through dealing with the anxieties caused by challenging situations/people. Being on the cusp of the new year is the ideal time of reviewing our actions of how we're living our lives currently and taking a resolution of not getting caught up in trying to please everyone around us, or in worrying about what others think of us. Instead, we should focus on our own inner being, and strive to be true to ourselves.

During my corporate work life days, a colleague was very focused and efficient in his work. Being a Team Leader he was very dynamic, extremely aggressive and a go-getter. Hence the results he delivered were always fantastic. In his case, what you saw was what you got and without any manipulation! Pure focus, precision, efficiency, and the job was done. Though secretly admired by all, he was also the most disliked person in the organization. He demanded delivery with zero defects from his team. Also, since he would walk his talk, one dare not question his own ability to execute the tasks. He would talk very directly even if that came across as displeasing to the



others. I never saw him trying to please or win others over by seeking their admiration of his work.

I learnt a lot from him through pure observation of his nature and task execution processes. And this learning was not restricted to corporate goals delivery, but the deepest spiritual truths of being true to oneself, being natural and being 'You'! He taught me to express myself completely from my heart without the fear or worry of rejection by others.

So let us leave the mind game of trying to impress or overpower others or worrying about what they think of us, the general survival mechanisms of human relationships. We have played this game enough, and it is time to move on and focus on what truly matters.

***Let us be natural and genuine!  
Let us be true to ourselves in everything we do!***

We are here to live in harmony, to thrive as human species which is in harmony with the most natural of all - Mother Nature!



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

**Question:** How can we use the right words when faced with a difficult situation that triggers an angry or similar negative reaction when situation in front of us is triggering us to act or react in anger or any other low emotion with wrong words?

**Mitra Sut:** Thank you for this question, dear friend as this is something most have struggled with! It is said that words have more power than any weapon and that is the truth.

When the Divine created the human species they were exclusively accorded the power of speech which no animal has!

This is a supreme gift and our vocal cords which enable 'vaani' (the ability to speak) are blessed by a deity which actually resides there. Misuse of the power of speech can have unimaginably detrimental effects. The greatest wars were triggered due to the use of wrong words and lies, and some of the highest human achievements have occurred through the use of right words.

When we speak of using the right words, it automatically subsumes the bhaav or feelings and intentions behind those words. Words derive power through the intention behind them and that is determined by the state of one's mind! Our

internal state determines what words come out through the larynx and therefore the idea of RIGHT WORDS is directly related to the RIGHT STATE of our mind and its alignment to our HEART.

Using right words requires awareness of the self and exerting effort to become a good human being.

In the great epic 'Mahabharat', chapter CCLIX on Shanti Parva there's a beautiful depiction, as below:

सत्यस्य वचनं साधु न सत्याद विद्यते परम  
सत्येन विधृतं सर्वं सर्वं सत्ये परतिष्ठितम

**Meaning:**

"To speak the truth is meritorious. There is nothing higher than truth. Everything is upheld by truth, and everything rests upon truth".

To reach this state, where only Truth comes out of us through the medium of words, we have to make efforts to grow spiritually; and with the Grace of the Divine that awakens our heart and aligns the mind with it. Only TRUTH is spoken and the words acquire the power of manifestation.



So, let's see how to speak the right words?

- In any conversation, try to understand the other person and the situation.
- Take a pause before speaking, more so when we react with the mind being agitated and restless. Simply keep quiet till the agitated, angry mind settles. During that pause one can go within and reflect over the situation.
- A most powerful requirement when speaking is the ability to connect to our Source, during that pause or even otherwise whenever we speak. This won't happen naturally unless you already have a bond with your Divine. As Maitreya Dadashreeji often says **the simplest way for a person to grow is to connect and bond with the Divine.**

Having said that, there may come situations where you may have already spoken harsh words for various reasons. In such a case, as soon as that realization comes about, apologise from your heart and soul to that person immediately.

Maitreya Dadashreeji always advises us to express ourselves honestly in all situations, lest the curbed emotions produce internal blocks which hinder our growth.

Once you connect naturally to your Divine no matter the situation, you will express freely, express with Love, express with awareness and understanding and only the right words will spring forth from us!

The BODH series of programmes are designed to help us set out on this path of using the right words and imbibing free expression. It is here that you receive Maitri ShaktiPravaah, a powerful and scientifically proven Divine energy transfer process, proven to enhance our mental and emotional health, enabling us to keep calm in any situation. This process awakens the Divine Source within, enhancing situational awareness and leading to the usage of right words.

*Do visit the website [www.maitribodh.org](http://www.maitribodh.org) to register yourself for the 'Bodh' series of programmes held in your region.*

## Ayurveda & Oils

Ayurveda is a system of medicine based on the idea that disease is caused by an imbalance or stress in a person's body and consciousness. It provides natural remedies in combating disease, writes **Sreelatha**. Medicated oils find extensive usage in Ayurveda in treating such imbalances



According to Ayurveda, there are three dosha's or primary functional energies in the body, viz., vata dosha (energy responsible for movement and cognition), pitta dosha (energy responsible for regulating body temperature and metabolic activities), and kapha dosha (energy responsible for building and lubrication that provides the body with physical form, structure and smooth functioning of all its parts). These three dosha's are responsible for all the functions carried out in the body. Any imbalance in any of these regulatory functional energies of the body is the trigger for diseases. Ayurveda suggests the ideal remedies to mitigate each of these dosha's. Ghee/clarified oil is best to mitigate pitta dosha, honey is best to mitigate kapha dosha and oil is best to mitigate vata dosha.

Oils are of numerous types and are used as the base for remedial medication. In Ayurveda, the term oil if not specified otherwise, indicates sesame oil. Oils are used internally in the form of medicine or in the preparation of food and externally for body massages and other therapeutic procedures.

### Sesame oil

Sesame oil is derived from sesame seeds. Sesame seeds have great significance in traditional medicinal remedies.

**Properties:** It is rich in vitamin E and contains vitamin K, magnesium, calcium, copper, iron, zinc.

**Benefits:** When it is used internally it is best for improving digestion, providing lubrication to the body, helps to strengthen the bones, muscles and joints, and is useful in treating worm infestation, itching, etc.

It is used to treat mouth disorders, e.g., in conditions like loose teeth, gum disorders, mouth ulcers, etc., by the method known as oil pulling (holding of medicated oil in the mouth). The usual dose for the same is around 25-30 ml. Lignan in sesame seed acts as a hypocholesterolemic agent which helps in weight reduction. It has antioxidant properties in fighting free radicals and slowing down the ageing process.

Its antibacterial and anti-inflammatory properties help in the healing of wounds.

Externally when it is used for body massages, it improves the quality of skin and provides a bright complexion because of increased blood circulation.

When sesame oil is applied on the head regularly, it reduces headaches, baldness, graying of hair, hair fall as also promoting healthy hair and sound sleep.

### Castor Oil

This oil is also used internally and externally. When used internally it cleanses the body channels, is a laxative and has anti-ageing and restorative properties. It helps in relieving worm



## HEALTH AND WELLNESS

infestations, fighting skin diseases, rheumatoid arthritis, piles, constipation, etc.

When used externally it improves skin qualities; it restores the natural health of the skin, helping relieve pain and stiffness of joints.

It is contra indicated during pregnancy, diarrhea, dysentery, etc., because of its laxative effect.

Dose - 2.5-5 ml once a day. It can be consumed readily without adding to food or can be taken by applying the oil to roti, chapatti etc.

### Mustard Oil

It has an anthelmintic and antipruritic property which indicates usage in case of worm infestation and skin diseases. This oil is used for body massages in the winters only as it increases heat in the body.

### Coconut oil

This oil possesses cooling properties. It is used to soothe the body, moisturize the skin. It is not viscous hence is absorbed readily. When it is used regularly for a head massage it helps in hair

growth. In Southern India, most food is prepared using coconut oil.

### Neem oil

The antibacterial effects of neem makes it a great oil for the skin. External application on the head is beneficial in combating dandruff it helps in combating skin lesions like fungal infections, etc. on the body

### Clove oil

It is the best remedy to relieve a toothache. Gargling with lukewarm water mixed with 15 -20 drops of clove oil helps in removing bad breath.

### Eucalyptus oil

It is added in Ayurvedic pain balms and oils to treat joint pains, muscle pain, headache, etc. This oil is also used as nasal drops for relieving congestion during cold and cough. Studies have shown antimicrobial action of this oil.

There are numerous health benefits of incorporating oil massages in one's daily routine and can be a stepping stone towards living a holistic lifestyle.

## Pots 'n' Pans

You can have your cake and eat it too - we first share the recipe of a salad with all the texture of cheese but without the guilt associated with the product! The second recipe screams 'health' with the bonus of flavour! Enjoy!

### *Cheesy Salad (w/o Cheese)*

**Ingredients (Serves 2)**

- ½ cup cashews soaked
- ¼ cup coconut milk
- ½ small green chilli
- 1 cup broccoli florets
- 1 cup thinly sliced baby corn
- 1 cup chopped red bell pepper
- 1 cup chopped yellow bell pepper
- 1 teaspoon rock salt
- 1 tablespoon dried oregano leaves

**Method**

1. Blend the cashews, coconut milk and green chilli until smooth. This flavoured mix can be used as a substitute of real cheese.
2. Steam the broccoli, baby corn and bell peppers for about 5 minutes. Bell peppers may get steamed faster and will need to be taken out sooner.
3. Pour the blended cashew mixture into a mixing bowl. Add the steamed vegetables, salt and oregano to the mixing bowl.
4. Mix well and serve.



### *Water chestnut – Spinach Soup*

**Ingredients (Serves 2)**

- ½ kg spinach
- 3 cups water
- ¾ cup water chestnuts (singhada) peeled and thinly sliced
- 2½ teaspoons rock salt
- ½ teaspoon black pepper
- ½ cup coconut milk

Substitution: In case water chestnut is not available, use potato.

**Method**

1. Place the spinach and water in a pan. Heat on a low flame until the spinach is soft (about 15 minutes).
2. Puree this mixture using a hand blender, till smooth.
3. Sieve the blended mixture.
4. Keep the sieved mixture back on the stove, on a low flame. Add the thinly sliced water chestnuts and simmer for about 3 minutes.
5. Turn off the heat, add salt and pepper.
6. Add the coconut milk to the soup just before you serve, and stir well.
7. Do not re-heat the soup after adding coconut milk.

Relish and enjoy nature's bounty!



## *Eco-Friendly Homes*

**Renuka Vijayaraghavan** suggests valuable lessons lie in Nature and in our history in building homes that are environment friendly.

Homes in the natural world serve as protection from the elements and intruders while still being a part of nature. A ready example is that of hives and nests built by bees and birds respectively. We built our homes initially for the same purpose. We honed our skills and home building slowly became a specialized area, so much so that in the Middle Ages masons were highly respected members of society. It is heartening to know that even today several indigenous communities build their homes with their own hands.

As we honed our skills and mastered the art and science of making homes with the latest available materials, we lost the earlier harmonious integration with Nature and have started building houses rather than homes. This is indeed not a healthy development as the space we occupy on a daily basis has a deep impact on our body and mind.

Is it still possible to build an eco-friendly home and design it to suit our lifestyle and temperament? Let us look at certain simple practices that are environment-friendly and afford us a cozy space that is easy to maintain and a joy to live in.



## Sustainable Living

1. Save the topsoil for use in the garden before beginning construction. Top soil takes millennia to form and that is the only kind of soil in which plants can grow.
2. Design the home according to weather conditions. An open plan of bringing the outdoors close to the indoors.
3. Keep the place well-lit and ventilated, incorporating open courtyards, skylights, and ventilators into the design (as per the availability of space).
4. Minimum use of energy intensive material like cement, glass and steel in the structure, by exploring alternatives.
5. Using fillers like brickbats while casting slabs to reduce the use of cement and keep the interiors cool.
6. Unpretentious interiors with ease of maintenance in mind.
7. Use of natural materials both in construction and the interiors. Natural stone can be used for flooring and for wardrobes, tables and seats. Wood entails large scale cutting of trees, while engineered wood uses resins that give out toxic fumes compromising the air quality. Engineered wood is often attacked by termites, which entails treatment with very toxic products. These chemicals are known carcinogens.
8. Plumbing appropriate for grey water recycling.
9. Installation of rain-water harvesting systems.
10. Solar systems for heating water and the production of electricity.
11. Provision for dealing with green waste, either directly feeding to plants or composting in a container. Bio enzymes that are engineered specifically for this purpose aid this process.
12. Thoughtful designs to suit the age, vocation, and interests of the members.
13. These measures are pocket friendly as compared to set procedures and fittings in a standard home. Specialized masonry cost may be the only additional expense that too because these are not standard practices.

We cannot ignore the fact that individual dwelling units may not be practical in the modern times nor would it be eco-friendly considering the fact that multiple families can occupy the same space if it is utilized in a high rise. These homes too can be eco-friendly and it is up to us to demand eco-friendly practices in high rises. At the same time, there are ways to retro-fit and readily available hacks to make a standard flat more eco-friendly and livable. Following are a few ideas:

1. Top floor occupants can grow vines to arbour the terrace and cool the floor below.
2. Empty pots kept inverted to create insulating air pockets will also cool the floor below.
3. Heat reflective paints are also an option.
4. Innovative ventilation solutions help in controlling heat buildup and maintaining a cool space. Eg. Rooms could be fitted with an exhaust fan close to the ceiling and a big window could be left open on the opposite wall. This will reduce the temperature of the room considerably by removing

## Sustainable Living

warm air through the ventilator and bringing cool air in from the windows. In summers a wide pot of water kept in the room can help in places with low humidity.

5. Use of natural fibre blinds, growing trees as barrier against heat glare and dust will cut sound pollution too!
6. Segregation of waste at source and disposing of non-biodegradable waste responsibly by verifying end use.
7. Pest control methods like insect proofing sewers with physical barriers like steel mesh and use of non-toxic methods for pest control will prevent allergic reactions to the standard lethal chemicals and be a significant factor in environment protection.
8. Provision to deal with green waste either by feeding direct to pots or composting in containers.
9. Common areas can be utilized to plant herbal trees which can be used as food, medicine, and for grooming.
10. Community kitchen gardens can be created and tended to by children to inculcate respect for farmers' contribution to society, avoid wasting food, value of gardening while being close to nature.

A sustainable home should be easy to maintain and its cleaning should be possible without necessitating the use of chemicals. Washing of clothes and utensils and all surfaces can be done using bio enzymes, soap nut powder and leaf powder like albizia amara. These products can easily be made at home. They are also available online.

Improvisation and innovation is the hall mark of sustainable practices. We have to be united in fighting for the cause of environment protection. If we demand sensible homes with local conditions in mind, and resist standardization, we will be in a better place in every way.



## Tales of Transformation

*How Maitreya Dadashreeji Shapes and Guides my Everyday Life*

Dadashreeji is a force that awakens us to the experience of Divine Love, of complete acceptance, joy, and peace within us. Such an experience may feel 'unreal' or mystical, when seen from the practical mind. We may wonder how these experiences will help us deal with life's challenges, be they of relationships, growth, or even of basic survival in society. The core of Dadashreeji's message is that life is simple, and we must flow with it by being natural or true to the self. When the Divine awakens within us, the experience goes beyond the spiritual and touches all aspects of life transforming it and giving us the direction we had been seeking. In this column, we will feature stories of transformation from the members of our vast family – moments from day to day living and how the Grace of Maitreya Dadashreeji shapes us in new ways, helping us discover, and bond with 'Dada' – our Inner Divine.



This month we share the metamorphosis of **Maitreyi Madhura** as she shares her journey with **Maitreyi Jagruti**.

Madhura ji is an actress of repute on stage and in cinema on national as well as regional platforms. She is also an orator and influencer. She has been associated with Dadashreeji since 2013 - this is her story

and experience of life since.

**Madhura ji, you have been a seeker and you come from the glamour industry having had a very successful innings over there. So, I'm very curious about these two personas, and did one come before the other, were both co-existing always, what's it been like?**

I met my first guru, Prabhu Ji, in person a year before I got into the film line, you know. So, that's how I got into spirituality. At the time, I did not understand the meaning of spirituality and the difference between religion and the spiritual pursuit. I was as blank as anybody could be on this. But somehow, after meeting him, something intriguing happened and that's how my journey with Him started. I was enjoying what was happening to me internally, externally, and then my career started and things just became so different...

**Could you describe that? What was different about your experience?**

Yes, I could see my how I used to react to certain situations and the way I react now; they are

different. I am no longer bothered by the chatter of the mind. And that's how my journey started. I said that's it, I want to go to the end of this. So, I went from one master to the other till I finally met Dada.

**So, how did you balance this with the glamour industry?**

In fact, it helped me considerably in managing my career in the glamour industry, because I had my stability in the mind, I had my feet on the ground, and I was so stable, I didn't get carried away by the success of becoming a well-recognised public personality. Spirituality has kept me grounded. In fact, as Dadashreeji says, **that you have to become a witness**. I did that a couple of times, and said, that's not me, I don't belong here, this doesn't belong to me. I am here. So, I have drawn on spiritual learnings to understand my place in the industry and in life.

**You have had several masters, what was that like? When did you feel that, okay, now I need somebody new, and where have you landed?**

It's not that I need somebody new, but sometimes you stagnate in your spiritual journey. It seemed to me that every master I followed had a 'shelf life' or a specific purpose and when the same was achieved I would be left wondering, what next? Having been on the spiritual journey for over 20 years, I realised that I was looking for the selfless state, enlightenment, awakening, those are words. Even now they are mostly words, but now I do get glimpses of it sometimes, and I understand what exactly when Dadashreeji says '**awakened state**', I have a little glimpse of it now. So, I started understanding all of this. So, the reason I moved from one master to the other was



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that I felt there was a stagnation and I needed more. All my masters have taught me a lot. I will always be in gratitude to all my masters. You have to learn A to learn B, you have to learn B to learn C. Till you get to whatever levels you want to educate yourself to.

**Yes. So, how did you come to Dada? What's that story?**

My husband read Dadashreeji's interview in Life Positive magazine in December 2012, and he shared that Mahavataar Babaji had appeared to Dadashreeji. Actually I was in search of a living guru, who was with Mahavataar Babaji in some way. My husband went to meet him first and for some reason I could not accompany him. When he met Dadashreeji, he was insistent that I should meet Him, and he would not reveal anything else. In January 2013, I went to meet him with my son, Archit. When I saw Dadashreeji, I thought to myself, "God, He is so young!" It was a conflict inside me, how would I accept Him as a guru? Anyway I decided to try. Then, when I attended Bodh and received ShaktiPravaah is when the shift happened, and I said, no, I have to be here.

**So, what has been enjoyable about your journey with Dadashreeji?**

I wouldn't say only Dadashreeji, rather my entire spiritual journey has been fantastic. I don't like restrictions, and none of my masters ever put any restrictions on me. About my eating habits, about anything. I mean, I was an actress when I was doing all of this. So, nobody told me no, you can't act, you can't wear this, you can't say that... no restrictions. ShaktiPravaah had taken me to another level. I also felt guilty, because of my fear of moving away from my earlier master. Dada guided me that I could be with Him, but I should always acknowledge the earlier Masters. So that suited me. With Dada, what I really liked was, His simplicity. The teachings are also very simple. He is very simple. He delivers with such simplicity, sometimes you don't realise what profound things He has just conveyed!

**Share something more about the shift within**

Previously, I think I had a lot of ego. Spiritual ego. I did think that I had done so much, for so many years and I had gone to so many masters, I had gone through so many processes, so I was knowledgeable. I received a rude awakening to my own truth here through Dadashreeji.

**Any illustration of this?**

Dealing with people. You know, Dadashreeji's way of helping you see your ego, He will not tell you straight out. He will put you in a situation whereby your ego just comes out. You get challenged in your beliefs and preferences. The ego doesn't want to die, the self does not want to die, you know. So that was difficult, I have to say that. That was difficult. I used to feel so offended. At one point in time, I was there everywhere, introducing Dadashreeji, taking sessions and then suddenly my seva changed. I was not given the same things to do. I thought I was senior, had so much experience and had done a lot, why wasn't I given certain opportunities? It disturbed me. Today in retrospect I feel that Dada knows exactly what kind of a person I am, where I have to be put, what I'm supposed to do.

**Your sharing, the honesty and the transparency is touching. Can you share a little about how you link what is happening in your life to Dadashreeji as the Giver? How do you experience it? What gave you a sense of grounding? What pulled you back from those places where you were offended or hurt? How did you rely on Him and find your anchor in Him?**

He always talks about the Divine connection. He always says connect with Me. All masters guide us to connect with the Divine. Here, it was more powerful. I was connecting to Divinity, and experiences just started happening. I don't know how it was happening, but I was coming into realization. Sometimes He comes to me through the appropriate book at the correct time. I feel really connected with Him. He knows how I am. He knows what hits me. That book is

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probably a medium for His message, guidance. Who is going to do that, otherwise? It is your own Divine connection.

**What are some practices you have for strengthening your Divine connection? How do you connect?**

I talk. I fight. I scream. I talk all the time. I talk anything. Even if I don't get sleep at night, I say to my Dada, 'what is happening? Come on, I need to sleep. Tomorrow is a heavy day.' All this kind of thing. Now, this is how my relationship is with Him.

**So how do you connect the physical Dadashreeji to this?**

I am not so attached to physical Dadashreeji. I relate to the astral form, and I feel that astral form much more powerfully than the physical Dadashreeji. Of course, it's a very different thing when you meet Him personally, you know. In the early stages I would get restless when I did not get to see Dada frequently. Then I got out of that. We connect to His astral form. Dada Himself used to say, 'My astral form is much more powerful than the physical form'. 'Don't get attached to the physical form'. It is the astral form I 'feel' around me. It's energy, you know. I call my Dadashreeji as my Shree. That is my name for Him.

Sometimes I hear Dada's voice so loud and clear. So, once this talk or the Divine connection becomes strong, you will see how magically things begin to happen for you. Unexpectedly, things happen. So, who is doing this? Something which I never fathomed, would happen.

**After receiving Dadashreeji's Grace what are the major changes within that you have witnessed? Let's say how you respond to people, relationships, and how has it impacted what you are doing in this world, the actions you are taking now?**

As far as relationships are concerned, I have realised the value of observing and listening. Right speech is silence. Observe. So, many a times, if there is something going on, even in the house, something has bothered me, I just keep quiet. And then I ask myself, why was this in my space? What is it? No blame game. Often, my instinct guides me to keep an acquaintance, at an arm's distance. The stronger one's connection with the Inner Divine the easier your path is. It is as simple as that. You don't have to do really anything. It's a misconception that we are doing something. The 'I' and the 'self' doesn't exist.

**Would you encourage people to believe in the existence of Divinity?**

Oh, YES! If you don't acknowledge the Divine presence itself, then the matter is over. My personal take is; how can you not experience that Divine energy? Forget the form. How is life even possible? Do you tell your body to breathe in only oxygen? By default, it breathes only oxygen, and gives out only carbon dioxide, which you can't see. How? So, there is this omniscience! These are questions which cannot be answered. Some energy is managing the whole of Creation. How can you deny that?

**So, what would your message be to people who have not experienced Maitreya Dadashreeji?**

I would only tell them, try it once. We are not going to pull and force you into joining the MaitriBodh Parivaar. Try something once, only once. If after that you feel you don't feel the connection, something is not drawing you, pulling you, fine, no problem; Leave.

## *A Soul on a Journey*



Months before I had even heard of Dada's name, I started painting butterflies- relentlessly. I had no idea why there was this almost obsessive compulsion from within to keep painting a new subject constantly.

Cut to pod cast surfing. Among the pod casts of Sadguru, Gaur Gopal Das, BK Shivani and numerous other spiritual gurus, I stumbled upon a fair, young gentleman speaking very calmly and simply in 'The Ranveer Show'. Dadashreeji- some name! Then I saw a silver chain connecting us- like I am His puppy.

The desire to know more about this person took me through all His videos on You Tube and the web site. I heard Him talk about transformation and I realized why I was painting butterflies. I booked a call and drenched in a golden shower of grace, blessings and protection.

The Spiritual Week at ShantiKshetra Premgiri Ashram was an amazing experience. I honestly just did not understand what love and selflessness is; but I felt an acceptance like never before - without judgments or any 'holier than thou' attitude (trust me I have seen a lot of these ashrams on my Guru hunting expeditions).

" Now what?" I asked one of the sevaks at the ashram as we were leaving.

"Go home and enjoy" was the quick reply with a broad and genuine smile.

I came back home.

I found my husband to be kinder and more caring.

I didn't feel like shouting at him or even my maid.

I was watching myself respond rather than react.

During one of my travels I hurt my big toe and couldn't wear my floaters (being a diabetic, I have to be very careful about my foot injuries). A stranger offered me her soft shoes- just like that. On being asked the reason, she told me that I was very loving. Me and loving? Could it possibly be?

I was realizing slowly that Dadashreeji's Grace and Blessings were transforming me even without my knowledge. I was grateful and demanding.

Dada I need to stand on my feet financially. Dada I want to do Bodh IV but I am broke!

I kept asking and He kept giving. All I did was talk to Him.

During one of the Thursday Prarthana (prayer) sessions - I felt like praying for my brother whom I haven't spoken to in the last 45 years. Just like that. It was a miracle.

As the days go I find myself lighter and easier. Now, I even laugh during comedy shows.

My journey of transformation has begun well. Baby steps each day and I have no doubt my Dada with His unconditional Love, Grace and Blessings will transform me into my true self - Love and Light.

I am ever so grateful to Him for bringing the magic in my life with my transformation.

Thank you, Dada. Thank you very much.

**Nishigandha**



## *Spiritual Week (Bodh I, II, III) & Bodh IV*



Prasanna Medhi

My journey between August and November of 2022 of attending Bodh I to Bodh IV has been wonderful and amazing. I get the distinct awareness of the acceleration in my spiritual journey.

I came to know of Maitreya Dadashreeji and the MaitriBodh Parivaar through a YouTube channel and had been watching Dadashreeji's videos on YouTube for over two years already. In the last week of July 2022 while watching one of Dadashreeji's videos on the chakras, I felt a deep connection with Dadashreeji. It came from my heart. It was this bond of Divine Love that led me to attend the Chitta Shuddhi Kriya and Bodh I to IV.

Many answers came from within and when I went to the ShantiKshetra Premgiri Ashram I received confirmation and validation of who Maitreya Dadashreeji truly is! I got many profound experiences during the Bodh series of programmes all of which reinforced my belief in the real essence of the Maitreya.

We were fortunate that our batch for Bodh IV was blessed with Maitreya Dadashreeji's darshan. Meeting Him in person was certainly an outcome of many lifetimes of good deeds. His presence and His energy are of love and only love, powerful in its purity and magnetic in its appeal. To be in His presence is to experience liberation.



Preet

It was a blessing to attend the Bodh series of programmes at the ShantiKshetra Premgiri Ashram. It was wonderful learning and felt like starting a new chapter in the journey of life. I received answers to most of the questions I had. It was a period of self-recognition, and bonding with the Guru. Visiting the temple of Mahakaali Maa was a surreal, unforgettable experience, akin to meeting her in physical form. Gratitude to all the conductors for sharing the values and teachings of Dadashreeji. He is a Friend and Guru to all of us.

## Devotees' Experiences



Rudramuni Hublimath

I attended Bodh III (Path Divine) in the last week of September 2022 and got an opportunity to be in the physical presence of Dadashreeji. I am feeling happier and more energetic ever since. My mind is calmer and more relaxed. Attending this programme has truly helped me in more than one way.

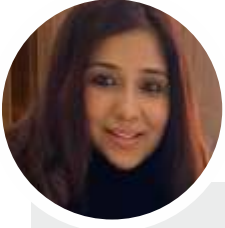


Neelam Fernandes

Attending Bodh IV was a wonderful experience. I feel emptied of the baggage of years, replaced by peace within my soul. Thank you, Divine.

## *Peace Within Retreat, Dunagiri, May 2022*

The Peace Within Retreat in a remote region of the Garhwal mountains is a specially designed programme where participants have the rare opportunity of interacting one-on-one with the Maitreya. The content is designed to encourage participants to look within to experience lasting peace. The highlight of the programme, 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.



**Mansi Ghai**

The experience of attending the Peace Within Retreat awakened me to peace within; not just for this lifetime but for all eternity. Each moment becomes Divine with the experience of unconditional love from The Source. Time stands still in His presence.

Thank you, my Maitreya Dadashreeji for this dream come true! Gratitude to all the team members, our sevaks full of energy with selfless bhaav. I feel every cell in the body oozing with Divine love. Thank you, Maitreya!!

At your Lotus Feet forever,  
Gratitude!



**Sonali**

Namaste!

I was travelling by road to the Bareilly airport to catch my flight home after attending the Peace Within Retreat at Dunagiri earlier this year. I was nauseous and vomiting continuously which made me dehydrated. Due to my condition we were forced to make numerous stops. There was a time constraint and I was finding it difficult to sit in a moving car. I was chanting Dada's name and asking Him for help.

Soon the vomiting stopped, I felt better and we were out of the mountains too. We also managed to reach the airport on time where I was finally able to have my breakfast. In the flight I started feeling nauseous again and prayed to Dada. The airhostess came to me and asked me if I wanted to have tea/coffee or any juices. I declined but she insisted that I have a mango juice and also gave me a complimentary bottle of juice without me having asked for it. The adjoining seats were unoccupied, so I was able to sleep peacefully through the flight journey. By the time we arrived I had recovered in full! This was only through Dada's Grace! When the Divine is with you every moment of your life taking care of you there is nothing left to ask for!

## Devotees' Experiences



Sneha Laghate

I recently attended the Peace Within Retreat at Dunagiri in May 2022. On one of the days He told us that if you have any issue, tell your Divine Light and lie down in front of Him. We went for a trek to Mahavataar Babaji's cave during which I suffered a migraine attack which increased in severity on our way back. The migraine induced a bout of vomiting and that left me feeling weak; yet, I had no relief from the throbbing headache. A session of Dadashreeji was scheduled at 9 pm the same evening. I was worried that I might have to skip it because of the migraine; it was then that I decided to implement what Dadashreeji had told us earlier. I turned to my Divine Light and said, "Dada, please do something, intervene, as I have to attend this session at any cost. Work on me". Magically, after 15 minutes or so, my throbbing headache disappeared and I ran off to attend His session. This incident reiterated the importance of communicating with the Divine Light.

Much love and Gratitude to dearest Dada!!

The experience of attending the Peace Within Retreat at Dunagiri is difficult to express in words. Truthfully, it is peace within! I feel I am in the seventh heaven. Closing my eyes, I still see our Maitreya Dadashreeji. Wish we could stay there forever with HIM. I am sure this is what Heaven is like. The smile and the glow arising from meeting the Maitreya is felt by all the people around me. I feel love, pure love. Thank you Dada, for your Grace and Love. Thank you to all sevaks for the selfless service. Love you, Dada.

Purvi



## 21- day Maitri Sambodh Dhyaan Sessions



Eshwari Goswami

For the past six years I had not been keeping well, physically and mentally. After losing my husband in 2017 life felt empty and I was low on confidence and energy. While I was trying to keep myself strong for the sake of my son, the truth was that I was completely shattered. I had never thought I would lose my husband so early in life. We were bonded by love and shared a friendly rapport between us. He was not only my husband but equally my guide. After his demise, I was engulfed in darkness.

It was my schoolmate and dear friend Leela who prayed for me and guided me to the MaitriBodh family. I joined the 21 days Maitri Sambodh Dhyaan online programme and over the course of three weeks I felt a regeneration in my confidence and energy level. I had some wonderful mystical experiences too after which I decided to enroll for Bodh I, the first step in the Bodh series of programmes focusing on an individual's growth through transformation.

It is so heartening to see wonderful spiritual leaders like Dadashreeji who bring light into the lives of people through this divine journey.

I shall always be grateful to my dear friend Leela who guided me to this divine journey and equally to the support I received from other members of the Parivaar. Now, I find myself a strong and confident woman, proud to be a part of the MaitriBodh family.

My gratitude to my friends at the Parivaar and 'pranaam' to Dadashreeji for the wonderful awakening brought to so many of us.

Now I see positivity and purity everywhere.

Naman to the MaitriBodh family.

Hello friends,

Having attended Maitri Sambodh Dhyaan (MSD) and Bodh I as offered by the MaitriBodh Parivaar, I must say I enjoyed the experience of both programmes. However, I found Maitri Sambodh Dhyaan to be particularly enjoyable. Perhaps that was due to me attending the 21-day guided meditation process. It is believed that a three week-long practice helps alter our thought patterns.

As far as my experience goes with Bodh I and Maitri Sambodh Dhyaan, I now have a calmness within that was missing earlier. I have become alert and focussed. I gradually learnt and understood the principle of detachment; although I was aware of this, MSD made it easier to implement.

With Dadashreeji's Grace I witnessed this detachment and have benefitted from the same. My sincere gratitude to Maitreya Dadashreeji.

Mrunal Gotekar

## Devotees' Experiences

Each 21 days online Maitri Sambodh Dhyaan programme is making me a happier person. My thoughts are more profound and there is a change in my perspective. I am now able to accept all situations of life very easily and I can see myself becoming a better person each day - a person full of love.

Suchitra Bhattacharya

Attending the 21 day Maitri Sambodh Dhyaan sessions was a pleasant experience. There were times when I used to be in a state of 'no awareness' for a few minutes. Thank you all so much.

Anitha Nair

Maitri Sambodh Dhyaan is an excellent practice for meditation. It is a blissful experience and has a calming effect leading to good sleep when practiced at night. I would recommend this meditation practice for everyone.

Dr. Raju Wadhani



Shared by Neela ji

Recently I had the opportunity to give Maitri Light to a woman who was facing multiple challenges in her life. I also gave her the Divine Light. I dropped in to check on her after a few days. She came out of her kitchen smiling and said she felt better after receiving Maitri Light the other day. She cried out all her suffering to 'Bapu' (Maitreya Dadashreeji).

She said that her debt had been reduced by a third in three days. Someone who owed her money, came on his own and paid the outstanding amount to her which was of great help. She is a widow and had no income for many days due to her back problem as a result of which she had been unable to go to work. Now however she had obtained work which she could do from home. Bapu, she said, was performing miracles in her life and concluded by saying, "mere ghar Bhagwan aaye hain" (God has graced my home with His presence).

Glory to our Dadashreeji for He is present in every moment, holding our hand, guiding us.



Suneeta Vig

I have been suffering from the side effects of radiation therapy and have been in considerable pain. I chanced upon and availed the healing process of Maitri Light as offered by the MaitriBodh Parivaar. My pain is much reduced now. I was also given the Divine image of Maitreya Dadashreeji - the Divine Light and it has helped me connect with my Guru which has made me grateful and happy. I am grateful to the Parivaar members for their selfless seva and acts of love.

After attending the MaitriBodh Parivaar's sessions, I have understood the truth (that we are one, and we are love) and have no complaints against life anymore; I have also forgiven people which feels so liberating.

My other experience is of Maitri Light which I have taken twice. Once I was internally disturbed because of a big confusion in my mind. After taking Maitri Light I felt the confusion clear up and experienced calmness in the mind. The second time I took Maitri Light was when I was down with Covid. My asthma got triggered and I felt that I might have to be admitted into a hospital as my problem started aggravating. As I took Maitri Light I felt the breathlessness and coughing receding and thereafter I did not require hospitalisation.

Thank you, Dada.  
**Sujata Sharma**

## Maitri Light

I had been (unsuccessfully) trying over several days to connect with a particular person due to a misunderstanding I had with that person. It was important to communicate with him but the concerned person was out of reach. Having spoken about this to my Divine Light in the evening I received a call from the same person within an hour and my prayer to Dada was answered. I am so happy that my chat with Dada through my Divine Light resulted in a wonderful resolution of the matter. Gratitude to the Divine Light (Maitreya Dadashreeji)! Dada Sharanam.

Saranga Batra



Harshal Lone

## Divine Light

I have been praying to my Inner Divine about fulfilling a sankalp for which I was guided to fast every Ekadashi day. I prayed to Dadashreeji through my Divine Light to help me successfully complete my fast every Ekadashi.

I was fasting regularly every Ekadashi for a few months now. One fine day I was not feeling well and I forgot about my fast that Ekadashi. The day was a Thursday when meals are organised in our office specifically for people who are fasting on Thursdays. I entered our office canteen and the moment I set my foot on the floor my stomach started paining like in a bout of acidity. So, I didn't have breakfast that day and resumed working. Later that pain was completely gone after an hour.

During lunch time I again went to the office canteen and scanned the menu of the day. The items on that day were my least favourite. So I decided to go for 'Sabudana Khichdi' or sago.

After work, when I reached home that day I came to know that it was Ekadashi that day and unintentionally I had followed my fasting routine throughout the day.

I realised that Dadashreeji had helped me to complete my fast which I had mistakenly forgotten about. A quote of Dadashreeji came to mind, the timing of which was perfect for me,

"You may forget your questions but I will not forget to answer them".



## Devotees' Experiences



**Sarita Karwa**

I have witnessed many benefits after attending programmes offered by the MaitriBodh Parivaar, geared towards spiritual transformation. I started feeling calm after practicing Maitri Sambodh Dhyaan. The Worldwide Transformation Programme (WWTP) provided me with the understanding that I am calm within the situations of the external world which no longer impact me much. After Bodh I, II and III this peace and calm within has increased while the anger has reduced considerably. I am learning to communicate with my Divine. Every time I look into Dada's eyes through my Divine Light I feel vibrations through my body. As I transform with His Grace I pray that my bond with the Maitreya becomes ever stronger.

have been suffering from epilepsy and have been under medication for years. Since joining the MaitriBodh Parivaar and with the Grace of Dadashreeji, I have cut down on my medicines. I was also able to get a very good doctor with Dadashreeji's Grace and I am now mostly cured, something I could only dream of.

I feel comfortable talking about my situation in the hope that many others may come forward to experience holistic transformation through the many programmes offered by the MaitriBodh Parivaar. Dada Sharnam.

**Shweta Pujari**



**Sayalee Pathak**

Honestly, words cannot capture the essence of this experience. I feel the impact in every cell of my body and in my heart. I am overjoyed and overwhelmed. I have waited so long to experience such a shift within; it is so liberating to just surrender! I am grateful to everyone who has made this process memorable, heart-warming, and effective. Much love to everyone at the MaitriBodh Parivaar.



A true living Master can have a transformative impact on the journey of a seeker. Walking the path of spirituality under the guidance of the Maitreya opens oneself to experiences which lie outside of the ordinary or the mundane. This column is the platform for sharing such insight, awareness, and realization obtained by His devotees in their journey on the spiritual path.

## *Sharanam- Divine as my shelter and my strength*



We often use the greeting, 'Dadashreeji Sharanam' routinely when meeting with Parivaar members but perhaps do not give much thought to it at the time. Well, I recently had an experience that gave me renewed awareness of the concept of the Divine as a shelter and a refuge.

It was a week prior to my trip to the Garhwal region in India for the Peace Within Retreat with Maitreya Dadashreeji. I was so excited to be going after the delays of the last few years for the international batch; I had always longed to see Babaji's cave and visit this Divine place. Feeling flustered with last-minute things to attend to in preparing for the trip, I started out from work driving to a mall to pick up some gifts and currency for the trip. This was not my usual way home and I came to a difficult intersection where I had to turn left with the sun in my face. With the tightness of the intersection and the sun I did not spot a large 18-wheeler truck coming towards me from my right. I heard the truck honk and then everything seemed to happen in slow motion - being hit on the passenger side, spinning out of control, all the airbags deploying and spinning a full 180 degrees and hitting the car behind me. The front airbag hit me square in the chest and I took a deep breath. My car was smashed but I walked out of it. The emergency rescue arrived and I could walk. Though I had bruises, a large cut, and my blood pressure was lower than expected, nothing was broken, and my memory was sharp. My immediate instinct was to retrieve my Divine Light from the wreck and I asked someone to get it for me; I took my Divine Light out sitting on the median and told Him I needed help. My phone which had stopped working, started working again.

I messaged a friend and received Maitri Light immediately and my anxiety receded. I sat there with my Divine Light and pleaded with Dada to still let me make the trip to India. I realized seeing Him and Mahakaali Maa at the Shaktipeetham was the most important thing in my life right then. Over the next few days I had aches and a whiplash injury but no concussion and I could walk. I was in touch with a nurse at my clinic and she seemed to think I could wait to see the doctor. I felt like someone took the blow for me.

I spent a lot of time icing the wounds and resting at home as I was in considerable pain after the accident. I couldn't attend to my work as a physical therapist but I prayed to Maa and Dada that I should be able to go to India. I went to my doctor and talked to a nurse from another practice and both cleared me to travel to India. Throughout my recovery period I slept in front of my large Divine Light and could feel the presence and Love of Dada. I felt safe and in His care; my co-workers sent me a large bouquet of flowers and helped me with take-out food. I was taken care of at each step of the way, seamlessly. A few Catholic songs based on Biblical scripture kept playing in my head and I felt that Dada was giving me the experience of those verses. One was, "be not afraid for I go before you always, come follow me and I will give you rest." Another, "You who dwell in the shelter of the Lord, you abide in His shadow for life, say to the Lord my refuge my rock in whom I trust. And He will raise you up on Eagles wings - bear on you on the breath of dawn, make you to shine like the sun and hold you in the palm of His hand." (This is based on Psalm 91). I grew up with Christian, Jewish and Quaker traditions and was always struck how Bible verses turned into song and these songs became alive for me with this experience.

As the day of my flight to India approached ever closer, I had a lot of thoughts running through my head – would I be able to handle the travel and then all the physical activity at the Peace within Retreat in the hills? My family and friends were nervous. My heart was at ease but my mind was active. When I finally reached the retreat, I was so well taken care of. I was sheltered, so to speak, not just through the Maitreya but equally through our MaitriBodh family. Ek Parivaar - there was no compulsion for me to hike but I yearned to see the Divine Mother's temple and Babaji's cave among other places we went to. I was carried up/ down the mountain, people made tea for me and I felt love and oneness with our group.

Dadashreeji says, " **No power in the entire Universe can stand before the love and bond shared by a united family.**"

In the Himalayas I got first-hand experience of the vision: **One World, One family, One Truth.**

*- Maitreyi Meredith*





There was excitement and there was anxiety  
There was joy and there was fear  
There was longing and expectation  
There was hope and the journey unclear  
There were questions yet to be answered  
There were answers yet to be absorbed  
But in His sweet presence  
His all-encompassing gaze  
The heart had dived into a silence  
Although the mind was still ablaze  
In His smile I could see the love  
Acknowledging mine for Him and His for mine  
As my prayers were being manifested  
My soul's bruises were being cleared  
There were visions of the future  
And burying of the past  
Of the sweat and toil that awaits  
Before the Golden Age is cast  
From FORM to FORMLESS  
He gave me glimpse of it all  
As my heart merged into His silence  
There was LOVE and only LOVE for ALL!

Kshitij Ghai





## Kumbhabhishekam

*Foundation of a brighter, bolder, blissful India by Maitreya Dadashreeji*

21st OCT 2022,  
At the ShantiKshetra Premgiri Ashram, Karjat

As we all know that the ShaktiPeetham at our home, ShantiKshetra Premgiri Ashram is the Cosmic Energy Centre (Urja Kendra) of the world. Here lies the Source of Energy which drives and powers our Maitri Mission to Transform all of humanity. The ShaktiPeetham receives Universal Cosmic Energy through the Gopuram. In other words, the Gopuram channels Universal Cosmic Energy to the Cosmic Energy Centre. In reverence and adulation for the temple, a Kumbh Abhishekam pooja takes place every 10-12 years. The 21st of October 2022 was a very auspicious day for each and every member of the Parivaar who came together, celebrated this joyous occasion and was in prayer as One Family.

Other very important processes that took place at the Ashram along with the Kumbh Abhishekam:

- Pranapatishtha vidhi (consecration process) of the murtis (idols) of dwaarpals (gate keepers) - Jay and Vijay the Divine guardians of Adishakti Mahakaali Maa
- Pranapatishtha vidhi for Nandi
- Replacing Lord Ganesh murti with His form for the current time of supporting the Maitri Mission
- Replacing the original Shiv Ling with a new one consecrated (not the kavach)







## *Maitreya Dadashreeji: "it's time to choose a side!"*

*Be a Maitri Doot and be on the 'right' side of history*

Our world today is undergoing many changes. With Covid-19, we saw Nature taking charge of our planet and showing humanity who holds the real control in hand. The time is such that it is asking humanity to change its ways and sync itself with Nature, Divine, however we see the Higher Power. So how can we transform ourselves to be prepared for the coming times?

In a mega event held on 13th Nov. 2022, 'Transform with Maitreya: Chalein Parivartan ki Oar' at New Delhi's Indira Gandhi Stadium, attended by over 5000+ people including 300+ VIPs, influencers, and eminent personalities, hosted by the MaitriBodh Parivaar – the socio-spiritual organization founded by Dadashreeji appealed to all the attendees to choose Transformation, become fearless and strengthen one's mind. He said strengthened mind leads to a strengthened nation.

He mentioned that India has led the way with the wisdom imparted by saints and sages like Kabir ji, Guru Nanak ji, Adi Shankaracharya ji etc. and through legendary scriptures like Bhagvad Gita, Vedas, and Guru Granth Sahib. India has the potential to be the guiding light ushering the entire world to the Divine Age even now.

With the launch of the Maitri Doot Movement, Maitreya Dadashreeji made a nation-wide appeal to everyone to unite for the transformed future of the self and nation at large. Working tirelessly with the vision of establishing Love and Peace they urge all to be on the 'right' side of history. The choice, yet again, lies with us. Choose growth, choose transformation, register at [www.maitribodh.org/maitridoot](http://www.maitribodh.org/maitridoot)

Maitreya Dadashreeji states, "Before me, many have delivered teachings and techniques for your salvation and liberation. I am not here to repeat them, but to deliver that experience in your heart so that it becomes your own personal Truth."







# Transform Bharat Conclave 2022

Foundation of a brighter, bolder, blissful India by Maitreya Dadashreeji



The MaitriBodh Parivaar, a socio-spiritual organization, organized the first ever Transform Bharat Conclave in New Delhi on 11th December 2022, a bold and brave step towards mobilizing the decision makers, leaders, policy makers, academicians, influencers and spiritual icons all on the same platform to work collectively towards making India a global power.

The afternoon reached its pinnacle when Maitreya Dadashreeji took the stage and shared how individual transformation leading to global transformation will make India a superpower once again – Badhenge Aap, Badlega Desh. In this first edition of the conclave, to make Transformed Bharat a reality He emphasized on cultivating and molding young minds with the right education by *launching the book – Maitri Sanskār*. An educative, moral based book to develop a relationship of the highest kind with self, others, the society and nature which is to be become part of the curriculum for all students from standard 3 to 10.

The wave of Transformation is set, it's time for you to ride along.







## Maitri Mahotsav

*A celebration of the Selfless Service Day*

If there is anything highest in one's life, it's the joy of serving others, shared Maitreya Dadashreeji. Inspired by this principle, the MaitriBodh Parivaar has been tirelessly working towards the Social and Spiritual Transformation of Humanity

He added, "The future of the nation and world at large will be a testament of the youth that we nurture and invest in today! Right education fuelled with both ancient Vedic wisdom and modern technology will create the global citizens of tomorrow who are compassionate, courageous and visionary!."

This is what we aim to achieve with the Sneh Sanskaar Gurukul, a school with a heart to foster creativity, inner spiritual awakening and academic excellence. Currently operational at Karjat in Maharashtra, Amritsar and Ludhiana in Punjab and in Jammu City of Jammu and Kashmir.

The Kamdhenu Gaudham is a loving abode for all old, sick, injured and abandoned cows. A place where they are nurtured back to health with round the clock medical care and a nutritious diet aiding their recovery. It's our moral responsibility to care for these lives and heal their pain with our love and care!

"A nation's growth is often measured in technological advancement and economic growth. It's time we include the compassion and seva bhaav one harbours towards fellow lives as a measuring unit for progress!"

Over 3000 people received this message LIVE at our ashram.





## Upcoming Events

Date	Event	Venue	Contact
18th-22nd Jan 2023	Spiritual week (Bodh I, II, III)	Ashram	9011465721

## 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.

*To be efficiently  
productive in life, learn to  
connect to your heart,  
learn to connect to people  
and learn to be the one  
you truly are. Naturally,  
you will imbibe ingenuity  
redefining you.*

**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.



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



**Renuka Vijairaghavan** spreads awareness regarding sustainable living, conducting awareness sessions and workshops for corporates, and other organizations including the Ecological Society, Pune. Her other areas of interest are healing with herbs, designing ecologically sound housing and landscaping, art and literature. She is spiritually inclined and believes in a toxin free world inside out.



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

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

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